

Guide-Advocate.

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HARRIS & CO.
 PROPRIETORS

Guide-Advocate.

HARRIS & CO., PROPRIETORS
 WATFORD, MAR. 29, 1907.

Good Times Only Begin.

If one can judge from outward circumstances, we would venture the opinion that the good times of Canada are only at the beginning. It is the century for Canada, and the influx of population into this country is going to keep up just so long as our unpeopled acres offer better inducements than do the thickly settled lands of the old world. And settlement means wealth—wealth produced and wealth made in supplying the wants of these new comers. The stock market has just received a black eye, and yet we fail to see how this affects the farmers very much. They deal in the genuine article of commerce. They produce necessities of life and production is not keeping pace with consumption in Canada. Farm products, therefore, stand to remain firm; yet there may be temporary rises and falls. In fact, prices in some farm products have been too high, but they can stand a little depreciation and then be on a paying basis for farmers.

The outlook is rosy for the Canadian farmer. He stands in a peculiar position of safety at present, while all around seems tremulous with the fever of uncertainty. While population increases in Canada at the rate it is, there can be little fear for a bad break in the prices of agricultural products. No man has yet so completely a control of the market as to "corner" the necessities of life. The farmer feeds them all, which fact is coming to be realized more than ever. He is at the bottom of the productive world. By his exertions, all the delicate social machinery moves. There are other distributors of this wealth, but the farmer is the creator. Hitherto he has borne the heavy end of the stick, and it is time he was assuming some of the good things. Let him combine to maintain his rights. Let him get right with politics. Let him demand his just recognition in the law making of the country.

Rev. Dr. Carmichael, speaking in a city church on Sunday, made the statement that Saskatchewan Province alone could support the whole population of Canada. If this is true, and no one knows better than this western preacher, then how unfounded are our fears for a big cycle of bad times. This bugbear of lean years seems to afflict some writers to a nightmare fever. This is Canada's turn—World.

The Taking Cold Habit

The old cold goes; a new one quickly comes. It's the story of a weak throat, weak lungs, a tendency to consumption. Ayer's Cherry Pectoral breaks up the taking-cold habit. It strengthens, soothes, heals. Ask your doctor about it.

The best kind of a testimonial—
 "Sold for over sixty years."
 Made by J. C. Ayer Co., Lowell, Mass.
 Also manufactured at
 SASKAPEWIA,
 PILLS,
 HAIR VIGOR.
 We have no secrets! We publish the formulae of all our medicines.
 Keep the bowels regular with Ayer's Pills, just one pill each night.

HOW TO TEST YOUR KIDNEYS.

If any of your family have been troubled with kidney disease make a test of the urine and satisfy yourself whether you need a good remedy before the disease has caused serious complications.

To-morrow morning put some urine in a glass or bottle and let stand for twenty-four hours.

If it shows particles or germs floating about, is milky or cloudy, or contains a reddish sediment, then your kidneys are diseased.

Commence at once to take Ferrozone to arrest these unnatural conditions.

Ferrozone is especially intended for the immediate relief and cure of kidney and bladder troubles and its health-giving properties will be felt at once in new blood, healthy circulation, general strengthening of the system.

Ferrozone quickly corrects urinal disorders, headache, and pain in the back. It improves the appetite, digests the food, makes it nourish the nerves, makes them strong and enduring, and fits one for lots of hard work.

Don't be misled by cheap, so-called kidney cures offered by dealers for the sake of extra profits. There is only one safe and reliable specific for kidney, bladder, liver and urinal troubles, and its name is Ferrozone.

Refuse point blank to accept a substitute, and insist on your druggist supplying "Ferrozone"; price 50c. per box at all dealers.

Farm Yields Better Than Gold.

The farm is more generally appreciated as the tendency grows to revolt against the sordid vulgarity of wealth. The artificialities which money alone procures will probably never be enjoyed so largely on the farm as among the privileged few of the cities. People who hanker after the indulgence of exclusive luxuries are not those who will be first attracted by the whole some natural enjoyment that farm life offers in such refreshing contrast. The city Croesus speeds through the country in his automobile. He surely does not find much pleasure in it beyond the hollow desire to do something his neighbor cannot afford. The farmer, or rather those few farmers, who have learned to appraise the advantages of their occupation at something near their true worth, walks over his fields, drinking in the beauty of Nature in her various moods, reflecting soberly, but contentedly, upon the higher duties and privileges of existence, glad to be alive and estimating his advantages for the joy and happiness and peace they bring to him, envying them not to his neighbor, who may also share them to the full. Not to despise common pleasures because they are cheap, but to value them because they are within the reach of all, is the attitude of mind to which, sooner or later, we shall come. The universal beauties, the simple foods, a wholesome, natural, easy life, rich in experiences of intellectual, moral and religious life, and blessings which will be more highly appreciated as time goes on. Let us look for these, envying not, but pitying the purse-proud rich who think to purchase happiness with gold.—Farmer's Advocate.

