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HARRIS & CO.
 PROPRIETORS

Guide-Advocate
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 WATFORD, MAY 19, 1916

The War Book of 1916

It would perhaps be too much to say that the Agricultural War Book, issued for free distribution by the Federal Department of Agriculture, is the most complete book ever published in Canada entirely devoted to the subject of which it mainly treats. Yet in variety it certainly is. Besides the general matter brought together by the editor, the Commissioner of Agriculture, some seventy agricultural and education experts have contributed to its 250 pages, including the Federal Ministers of Agriculture and Finance, the Live Stock Commissioner, and Dairy Commissioner for the Dominion, chiefs and sub-chiefs of various departments and divisions, federal and provincial, and professors at the Ontario and other agricultural colleges.

While there are statistics of the world's as well as of Canada's produce last year, for purposes of comparison, and two or three years preceding, the book is a long way from being confined to figures. On the contrary it contains pages upon pages of textual information, instruction and sound advice appertaining to its title "Production and Thrift." Not alone would the farmer and breeder be the better for its study but every householder, every citizen would profit by following its counsel, which, in a general sense, is embodied in the motto that appears on the front cover, namely:

IN WAR TIME
 Produce more and save more,
 Make your labour efficient,
 Save material from waste,
 Spend your money wisely.

GLYCERINE AND BARK PREVENT APPENDICITIS

The simple mixture of buckthorn bark, glycerine, etc., known as Adler-I-ka, astonishes Watford people. Because Adler-I-ka acts on BOTH lower and upper bowel. ONE SPOONFUL relieves almost ANY CASE of constipation, sour stomach or gas. It removes such surprising foul matter that a few doses often relieve or prevent appendicitis. A short treatment helps chronic stomach trouble. The INSTANT, easy action of Adler-I-ka is astonishing. Taylor & Son, druggists.

Lights on All Vehicles

The Pittsburg council is considering an ordinance which provides for the display of a light on horse-drawn vehicles which traverse the public streets at night, as is now required of automobiles.

The ordinance is in the interest of safety first and should be in general force. The unlighted carriage is a menace and not less so to its own occupants than to others.

It is not so much its likelihood to collide with other vehicles as its liability to be struck by some heavier and more swiftly moving, car, to its own damage.

There is no valid reason why all

HARD CHRONIC COUGH

Made Well by Delicious Vinol

Crestline, Ohio. — "I contracted a hard, chronic cough, and was weak, nervous and run down. I have a small family of three, and it was hard for me to do my work. I took different medicines without benefit. Finally I heard about Vinol, and it has restored me to health and strength, my cough is all gone and I feel fine." — Mrs. H. H. CARLISLE.

We guarantee Vinol, our delicious cod liver and iron tonic without oil, for chronic coughs and colds, and for all weak, nervous, run-down conditions.

Taylor & Son, Druggists, Watford.

vehicles traversing the public thoroughfares at night should not be lighted and adequately lighted.

There is no question that it is in the interest of the public safety and a measure which should be as heartily favored by vehicle drivers of all kinds as by pedestrians.

Experience has shown its necessity, not alone in Pittsburgh, but elsewhere, and, as has been pointed out, its general adoption would be a decided step in the direction of "safety first."

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

All Sorts of Items

Silence makes a bluff that is hard to call.

Many a physically tall man is financially short.

The man who undervalues himself is never overrated by others.

A woman can keep a secret all right if it is a good joke on herself.

Every man expects to make a fortune some day, but he keeps putting it off.

Even if you have a galvanized roof on your house it is a good idea to have it covered with insurance.

The man who quotes poetry is never asked to make an additional nuisance of himself by explaining what it means.

As a vermifuge there is nothing so potent as Mother Graves' Worm Exterminator, and it can be given to the most delicate child without fear of injury to the constitution.

No doubt the wise old hen chuckles to herself every time she sees a man trying to beat her little game with an incubator.

The states of the Pacific coast maintain about 40 per cent. of the total estimated available water power of the United States.

Extensive deposits of asbestos with a longer fibre than any mineral fibre heretofore known have been discovered in the Transvaal.

