

OWES HER LIFE TO "FRUIT-A-TIVES" Cured Both Stomach Trouble and Headaches

PALMERSTON, ONT., June 20th, 1913.
 "I really believe that I owe my life to 'Fruit-a-tives'. Ever since childhood, I have been under the care of physicians and have been paying doctors' bills. I was so sick and worn out that people on the street often asked me if I thought I could get along without help. The same old Stomach Trouble and distressing Headaches nearly drove me wild. Sometime ago, I got a box of 'Fruit-a-tives' and the first box did me good. My husband was delighted and advised a continuation of their use.
 Today, I am feeling fine, and a physician meeting me on the street, noticed my improved appearance and asked the reason. I replied, 'I am taking Fruit-a-tives'. He said, 'Well, if Fruit-a-tives are making you look so well, go ahead and take them. They are doing more for you than I can'."
Mrs. H. S. WILLIAMS.
 "Fruit-a-tives" are sold by all dealers at 50c. a box. 6 for \$2.50, trial size 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

CHANTRY FARM
Shorthorn Cattle and
Lincoln Sheep
 Present offering—Sheep of both sexes, a grand lot of lambs, also a few yearling rams and ewes.
ED. de GEX - KERWOOD, ONT.

FARM FOR SALE
WEST HALF OF LOT 3, CON. 4, S. E. R. Warwick, 100 acres, all under cultivation. On the premises are a good frame house, frame barn with stable and granary, all new. Well fenced and tile drained. Two acres orchard, very best of loamy farm land, well watered by creek running through it. Situated in one of the best localities in the township for cultivation or grazing purposes. For further particulars apply to J. F. ELLIOT, Watford, July 29th, 1914.

FARM FOR SALE
GORE TWO, FOURTH CONCESSION, S. E. R. Township of Warwick. About 120 acres. Good large new brick house with basement. Bank barn 42 x 60 feet, 22 foot posts. About 300 apple trees, 7 acres of good maple timber, 6 acres of fall wheat, 25 acres of fall plowing, balance seeded down. Well tile drained, no broken land, good water, 6 miles from Watford, good roads, close to school and church, rural mail delivery and telephone. Extra good farm, full of stock or pasturing. Apply to F. ELLIOT, Watford, Ont.

HARRY WILLIAMSON
 Sleigh Manufacturer; Rippling, Turning, Planing, etc., and all kinds of general repairing will receive our best attention.
ST. CLAIR ST. - WATFORD (OLD SALVATION ARMY BARRACKS)

OUR CLUBBING LIST
 THE GUIDE-ADVOCATE AND

Family Herald and Weekly Star	\$1 85
Weekly Mail and Empire	51 85
Weekly Farmers Sun	1 85
Weekly London Free Press	1 85
Weekly London Advertiser	1 65
Saturday Globe	2 00
Northern Messenger	1 40
Weekly Montreal Witness	1 85
Hamilton Spectator	1 85
Weekly Farmer's Advocate	2 35
Daily News	3 00
Daily Star	3 00
Daily World	4 00
Daily Globe	4 00
Scientific American	4 75
Mail and Empire	4 00
Morning London Free Press	4 00
Evening London Free Press	3 00
Morning London Advertiser	3 00
Evening London Advertiser	3 00

GRAND TRUNK RAILWAY SYSTEM
TIME TABLE.
 Trains leave Watford Station as follows

GOING WEST	
Accommodation, 109	8 44 a.m.
Accommodation, 111	2 55 p.m.
Chicago Express, 1	9 09 p.m.
GOING EAST	
Accommodation, 110	7 43 a.m.
New York Express, 6	11 02 a.m.
New York Express, 2	3 00 p.m.
Accommodation, 112	5 18 p.m.

C. Vail, Agent Watford

A brigade of mounted rifles is to be sent to Egypt made up of one regiment of Canadians at Salisbury and the rest from the second contingent.
 Representatives of certain fraternal insurance societies requested the Provincial Government to enact legislation compelling every society to conform to a proper financial standard.

Scientific Farming

CUTTING BACK OLD TREES.