Be a Strong Man.

Increase your vitality and nerve energy, restore vim and force to your over worked body. Ferrozone will do this as it did for Walter Wood, of Beauport, N. B., who writes: "I can say Ferrozone has given me a new lease of life. A year ago I suffered so from nervous exhaustion I was scarcely able to drag myself around. My appetite was gone, I had no color or ambition and felt useless. One box of Ferrozone started me back to health. I took a number of boxes and my health was completely restored." For men who are tired, pale, nervous and thin-blooded nothing compares with Ferrozone, 50c. per box at all dealers.

Man's Inhumanity to Man.

The average man come very near being an idiot in taking care of himself. You have seen him wearing a fur cap on his head while his shoes let in the snow and water. He wears an overcoat on his back and nothing but a thin shirt over his chest. He is mighty scared of freezing his fingers while his throat is exposed to blizzards and he is often ailing or thinks he is. It's herb tea, root tonics, Pator's pills, Paul's pine tar cordials or plasters and cures, until the balance wheel in the machinery comes to a stop. Nature wants to keep going but she can't. He drinks whiskey that clogs the valves; he drinks beer but that clogs the wheels; he pours down lemonade, ginger ale, butter milk, ice water tea, coffee and what not, and then wonders why the fires under the boiler do not burn. If you should take an ox and put him through a like performance he'd be dead in a year. The simplest and plainest laws of health are outraged every hour of the day by the average man. Did Adam smoke? Did Eve wear corsets? Did Solomon chew tobacco? Did Ruth

chew gum? Did the children of Israel make for a beer garden after crossing the Red Sea? Did Rebecca eat gum drops and ice cream and then call for soda water? Adam was the first and was made perfect from head to heels. How long would he remain so after eating a mince pie before going to bed? Suppose he had slept in a bed room 5x7 with the windows down, the door shut and two dogs under the bed. Suppose Eve had laced herself up in a corset, put on tight shoes, sat up all hours of the night eating her fill of trash and sizzled her hair. When you come to look at the way a man behaves himself, you can only wonder he ever lived to get there.—Cherokee (Okla.) Messenger.

Don't use Greasy Liniments.

A century ago they were popular. Today people want something easy to apply, certain in results, and above all a clean liniment. When Nerviline is applied aches and pains disappear as the pores absorb its healing properties. Nerviline penetrates to the core of the pain, eases instantly, and leaves no oily bad smelling memory behind. Good to take in, capital to rub on, and five times more powerful in destroying pain than any oily liniment. Don't fail to get a large 25c. bottle.

Why Farmers Grow Old Early.

[Harper's Magazine.]
 Anyone who has lived on a farm does not need to be told the reason, for he knows of the strain under which the American farmer lives during the five months of spring and summer. His work day is from 4 or 5 in the morning until 8 or 9 at night, including chores—fifteen to seventeen hours of the hardest kind of physical labor, and every minute of it at high tension, especially during harvest. Then comes a period of relaxation in the fall, the one time in the year when he has just enough muscular exercise to keep in health. Later, the winter season, approaching stagnation, in which he takes on flesh, gets "loggy," and then a furious debauch of hard labor through the spring and summer again. No wonder that by 45 he has had sunstroke and "can't stand the head," or has "a weak back," or his "heart gives out," or a chill "makes him rheumatic."

A SMALL PILL, BUT POWERFUL.—They think of the powers of a pill by its size, would consider Parmelee's Vegetable Pills to be lacking. It is a little wonder among pills. What it lacks in size it makes up in potency. The remedies which it carries are put up in these small doses, because they are so powerful that only small doses are required. The full strength of the extracts is secured in this form and do their work thoroughly.