To hold a dancing slipper secure is the purpose of a recently patented piece of rough fabric to be fastened inside it at the heel.

Takake (pronounced take-ache) is the surest and safest cure for sleeplessness, lumbago, rheumatism, sciatica, and all forms of nervous exhaustion. Takake pills are fifty cents a box at your druggist, or by mail from the Georgian Mfg. Co., Collingwood, Ont.

An elderberry wine has been invented in Germany that is so much like grape wine that it can be used as an adulterant of it.

An Illinois physician has invented a device which receives and records wireless messages, even when coming from far distant points.

Mainly for advertising purposes an Ohio man has invented a bicycle with five wheels, two in front and three behind.

A Michigan woman is the patentee of a utensil for cooking filling for poultry outside of a bird, but in such a position as to absorb its juices and flavor.

CASTORIA

For Infants and Children
 In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. Watson*

A clock invented by a Los Angeles jeweler slowly winds itself as it rolls down an incline on which it is mounted, weights within the timepiece controlling its speed.

To permit a person to identify his toothbrush one has been invented with a transparent handle with a hole in the end, into which a card can be inserted and the hole closed again.

It is Wise to Prevent Disorder. Many causes lead to disorders of the stomach and few are free from them. At the first manifestation that the stomach and liver are not performing their functions, a course of Parmelee's Vegetable Pills will speedily resume healthy action. Laxatives and sedatives are so blended in these pills that no other preparation could be so effective as they.

German scientists have found that it is possible to purify bacteria carrying oysters by allowing pure, fresh sea water to run over them for four or five days.

In connection with the little war between Mexico and the United States it has been estimated that there are in the latter country not more than 425,000 horses of the cavalry type. There is before congress just now a proposal to appropriate \$200,000 to extend the army remount breeding system.

ART IN BOOKBINDING.

How Miss Lahey Won Mercier, the Master, For Her Tutor.

A woman who spent ten years and all the money she had in the world to become a skilled bookbinder is Marguerite Duprez Lahey. After studying with the most skilled tooler in Paris, says the American Magazine, Miss Lahey went to the world's greatest craftsman, M. Mercier.

M. Mercier was a man of large wealth and broad culture. He tooled for the love of it in his beautiful Paris home. His only pupil was his only son. No one in the Latin quarter had dared to penetrate M. Mercier's atelier. Undaunted, this American girl, armed with the "Life of Fragonard, by Pierre de Nolac," the toll of years and which had earned M. Domont's praise, went to M. Mercier's home.

The master was at his country seat. "Is this your work?" cried his son, when Miss Lahey had disclosed the volume. "Leave it with me. I will show it to father. It will please him to see such strong work."

"And now what do you want of me?" asked the master, when tremulously she called later for the book and Mercier had sent his praise.

"To work with you."

"Good! I take you!"

Three times a week for two summers she worked under Mercier's supervision, the master tactfully refusing the pupil's proffered money.

"Perfect," he said, when she had finished Prosper Merimee's "Chronicle of Charles IX."

Before this triumph her gold tooling on a volume of Frederic Masson's "Napoleon and Women" procured for her the work of the late J. P. Morgan's library. This was in 1908—the turning point of her unique career. Hers is the distinction of having designed, tooled and bound the cover of Mr. Morgan's personal copy of the catalogue of his world famous Chinese porcelain collection.

Stewed Raisins.

A package of seeded raisins, two tablespoonfuls finely shaved orange skin, a level teaspoonful salt, one-quarter cupful sugar, three cups water. Wash the raisins through several waters, put in saucepan with three cups boiling water. Bring to boil quickly and boil five minutes. Add sugar, salt. When ready to take from fire add the yellow from the orange peel cut very fine or lemon will do.

Evening Gowns.

For evening wear gowns of metallic tissues, cloudlike tulle, chiffons, mosselines and diaphanous silks abound. For youth and slender lines there are girlish frocks inspired by old time crinolines, while the older matrons appear in handsome gowns with clinging foundations of silk or satin veiled with layers of vaporous tulle.

