

**PILES.**  
 You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores—see box.  
**Zam-Buk**

**Spelling Reform**

Without noise or observation, the simplified spelling movement is continually gaining ground. This is not surprising when it is remembered that it appeals primarily to members of the teaching profession, who, more than others, realize the waste of time entailed by the present chaotic and illogical system of spelling. So irrefutable are the reasons advanced for spelling reform that no real counter-argument is attempted. What is advanced is largely based on prejudice, arising from ideas imbibed before reason began to operate. Ignorance, too, lies at the root of much of the opposition offered to a revival of the existing system, which only became stereotyped at a comparatively late period, and then under erroneous conceptions of the origin and affiliations of the English language.

No one who studies the question impartially, but must be convinced that the facts and the weight of argument are wholly on the side of the reformers. The judgment of Viscount Bryce, better known as Professor James Bryce, late British ambassador to the United States, must be taken as that of a man accustomed to estimate the relative value of educational methods. His statement is, therefore, worth special attention, when he declared that simplified spelling would be worth millions to British trade as a time-saving business proposition. Why should children be laboriously taught and be compelled to waste their time in learning how to spell individual words of identical sound, but different collection of letters, when

the adoption of a system representing each sound by one symbol would at once remove every difficulty?

Teachers everywhere not only recognize, but are individually up against the present obstacle created by an absolutely indefensible and really artificial system of spelling English words. A favorite defence is that the spelling indicates the origin and derivation of the word. This, in most cases, is not only erroneous, but misleading. The English language has been carried over the world, but what holds back its expansion is the difficulty foreigners find in mastering its endless intricacies. Structurally it is logical and simple, but its individual words are too often stumbling blocks to the child and to the foreigner. The simplification of English spelling should appeal to every imperialist as a very practical way of making English the link between nation and nation.—Toronto World.

A Pill that proves its Value.—Those of weak stomach will find strength in Par-melee's Vegetable Pills, because they serve to maintain the healthful action of the stomach and the liver, irregularities in which are most distressing. Dyspeptics are well acquainted with them and value them at their proper worth. They have afforded relief when other preparations have failed, and have effected cures in ailments of long standing where other medicines were found unavailing.

It's as difficult for an eligible man to dodge a young widow as it is for him to understand women.

A true friend is worth a hundred in-different relations.

Little boys will have sympathy with the practice of the Kentish farm laborer who scoffed at the idea of washing his hands. He said: "I never washes 'em. When they gets 'ard I files 'em."

**Dr. Morse's Indian Root Pills**

are just the right medicine for the children. When they are constipated—when their kidneys are out of order—when over-indulgence in some favorite food gives them indigestion—Dr. Morse's Indian Root Pills will quickly and surely put them right. Purely vegetable, they neither sicken, weaken or gripe, like harsh purgatives. Guard your children's health by always keeping a box of Dr. Morse's Indian Root Pills in the house. They

**Keep the Children Well**

**RHEUMATISM  
 SCIATICA AND LUMBAGO.  
 QUICKLY CURED BY  
 "KEPHALDOL"**

A druggist in Toronto said that he was asking an Old Country customer of his about KEPHALDOL TABLETS. This customer told him "I suffered from severe Rheumatism and Sciatica for twenty years, hardly ever being free from these troubles. I read about KEPHALDOL in the Glasgow papers and sent home for some. Three hours after taking two tablets, the pain was almost gone, and after taking six or seven, I hadn't a bit of pain."

This druggist went in to see his doctor about his wife and asked him if he had ever heard of KEPHALDOL. The doctor said, "Yes, I understand KEPHALDOL is a reliable sedative and anodyne, relieving pain without affecting the heart or vital organs. Since KEPHALDOL has been introduced into Canada, I have prescribed it in cases of severe Headache and Neuralgia, and just recently succeeded in helping a most severe case of La Grippe with it."

Since then, this druggist has ordered KEPHALDOL, and recommended it to those of his customers who wanted something to relieve pain. If you are unable to get KEPHALDOL Tablets at your druggist's, send for to Kephaldol Limited 31 Latour Street, Montreal.

