

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto-intoxication, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, FEBRUARY 1, 1918. Get Us Canadian Coal

Both in eastern and western Canada there are coal deposits of an extent that almost staggers the imagination. Mr. Arthur White stated in the Monetary Times lately that in addition to many billions of tons of lignite and sub-bituminous coal there are reserves in Canada of 318 billion tons of bituminous and 845,900,000 tons of semi-anthracite coal, most of which is readily available to the market. In addition, Canada has available peat bogs equal in fuel value to 16 billion tons of good coal. A large portion of the latter is in Ontario. And yet the people of Canada are going cold, in spite of the fact that this country imports from the United States nearly 5,000,000 tons of coal every year. Canada will require increasing quantities of coal. We cannot always hope to secure it from our southern neighbor. Probably no problem, outside the war, has called more loudly for government action than this. Canada's coal deposits can be adapted to the use of the country. This resource has been sorely neglected. Is it not time that the Federal Government threw all its efforts, all the scientific forces at its disposal into this work? Let this be the slogan of Canadians: "Get us coal and get it quickly from our own inexhaustible fields."

NOTE AND COMMENT

Providence Journal: The kaiser deliberately misstates the fact when he says that his enemies do not want peace. They do want it, and intend to have it, but not a German silver peace.

Cleveland Plain Dealer: The France has been put on a bread ration of seven ounces a day in order to release shipping for the transportation of American troops. Does that make you ashamed of anything?

Chicago Evening Post:—The Rev. T. Craig Stewart, rector of St. Luke's Church, Evanston, tells a beautiful little story. A small boy and his father were out together after night-fall. On the western horizon the evening star shone with brilliancy that dimmed the lesser lights. "Look, daddy," said the boy; "God has hung out His service flag. He must have a son in the war." And since that Son gained His victory over the autocracy of Rome and its allied powers of darkness on the battle field of Calvary, no war has been waged for righteousness and

freedom in which he has not been the comrade of all heroic souls.

This winter's prophecies remind us of an Indian who used to camp at the mouth of the Indian River. Ask him to prognosticate the weather and he would invariably say that "The weather he stay good if it don't come change." And his prophecies always came true.—Owen Sound Sun.

The cash and carry plan is being adopted in the retail stores of some of the centres in the province. A saving of ten to fifteen per cent is made by the buyers, and a comparative profit on his sales ensures to the retailer. There are no bad debts and the self-service assists the customers in the selection of his goods. He sees what he is getting from his grocer, butcher and baker. Orders are filled in the customer's presence. Both benefit and the retailer can sell his goods without providing for the cost of delivery, his discounts at the bank, and the bad debts of others. The advertisements in the nearby American papers, puzzle most of us how they can undersell the local dealers in many articles and pay a higher price for rent, labor and other overhead expenses. The answer is the cash and carry service. Some of the merchants would lose a customer or two, but this loss would be rectified by a possible sequence of no bad debts, an expensive liability removed and a question whether it would be the more preferable to have a dozen customers who would buy, charge and have delivered their purchases and for whom you are paying interest at the bank, or half a dozen of cash and carry people for whom you are assuming no responsibility.

Home Paper a Necessity

A local newspaper is absolutely necessary to any community. It is the home paper that keeps the people of the community in touch with their own neighborhood and county. For that alone they are of value and worth far more than the small subscription price. They keep the local pride and progressive spirit aroused and in various ways are worth far more to a community than a community ever spends on them. The daily paper, with its large news service and quicker facilities may, in some instances overshadow the weekly but the weekly home paper fills a place in the hearts of the people that a daily cannot fill. It comes to your home as an old and tried friend while the daily enters as a stranger.

Teuton Bombast

The German General staff recently took part in the now common discussion of American's part in the war. In one of its periodical essays on the military situations reference is made to the effect on Allied manpower of the heavy captures of Italian prisoners. The General Staff comments:

"Even if the Americans should really succeed in throwing a few hundred thousand fighting troops into Europe, this would denote no absolute reinforcement of the battle strength of our enemies. On the contrary, it would hardly suffice to make good the heavy losses of the Italians. Moreover, it is a questionable whether the Americans will, on account of our U. boats, be able to send any considerable forces of troops to the European theatre of war."