Tudhope Carriages
 If there is a carriage to be bought this spring, talk it over with us.
 Buying a carriage is pretty important business with most men—and you can't be too careful about the carriage you decide on.
 That's why we want you to talk over your wants with us—and see the Tudhope line.
 You know, you don't have to buy unless you feel like it—but you will feel like it when you see TUDHOPE CARRIAGES.
 Jno. Mc Kercher, Watford

HOMES
 For Settlers
 IN WESTERN ONTARIO
 MANITOBA
 SASKATCHEWAN
 ALBERTA
 How Made and How Reached
 Write for free copies of SETTLERS' GUIDE giving full particulars of special train service for settlers travelling with live stock and effects to the North West in March and April, with passenger and freight rates.
 WESTERN CANADA description of the province and western conditions. 80 pages of information for invaluable to settlers. Useful maps and statistics.
 TIME TABLES showing double daily passenger train service to Winnipeg and Calgary.
 TOURIST SLEEPING CARS
 Leave Toronto daily. Comfortable, roomy berths at moderate rates. Fully equipped with heating, cooking range and every convenience. Berths should be reserved through nearest C.P.R. Agent at least two weeks before departure.
 Write to-day for free books and anything you want to know about the west and how to reach it. Address
 C. B. POSTER,
 Dist. Pass. Agt., C.P.R., Toronto

FOR SALE.
 NINE acres of land, south east corner of Watford, good house and barn, good orchard, apples, pears, plums, cherries and all kinds of small fruits, 3 good wells, hen house, pig pen and dairy. Reason for selling, old age.
 T. H. CLARK,
 Watford.
 900 Farm Laborers.
 Notwithstanding the fact that over 3,000, immigrants have come in Toronto this month, and have been sent out to the country, there are over 900 applications to the Immigration Department left. More are coming in every day, and it is

Knowing How, is Half the Battle.
 Two women are preserving. Give them the same kind of fruit—sugar—spices. One woman's preserves are a complete success—and the other's are failures. "Knowing how" counts.
 "Knowing how" has a lot to do with
Beaver Flour
 Since 1845, we have been learning how to make BEAVER FLOUR better. And we know how to make it the best flour in Canada.
 Instead of using only one kind of wheat—and bleaching and electrifying the flour—we blend two kinds of wheat.
 Over half a century of milling taught us that no one kind of wheat can make perfect flour. Fall wheat lacks nutriment—spring wheat lacks lightness and whiteness.
 So we take just so much Manitoba Spring Wheat and thus get ALL the nutriment—ALL the food properties—and ALL the whiteness, lightness and deliciousness of both kinds of wheat.
 That is why BEAVER FLOUR makes the most nutritious bread and biscuits,—and the lightest, most inviting and tastiest cakes, pies and pastry.
 Insist that your Grocer sends BEAVER FLOUR.
 Dealers, write for prices on all kinds of Feeds, Coarse Grains and Cereals. T. H. Taylor Co., Limited, Chatham.

The FROST Fence Wire and Gate
 Conceded to be the Strongest, Most Durable and Satisfactory Manufactured.
OVER 20 TONS OF WIRE NOW ON HAND
 Wire Supplies of All Kinds in Stock.
 Farmers and others contemplating building a Fence cannot do better than get our rate. See what your neighbors are doing and you will be satisfied that the Frost is the best.
 All orders will receive prompt attention.
DAVID ROSS, Jr., Warwick
 AGENT

Resists Wind
 Sold By
Geo. Chambers,
 DEALER IN
LUMBER and COAL.
 Planing Mill and Chopper,
 IN CONNECTION.

Rex Flintkote ROOFING
 In the Country where the wind gets full sweep
 will stay put when shingles are blowing off. Resists fire, water, heat, cold and wear. Easy and inexpensive.
 SAMPLES FREE
 with book and photos of Rex Flintkote farm buildings.
 "Look for the Boy" on every roll.

STAGE LINES.
WATFORD AND WARWICK STAGE LEAVES
 Watford Village every morning except Sunday, reaching Warwick at 11:30 a.m. Retaining Leaves Watford at 3:45 p.m. Passengers and freight conveyed on this line. J. M. Ross, Prop'r.
WATFORD AND ARBON STAGE LEAVES
 Leaves Watford at 9 a.m. Reaching Arbon at 10:15 a.m. Retaining Leaves Arbon at 8:45 p.m. Passengers and freight conveyed on this line. J. M. Ross, Prop'r.