Whether It Be Profitable Depends Upon Their Present Condition.
 Whether it is likely to be profitable to cut back trees and form heads depends entirely upon their condition. If the trees are a good distance apart say thirty-eight to forty feet, and in a favorable location for cultivation and spraying and are fairly vigorous and thorough cutting back and pruning would be likely to be successful and profitable. On the other hand, if the trees are close together, say thirty feet and have lost all of the lower branches because of overcrowding, with many dead and blighted branches, there is considerable doubt whether the cutting back and the forming of a new head would bring the desired results. A tree that is in good condition for improvement should have space enough in which to develop and should have a few live branches within eight or ten feet of the ground. If the trees have a trunk bare of branches to a height of fifteen to eighteen feet it is difficult to develop good low heads upon the trees. If these trees have some fairly vigorous branches within a reasonable distance from the ground the following suggestions for pruning can be made: Remove all dead and diseased branches. Prune out any upright



IN AN OLD APPLE ORCHARD.

growing branches in the center of the tree that exceed a height of twenty feet, or, in other words, cut back the top to side branches so that the tree can be sprayed readily from the tower of a sprayer.

In some cases where the trees have been much weakened there may be water spouts growing upward from the old branches. In cutting back the trees some of these should be saved and allowed to fill the space left vacant by the pruning out of the dead and weakened branches. The lower side branches that may be left upon the trees should be pruned sufficiently to enable one to cultivate and spray the trees well. If these lower branches are very thick they should be thinned out somewhat to permit light to enter, and if they extend to a considerable distance beyond the trunk of the tree some slight cutting back may be required. In a general way the object is to secure a shortened but well balanced framework and to retain as many of the small spurs and side branches as possible. Where a large apple tree is cut back to mere stubs of branches ten to twelve inches in diameter and without any small side branches it is almost impossible to form a strong, satisfactory new top upon the tree.

The pruning should be done during the winter and early spring before any growth takes place. Whether any fruit will be borne the season following the pruning will depend upon condition of the trees. If the lower branches are vigorous enough to carry fruit buds there should be some fruit to mature. If the lower branches that are left after pruning are very weak little fruit is likely to be secured the first season.—M. A. Blake, New Jersey Experiment Station.

SOME FARM NOTES.

Kansas has just taken a silo census. The Sunflower State now boasts 7,137 silos, having a total storing capacity of 900,000 tons. In 1909 there were only sixty silos in the state. The silos are all said to be grasshopper proof, and as most of them are now full Kansas should have very little to worry about.

The potash people are putting up the price on account of the war. A ton of farm manure carries ten pounds of potash, but if it lies in the rain this element will be washed out and largely wasted. Steady the potash market by saving the home supply.
 Cattle will not eat all the alfalfa



stems, but the horses like them. And they are excellent hay.

When you sell a quart of milk for 7 cents you are giving more food for the money than the buyer can get in most other forms. It is twice as cheap as mutton or fresh fish, six times as cheap as dried beef, nearly three times as cheap as beef steak, and nearly three times as cheap as eggs. The staples that cost less in proportion to food value than milk are such things as potatoes, rice, dates, cornmeal, prunes, cheese, wheat bread and beans. The above figures will hold good in the average interior region of the nation.

An Amazing Case.
 "Is there anything specially interesting in the case?" asked the reporter of the bank president whose cashier had stolen \$17.
 "Yes," mused the president, "you may say that we did not trust him implicitly."—Philadelphia Ledger.

Warm Reception.
 Excited Small Boy—Hey, Mr. Tanks, there's a burglar crawl'n' up your front steps this very minute. Mr. Tanks—Poor devil! The missus will think it's me.—Sydney Bulletin.

A Medical Need Supplied.—When a medicine is found that not only acts upon the stomach, but is so composed that certain ingredients of it pass unaltered through the stomach to find action in the bowels, then there is available a purgative and a cleanser of great effective ness. Parmelee's Vegetable Pills are of this character and are the best of all pills. During the years that they have been in use they have established themselves as no other will have done.

ALFALFA AND PROSPERITY.

Wherever alfalfa thrives prosperity follows. No other plant has so fattened the soil and made so much of history as alfalfa. The Argentine Republic, in South America, has put itself upon the map almost like a miracle, and alfalfa is probably more responsible for this wonderful growth than any other single thing. The American desert has been made rich and habitable by alfalfa and water. It is the surest thing known that any section which systematically encourages the production of alfalfa on soil well adapted to it has a sure mortgage upon the future.—Rural New Yorker.