The Chinook Wind of Northern Alberta

The Chinook wind of Northern Alberta is welcome both summer and winter. In summer, it cools the air and drives away flies and mosquitoes. In winter it modifies the severity of the climate and settles the snow when it is getting inconveniently deep. All parts of the mountain do not produce chinook, only those places that oppose a steep front to the approaching storm. The other parts allow the storm to go on its way high above our heads. Numerous instances might be given, but a couple will be sufficient. The Sierra Nevada in Eastern California, has a long, western slope, but no account of chinooks has ever been received from Owen's Valley at its eastern base. The Saw Tooth in Western Montana has a precipitous western front, and every storm that comes across gives a chinook in the Bitter Root Valley at its eastern base. The storm strikes the mountain, rises to pass over it, continues its upward course until its force is spent, then pours down and warms by compression. We cannot see the wind, but we can see the upward curve it makes in the cloud above and to leeward of the mountain, locally known as the Chinook Arch, by which

THE NEW SPRING GOODS ARE AT THE G. T. R. FREIGHT SHEDS

Before we will start to open the new goods--on February 8th to 10th--we will have

A BIG WHIRLWIND OF BARGAINS

STARTING JANUARY 31st

It will pay you to buy all you can for 1918. It would pay us to hold if we had plenty of room. Our prices to-day will save you money--

—and help you to help THE RED CROSS —the greatest organization on the face of the earth today for soldiers' help and comforts. They meet our wounded boys almost on the firing line—and they need help then, and we cannot reach them. They are right on the job, day and night. HELP! HELP! HELP! UNTIL THE WAR IS OVER.

DIRECT IMPORTERS - SWIFT, SONS & CO. - FEBRUARY SALE

those who give attention to such things know when the chinook is coming. But the Arch tells more than the approach of the chinook. It shows pretty accurately the incredible height to which the storm rushes up before its force is spent.

The chinook generally starts in the southwest and blows for a few hours, then stops suddenly. After twelve or perhaps twenty-four hours it starts up again, just as suddenly. This is repeated several times, but the wind comes from a point a little further north each time and finally blows along the mountain. It is then we are in danger of summer frost and have the extreme cold in winter. It is not altogether because the wind blows from the north that it turns cold. The air up in those regions of eternal ice and snow is cold and as it blows along the mountain and flows down its side, it is not warmed, because it is not compressed. We have a striking instance of this at the southern end of the Bitter Root Valley, where the Saw Tooth curves around to the east to join the Rockies. There, the west wind blows along the mountain and it is so cold for a short distance that they cannot grow oats, while all down the valley, away to the north, where the wind comes across the mountain, peaches mature.

If we had a high, steep obstruction across the course of the snow on Saturday and Sunday, January 12th and 13th, we would have had a chinook on a grand scale, and the storm, instead of blocking the whole country, would have disappeared very suddenly. With the exception of the last paragraph, this article was written at Duragan, on the Peace River. —Peter Anderson, Strathroy.

WANT COLUMN.

FOR SALE—One wood turning lathe, nearly new. Apply to H. McNALLY, Watford.

FOR SALE—square rosewood piano, in good repair. Going cheap. Apply J. J. SPACKMAN, Watford.

WORN OUT HORSES and fallen animals of any kind bought.—LETT BROS., fur ranchers, lot 18, con. 13, Brooke's Rural phone 4821. Watford P. O. Phone messages at our expense.

CARD OF THANKS—Miss Margaret McLeay desires to express her thanks and appreciation for the kindness and sympathy shown her by friends at the time of her sad bereavement.

CARD OF THANKS—Wm. Jas. Higgins and family wish to thank all those who showed kindness and sympathy during the illness and at the time of the death of the late Mrs. Higgins, and also to acknowledge floral offerings from the Chosen Friends and others.

FOR SALE—a comfortable eight-roomed dwelling house, with pantry, dumb-waiter, bathroom and large cellar with furnace. Wired for hydro. Also capacious barn with new foundation and good garden lot. Good hard and soft water. Everything in the best of repair. Reason for selling, owner leaving town. Apply J. J. SPACKMAN, Watford.