Certain morbid conditions must exist in the stomach and intestines to encourage worms, and they will exist as long as these morbid conditions permit them to. To be rid of them and spare the child suffering, use Miller's Worm Powders. They will correct the digestive irregularities by destroying the worms, conditions favorable to worms will disappear, and the child will have no more suffering from that cause.

BREAK YOUR MATCH IN TWO.

A Suggestion That Became a Rule in Forest Fire Prevention.

One day late in June a man in a room on the seventh floor of an old fashioned brick building in Washington, holding a sheaf of telegrams in his left hand, was busy with his right taking red headed pins out of his mouth and sticking them into little irregular blocks of green ink scattered over a large white wall map of the United States.

"The big problem," he said, taking a fresh pin out of his mouth and turning sidewise to his assistant, "is to get at the fellow who knows what conservation is but forgets to apply it when he lights up a cigar in the woods."

The assistant sat at a flat topped oak desk in the middle of the room, struggling through a mass of reports from field men in the endeavor to find suggestions for a set of fire prevention "rules."

"Well, what do you think of this?" he said, holding up a report from the Pacific northwest: "Break your match in two before you throw it away."

The other man stuck the last red pin into the map, reached for his pipe and lighted it.

"Let's see," he said. He snapped the burning match in his fingers. As the pieces dropped to the floor he uttered a sharp exclamation and tenderly licked the index finger of his left hand.

The assistant laughed. "That's the idea!" he said. "You've got to blow it out before you break it or get burned."

So this suggestion became No. 1 of a set of ten rules which the forest service sent to 6,000 newspapers at the beginning of the summer's fire season in the national forests.—Outlook.

No one need endure the agony of corns with Holloway's Corn Cure at hand to remove them.

Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



North Crandon, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MAYME ASBACH, North Crandon, Wis.

Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 509 Have St., Lawton, Okla.

From a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. Osgood, 1 Haynes Park, Roxbury, Mass.



If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

TRENOUTH & CO.
 DEALERS IN
 Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry Full Stock of
INTERNATIONAL STOCK FOOD
 FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL
 AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE
 Chopping and Rolling Done While You Wait
 PHONE 39

East Lambton Agricultural Society

Rules and Regulations of the Standing Field Crop Competitions, 1916

1. NATURE OF COMPETITION.—Societies can enter in two kinds of crops which must be selected by the Board of Directors. Fields entered for each competition must consist of not less than five acres nor more than twenty, in one block.
2. Selection must be made from the following crops, viz., oats, corn.
3. COMPETITORS.—Competition will be limited to those who are paid-up members of E. L. Agricultural Society for the current year, and fields entered must be not more than fifteen miles from its headquarters. Competitors will be allowed to make entry in one society only, for one or two varieties of crop and only one entry can be made by each competitor in each kind of crop.
4. Not less than ten bona fide entries for each crop in any society will be accepted.
5. INDIVIDUAL ENTRIES.—All individual entries must be forwarded by the Secretary of each Society to the Superintendent, Parliament Buildings, Toronto, on or before May 25th, 1916, except entries for corn, which can be sent in up to June 15th.
6. A society may charge an entry fee of not more than one dollar for each crop entered by a competitor, but this is optional with the Directors.

7. Seven prizes must be offered as follows for each crop: First, \$20; Second, \$15; Third, \$12; Fourth, \$10; Fifth, \$8; Sixth, \$6; Seventh, \$4. These must be paid in full to the winners without any deduction.

8. JUDGES.—The Ontario Department of Agriculture will furnish judges free of charge.

A Powerful Medicine. The healing properties in six essential oils are concentrated in every bottle of Dr. Thomas' Electric Oil, forming one of the most beneficial liniments ever offered to the use of man. Thousands can testify as to its power in allaying pain, and many thousands more can certify that they owe their health to it. Its wonderful power is not expressed by its cheapness.

Auctioneer
J. F. ELLIOT.
 Licensed Auctioneer.
 For the County of Lambton.

PROMPT attention to all orders, reasonable terms. Orders may be left at the Guide-Advocate office

Fergus A. McNally
 LICENSED AUCTIONEER
 For the County of Lambton.

All sales will have my prompt attention on shortest notice. Terms reasonable. Phone 24, ring 6. INWOOD, ONT.