PORCHES AND SCREENS.

Their Advantages In Both Winter and Summer Weather.
 [Prepared by the United States department of agriculture.]

In regions where the winter is severe storm porches prevent a great deal of cold from coming in when the kitchen door is opened and can be used to good advantage on the farm. The walls, sides and roof should be tightly made of matched boards, should fit closely together, and if fastened with screws they may be easily taken apart in the spring and stored until fall.

A window should be provided in the door or in one side to admit light. A good plan is to have the storm porch consist of a permanent light wooden framework, to which the solid sides can be screwed. These can be replaced in summer with fine wire screens and the solid door with a screen door.

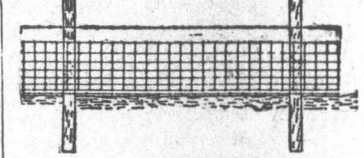
The doorway into the house should also have its screen door. This will secure the double screening of the kitchen or other outside door, which is so desirable as it is much more efficient than the single screen door in keeping out flies. Such a "screen porch" is particularly desirable in the warmer sections of the country where the "fly season" is long. Where a storm porch is desirable, but not feasible, an extra door of matched boards attached to the outside of the door frame answers the purpose.

There should, if possible, be a screened porch opening off from the kitchen on the side which is not exposed to the sun during the hottest part of the day, where in warm weather much of the kitchen work may be done. There are some advantages in having the screened porch on the side toward the garden and opening into it. But, on the other hand, if it is completely screened, has no outside door, and no openings, excepting into the kitchen, and is large enough to offer a place where dish towels and mops can be dried, supplies stored and garbage and other forms of waste kept temporarily.

the number of times the outside kitchen door must be opened will be reduced and thus the danger of letting flies in will be lessened. In cold weather the screens can be replaced with window sash or solid sides and the porch made use of as an extra storeroom.

All windows and outside doors should be screened. Cloth or wire netting tacked on the outside of windows will serve, but it is much better to have wooden or metal frames the full size of the windows covered with wire netting having sixteen meshes to the linear inch. This will protect against both flies and mosquitoes. Each screen should be fitted to its special window, and both screens and windows should be so numbered that they may be matched up without difficulty. Springs, a weight and pulley, or other self closing devices are very desirable for screen doors, which should close tightly and preferably be latched.

Hog Fences.
 A good permanent fence for a pig lot can be made as follows: Place posts four inches by seven feet high one rod apart. Staple a string of barb wire two inches from the bottom. Two inches above it place a ribbon of twenty-six inch woven wire and six inches above it another string of barb wire. The post will project one and one-half feet above the height of the fence.



MOVABLE HOG FENCE.
 Short posts can be used, but the long posts may be used some time later in case it is desired to place more wires on the fence to keep in cattle or horses. A good movable fence can be made in practically the same way. Use smaller posts, sharpen them and drive them into the ground two rods apart. On the bottom string a barb wire. Stretch the woven wire on the post and staple it tightly to the post so that it can be readily removed and rolled up when you wish to move it. A fence of this kind can be readily moved from place to place and set up without a great deal of labor.

Controlling Plant Lice.
 Many trees and shrubs are loaded each season with plant lice. On those affected last year one is likely to find small black, shiny eggs at the end of the twigs. As soon as the tender leaves begin to unfold on this shrub the eggs hatch and the leaves shortly become loaded with lice. Why not, therefore, trim hedges and shrubs and burn the trimmings, burning as well as pruning fruit trees?

The Terror of Asthma comes like a thief in the night with its dreadful throttling, robbing its victim of breath. It seems beyond the power of human aid to relieve until one trial is made of that remarkable preparation, Dr. J. D. Kellogg's Asthma Remedy. Then relief comes with a rush. Life becomes worth living, and, if the remedy be used persistently, the disease is put permanently to rout. Take no substitute. m

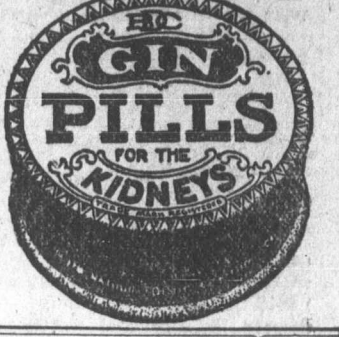
Even Up.
Snobley—Aw—aw—it must be very unpleasant for you Americans to be governed by people—aw—whom you wouldn't ask to dinner. American Belle—Well, not more so, perhaps, than for you in England to be governed by people who wouldn't ask you to dinner.—Christian Register.