**Beware of Canned Goods**

"Beware of canned goods and foods put up in packages that have been kept for too long a time. During the past two weeks the Chief Inspector of Foods in the Medical Health Department on two occasions has found pork and beans which had been canned over eight years ago. At the same time he found fermented canned strawberries, and on investigation discovered that they had been purchased by the dealer over two years ago. Inspectors frequently find that this class of goods is often held, either by the canners, the wholesale or retail merchants, for very long periods." Dr. Hastings declares in the March Bulletin of the Health Department. The department at Ottawa with a view to obtaining legislation "requiring cans and packages for all goods to contain the date stamped on the bottom and tops of tins, and blown in the glass of bottles and jars, of the year at least that they were canned."

**BANKERS AID RURAL LIFE.**

State and Federal Help Urged in This Direction.

Resolutions providing for changes in the conditions of rural life in this country, which it was stated would decrease the burdens and increase the opportunities of the farmer and his family, were adopted at the third annual meeting of the committee of agricultural development and education of the American Bankers' association.

Vocational training in the public schools, plans to make the marketing of farm products easier and more profitable and federal aid to make farm demonstration work more general throughout the country were among the things urged.

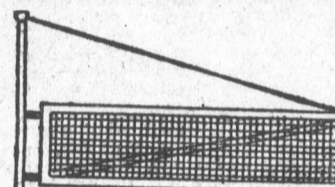
The resolutions in part follow:

"Our committee, being especially concerned with agriculture and instruction in that line in the country schools, realizes that it needs and must have the largest measure of aid to the end that the country boys and girls may be placed on an equal footing with those in town. Therefore we urge both state and federal aid in this direction."

"As farm demonstration work through local or country demonstrators has proved to be the most practical and effective means of improving farming methods and as the government has contributed thousands of dollars toward such work in certain states and little or nothing in others, we indorse and earnestly urge legislation on the part of congress that will provide generous federal aid in all the states for such work."

**An Up to Date Gate.**

The frame of this gate is made from boards six inches wide and an inch thick. Of course the gate frame is cut to any size the maker desires. One brace is placed corner ways across between the frames. Field fencing is used for the body of the gate. It is



THIS GATE IS EASILY MADE.

cut the right size with wire nippers and attached to the frame with small staples. The gate is suspended from a long pole set solid in the ground. To make this post solid set it in concrete. The gate is fastened to the pole with large hinges, and a wire cable or small chain holds the weight of the gate up to the top of the pole.

**WINTER FEED FOR FOWLS.**

An ample as well as a varied supply of green feed to hens during the winter is important for the health of the fowls. Its value does not lie in the amount of nutriment it contains, but as an agent in digestion. Fowls eat more when fed green food than otherwise. Vegetables induce increased eating, hence increased egg production.

Nearly all the common vegetables are relished by fowls, and they should be fed at regular intervals. Mangels are easy to raise and keep well. Cabbage is a good food; the hens like it, and it does not flavor the egg. Turnips are an excellent vegetable for fowls when grown right, stored and cooked. Rape is an excellent green food to plant in the runs. Potatoes are good only when boiled. As a rule, they are too expensive to feed to poultry. Onions, when they can be had, are an excellent feed and, like lettuce, are excellent for chicks. Silage may be used, provided that only a small quantity is fed at first until the hens become thoroughly accustomed to it.

**HERE'S GOOD NEWS FOR DYSPEPTICS**

We have good news for every person in this town who has any form of stomach trouble. It is about a remedy for indigestion and dyspepsia that we have so much faith in as to offer it to you with our personal guarantee that if it does not relieve you and satisfy you in every way, we will refund the money you paid for it without question or argument of any kind. You risk nothing, either Rexall Dyspepsia Tablets will relieve your stomach ailments or the money you paid for them will be handed back to you. There is no red tape about our guarantee. It means just what it says. Your word is enough. If Rexall Dyspepsia Tablets don't satisfy you, the money is yours and we want you to have it.