Toronto Markets	
Export cattle choice	\$12 00 to \$12 75
do, bulls	9 00 to 11 25
Butcher cattle, choice	11 00 to 11 50
do, medium	8 00 to 10 25
do, common	7 50 to 8 00
do, cows, choice	8 75 to 10 60
do, medium	7 50 to 8 75
do, canners	6 00 to 6 25
do, bulls	8 00 to 9 00
Feeding steers	8 00 to 9 00
Stockers, choice	7 50 to 8 50
do, light	6 50 to 7 00
Milkers, choice, each	75 00 to 145 00
Springers	75 00 to 90 00
Sheep, ewes	12 00 to 14 00
Bucks and culls	5 00 to 8 00
Lambs	18 75 to
Hogs, fed and watered	18 75 to 19 00
Calves	15 00 to 17 00



As fresh as summer roses in early dew.

Such are the groceries sold at this store. The delicate aroma of the coffee, the delicious taste of the butter—all the appetizing points of good, sweet, clean food are carefully preserved at this grocery. Even our canned and carton goods are kept in lowest quantities—so that they may be constantly renewed. Everything is pure and clean—cleanliness is next to godliness here.

All our groceries are as delightfully fresh as a wild rose sparkling with dew on an early summer morning. Let a trial convince you. Send or come with an order, or phone, and it will be promptly delivered.

Some specials this week:

—everything beautifully fresh—

TURNIPS PARSNIPS POTATOES
APPLES ONIONS CELERY LETTUCE

P. DODDS & SON

MARKETS		VEGETABLES AND FRUIT—	
WATFORD		Potatoes, per bag..... 1 50 2 00	
GRAIN AND SEEDS—		MISCELLANEOUS—	
Wheat, fall, per bush.. \$2 10 @ \$2 10		Wood	3 00 4 50
Oats, per bush	83 83	Tallow	11 12
Barley, per bush	1 30 1 30	Hides	13 16
Timothy	3 00 3 50	Wool	00 00
Clover Seed	9 00 10 00	Hay, per ton	7 00 9 00
Alsike	10 00 11 00	POULTRY—	
PROVISIONS—		Turkeys, per lb	23 00
Butter, per pound	38 38	Chickens, per lb	14 00
Lard, "	29 30	Fowl	13 00
Eggs, per doz	41 41	Ducks	15 00
Pork	21 00 21 00	Geese	15 00
Flour, per cwt	5 80 6 50	London	
Brar, per ton	40 00 40 00	Wheat	\$ 2 12 to \$2 12
Shorts, per ton	44 00 45 00	Oats, cwt	2 43 to 2 19
		Butter	39 to 43
		Eggs	50 to 55
		Pork	24 00 to 24 50

WOMEN OF MIDDLE AGE

Need Help to Pass the Crisis—Proof that Lydia E. Pinkham's Vegetable Compound Can Be Relied Upon.

Urbana, Ill.—"During Change of life in addition to its annoying symptoms I had an attack of grippe which all winter annoyed me in a weak condition. I tried times that I never be well. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passed through the Crisis of Life, so I took doctor I would soon be gain in strength and the annoying symptoms appeared and your Vegetable Compound has made me well, strong woman. I do all my own housework. I recommend Lydia E. Pinkham's Vegetable Compound too highly to be passing through the Change of life.—Mrs. FRANK HENSON, 1316 S. Or St., Urbana, Ill.

Women who suffer from nervous "heat flashes," headache, head and "the blues" should try this foot and herb remedy, Lydia E. Pinkham's Vegetable Compound.

At the nominations held to two vacancies in the Forest council, Amos Bannister and H. McFarlane were elected by acclamation.

THE MERCHANT

CAPITAL AND REST LOOK TO Times may change for you with advancing such help anywhere dollars saved in some Begin now with of it. See how far and hard times. Abolish your run to the bank WATFORD, ONT., BRAN

Ann FARM BUILDING

We have just put in a P ations, and bills of mate Every farmer will be int enable him to build better include Barns, Impler Houses, Garage, Grans these buildings has been by men who know the practical, and have been sizes, lengths and grade Come in and see those Our service is free and obligate you. See our WHEEL handles and the G.