Preferring His Suit.
Cynthia—Oh, Tom, think of coming to ask papa's consent in such shabby clothes! Tom—That's right; I had one suit ruined.—Judge.

The surest way not to fail is to determine to succeed.—Sheridan

BADLY WOUNDED
 For severe wounds, cuts, skin diseases, eczema and all skin troubles—for adults or for children, there is nothing to equal the great herbal healer
ZAMBUK HEALS QUICKLY

YOUR BACK is a Barometer. When it hurts, it means that the Kidneys need help. Take Gin Pills—Canada's own remedy for all Kidney and Bladder Troubles. 50c. a box, 6 for \$2.50. "Made in Canada".



Streets are Dangerous Playgrounds

Papers everywhere are full of warnings to parents against permitting their children to play on the streets. Cities where statistics are kept show in every case that the number of automobile accidents increases every year. Public streets are being transformed into thoroughfares dangerous as a railroad right-of-way. The time has come when they must be abandoned as playgrounds. The street is at best a very poor place for children to play and now that the automobile is here to stay, and hundreds of them are on our streets daily, we must take cognizance of the added danger to the little ones and use greater diligence to keep them out of danger. The admonition which makes us careful when crossing the railroad tracks must be repeated with reference to street.

The Profitable Farm

("Farm and Dairy.")
 The basis of successful and profitable farming is a fertile soil. Nature's way is to return to the soil just as much as is taken from the soil. The leaves of the forest trees fall to the ground immediately beneath, carrying back the fertility extracted through the roots. The grasses of the prairie rot back each year, and the rich prairie soil is the result. The pioneer refused to learn from nature. He took liberally from the bounty of the earth, but returned nothing. At first he harvested splendid crops. Ultimately nature shut down on him, and to-day we find ourselves obliged to return to nature's ways in our treatment of the land. First and above all things we must maintain the fertility of our soils.

How Tommy Atkins Got His Name

It is said that the Duke of Wellington was once asked to suggest a name, typical of the British soldier, to be placed on a sample account sheet pointing out to the men where they should sign. After thinking for some time the Duke's mind wandered back to his first engagement. He remembered the bravery of a certain dragoon in that encounter. That dragoon was Thomas Atkins. Hence the so familiar "Tommy Atkins."

Condensed Novel

Husband drinks. Wife bridge fiend. Separated seven years. Little daughter. Isn't she cute? Lives with grandma. Meets daddy on street. Daddy pickled. Takes him by hand. They meet mamma. Bridge club. Just lost twelve dollars. Feeling blue. Contemplating suicide. Sees daddy and daughter. Weeps, joins hands. Not another drop! No more bridge! Tears, Laughter, Gurgles. Everybody happy.

One of the best known of American illustrators living in England at present has just finished a book for which he has also supplied the illustrations. He complains, meanwhile, of hard times, described thus in a letter to a friend: "Me and the kaiser have our hands full keeping the ball rolling. I'm living on wild cabbage and herring cooked over a candle with the smell of a paint rag for dessert."

A former well-known and highly respected resident of Sarnia in the person of James K. Nelson, died on Wednesday at Regina, Sask. Mr. Nelson left Sarnia a few years ago and took up his residence at Regina. He had been in poor health for some time past. During his long residence in Sarnia he was connected with the King Milling Company. Mr. Nelson was widely known in Sarnia and throughout the county, and his death will be learned of with regret by all who had the pleasure of his acquaintance.

It is in Demand.—So great is the demand for Dr. Thomas' Electric Oil that a large factory is kept continually busy making and bottling it. To be in demand shows popular appreciation of this preparation, which stands at the head of proprietary compounds as the leading Oil in the market, and it is generally admitted that it is deserving of the lead. m