Rexall Dyspepsia Tablets soothe the inflamed stomach, check heartburn and distress, stimulate a healthy secretion of gastric juice, aid in rapid and comfortable digestion of the food, and help to quickly restore the stomach to a comfortable, easy-acting, healthy state. They also aid greatly in promoting regular bowel action. Rexall Dyspepsia Tablets are sold only at the 7,000 Rexall Stores, and in this town only by us. Three sizes, 25c, 50c and \$1.00.

J. W. McLAREN, Watford.

The girl who is quick to point out a man's faults is risking spinsterhood.

**"FAGGED-OUT" WOMEN—**

Will Find Help in This Letter.

Overworked, run down, "fagged out" women who feel as though they could hardly drag about, should profit by Mrs. Brill's experience.

She says: "I was in a very weak, run-down condition. Life was not worth living. I could not sleep, was very nervous, stomach bad, and was not able to work."

"I consulted with one or two physicians, without benefit. I read of Vinol helping some one in a similar condition so I began to take it, and it simply did wonders for me. I gained in weight and I am now in better health and stronger than ever. I can not find words enough to praise Vinol."—Mrs. W. H. Brill, Racine, Wis.

Thousands of women and men who were formerly weak and sickly owe their present rugged health to the wonderful strength-creating effects of Vinol. We guarantee Vinol to build you up and make you strong. If it does not we give back your money.

T. B. TAYLOR & SONS, Watford.

**Veterinary Surgeon.**

**J. MCGILLICUDDY**  
 Veterinary Surgeon,

HONOR GRADUATE ONTARIO VETERINARY College, Densitary a Specialty. All diseases of domestic animals treated on scientific principle. Office—One door south of the Guide-Advocate office. Residence—Main Street, one door north of Dr. Brandon's office.

**CIVIL ENGINEER.**

**W. M. MANIGAULT,**  
 ONTARIO LAND SURVEYOR  
 AND CIVIL ENGINEER.  
 Box 806. STRATHROY, ONTARIO

**Auctioneer**

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

PROMPT attention to all orders, reasonable terms or done may be had at the Guide-Advocate office.

**INSURANCE**

**General Insurance Office**

Life, Fire and Accident Insurance, including Sick Benefits, Live Stock, and Automobile Insurance.  
 Farmers' Special Weather Insurance against wind storms, hail and frost.  
 Also Guarantee Bonds issued for collectors and other offices of trust.

**F. J. HUGHES, AGENT.**  
 OFFICE OPPOSITE MCLAREN'S DRUG STORE

**J. H. HUME.**

AGENT FOR  
 FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.  
 REPRESENTING  
 Five Old and Reliable Fire Insurance Companies.  
 If you want your property insured please call on J. H. HUME and get his rates.

—ALSO AGENT FOR—  
 C. P. R. Telegraph and Canada Permanent Loan and Saving Co.

Ticket Agent For C. P. R.—Ticket sold at all points in Manitoba, Northwest and British Columbia.

**THE LAMBTON**

**Farmers' Mutual Fire Insurance Company.**  
 (Established in 1875)

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 AGENT for Warwick and Plympton.

**Farmers Attention**

WE HANDLE  
 COCKSHUTT IMPLEMENTS!  
 MELOTTE CREAM SEPARATORS  
 KEMP MANURE SPREADERS  
 TORONTO WINDMILLS  
 BUGGIES, WAGONS  
 GASOLINE ENGINES  
 LIGHTNING RODS  
 —AND—  
 EVERYTHING NEEDED ON THE FARM  
 Call and let us talk matters over.

**CAMERON & GRAHAM**  
 OPPOSITE HOWDENS' GROCERY.  
 167-11

**SIGNS OF SPRING**

SPRING is Nature's painting time. She tints the trees with soft green leaves. She colors the fields with glowing flowers. And sets us the example of brightness and cheerfulness which we should follow in putting our homes in keeping with Nature's glorious outdoors.

Spring time is painting time — and good painting always suggests

**Martin-Senour's "100% Pure" Paint**

We have a full line of Martin-Senour's Paints, Stains, Varnishes and Finishes, for re-painting the buildings—freshening up the porch—finishing the walls—staining or varnishing the floors—and making the whole house spic and span.

If you are ready to paint, we have the right kind of Paint all ready for use. Come in and see "Spic and Span".

**J. MCKERCHER**