

THE STERLING BANK

OF CANADA

Your Manager Will Tell You

Do you think your farm could be made more profitable? Are there any points in regard to crops or stock that you are doubtful of? If so, ask the Sterling Bank manager. He possesses information that will help you. Call and see him.

The Road to Independence

Trouble comes to all of us at one time or another. The man with a snug bank account, is fortified against the "slings and arrows of outrageous fortune". It is the duty of every man to lay aside something for the inevitable rainy day. Open a Savings Account today—and take your first step along the road to Independence.

THE MERCHANTS BANK

OF CANADA

Head Office: Montreal. Established 1864.

WATFORD BRANCH, F. A. MacLEAN, Manager.
ALVINGTON BRANCH, G. H. C. NORSWORTHY, Manager.

Guide-Advocate

Watford, Ont.
PUBLISHED EVERY FRIDAY

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ACQUISITION CARDS—\$5.00 a year.

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W. C. AYLESWORTH, Publisher.
T. HARRIS, Editor.

Guide-Advocate

WATFORD, JUNE 13, 1919

Thrift In The Schools

In the schools of Canada alone the War Savings campaign is fraught with great possibilities and already the returns show that splendid progress is being made. What has been done in the schools of the United States is a fair indication of what may be done in the schools of Canada.

In the schools of New York there is said to be a little over 750,000 children. During the period, December 1917 to January 31, 1919, no less than \$5,446,000 worth of War Savings and Thrift Stamps were sold in these schools, which means slightly more than \$7 for each child.

The Thrift campaign in the schools of the Dominion will produce 100 fold in results. Every child should be enrolled in the War Savings Army. Parents should see to this. It will discipline the child in thrift, provide it with a good investment and benefit the country.

Buy War Saving Stamps.
Thrift Stamps make thrifty children.

DO you consider your bread a Luxury as well as a Necessity? If so, then you want the best. Our ever-increasing trade and satisfied customers are reasons why you will not be disappointed if you give us a trial.

Now is the time for Weddings and your wedding will not be complete unless you have one of our cakes.

F. H. Lovell

BAKERY, CONFECTIONERY
AND ICE CREAM PARLORS

Through the Looking Glass

By EVELYN NESBIT

While hubby is a vital cog in the realm of business and industry, while he chats with business friends and gets out into the world, wife is doing her curl papers and getting ready to wash up his breakfast dishes. While hubby sits at the club, wife is at home, cooking his dinner and mending his socks. That is just as it should be, says satisfied hubby. If wife should dare to stop serving him, woe to her! For so many ages it has been taken for granted that when a woman marries she becomes her husband's private property, that even in this enlightened era women are still slaving and toiling for their husbands. It is perfectly fine for women to do their share in keeping the home fires burning. But they must not lose their independence entirely. Go on darning socks, go on minding babies, go on cooking dinners—but, for pity's sake, keep your independence!

The only way to keep your independence is to keep your friends. Don't let your housework absorb you so completely that the only outsiders you see are the tradesfolk and your husband's friends. Keep young and cheerful by maintaining your individuality. In spite of being married, the woman should keep up with the friends of her girlhood and make new friends, too. And if there are men friends among them, there's no harm done, so long as hubby knows about them. When there is to be a family party, hubby and wife both should choose the friends who will be invited. It's more fun that way, you will find.

FEW MUSICIANS BREAK LAWS

Or if They Do, They Manage in Some Way to Keep Out of the Penitentiaries.

Does music keep people out of jail? It has often been said in print that music was brought into the world to uplift and beautify our hamdrum mechanical lives. A public school principal regrets that his teachers are only giving one and a half hours a week to the study of music. He regrets this, because he says through music and its educational value young people become better citizens, more useful members of society and more effective servants of the state.

But now a man comes forward and submits figures to show that musicians give the jails a wide berth. Out of a total of about 150,000 professional musicians in the United States it is said there are only about fifteen in the nine largest penitentiaries throughout the republic. This makes a good showing when the corresponding figures are considered—89 out of only 57,000 bankers in these penitentiaries; 32 out of 115,000 lawyers, 22 out of 150,000 physicians and 6 out of 35,000 painters or artists. It begins to look as if music keeps you out of jail, or at least helps to.

SEAWEED OIL.

Seaweed offers a prolific source of fuel oil when present supplies are exhausted, according to an English scientist, who has obtained seven gallons from a ton of vegetable matter.—The Argonaut.

Warts are unsightly blemishes, and corns are painful growths. Holloway's Corn Care will remove them.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Chas. H. Hitchcock*

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AS TO MEN AND HUSBANDS

According to This Writer There is a Subtle Distinction Between the Two Species.

Immediately after the wedding ceremony men become dull and uninteresting and turn into husbands, says a writer in Judge. Husbands are all just alike and can be sorted out of any social gathering by the same set expression about the eyes and mouth.

It is more trouble to teach a husband to fetch and carry than a fox terrier puppy, and as a rule the puppy acts much better when there is company around. Husbands wait until some Sunday morning when you have distinguished guests with you for the week end. They burrow in the back of the closet and pull things off the high shelves and go through the rag bag. Then they appear at the breakfast table in the coat of one suit, the trousers of another and a fancy vest, with an inch-wide tie tied in a four-hand as a finish.

And when you advertise your horror in a frantic effort to convince the visitors that he is suffering from temporary aberration any and every husband will assume an air of bewildered innocence and say:

"Why, what's the matter with this? It's just what I wear every Sunday morning when there's no one here!"

Husbands always keep the Sunday papers on the floor. No man ever does this until he is married. His mother will not let him.

Husbands read to you the printed recipes they find on the woman's page of the paper. They get enthusiastic about some dish they have always declared they would rather die than eat and say:

"Now, there's an idea for you. Why can't we ever have something like that?"

Women acquire a husband for much the same reason that a man gets a cane. They are a fearful bother, but one presents a better appearance with one in hand.

Poets often affect carelessness in their garments for the same reason that tramps travel in freight cars.

"All things must have an end," says the proverb maker. Yes, and all things that have one end must have two.

WAR SAVINGS STAMPS

How much of your wages do you fritter away each week on trifles? If you reckon it up you will probably find that at least five per cent. disappears thus "like snow wreaths in thaw."

If your weekly wage is \$15.00 you spend easily 75 cents of that on "mere nothings" before you know it.

But suppose you said to your employer: "Each week I want you to keep 75 cents out of my pay envelope and invest it for me in War Savings Stamps. As you buy each War Savings Stamp put it in my pay envelope, and go on doing that for a year." You will never miss that 75 cents. But at the end of the year you will have over \$36.00 invested in Savings Stamps. By then they will be worth considerably more than \$36.00, and by 1924 they will be worth \$45.00.

War Savings Stamps are guaranteed by the Dominion Government. They have the whole resources of Canada as their security, the same as Victory Loans. And they bear an unusually high rate of interest. You can cash them at any time, however, if you need to.

Make Your Savings Serve You and Serve Your Country—Invest Them in War Savings Stamps.

WAR SAVINGS STAMPS

How's This?

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

Hall's Catarrh Medicine has been taken by catarrh sufferers for the past thirty-five years and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Medicine acts through the Blood of the Mucous surfaces, expelling the Poison from the Blood and healing the diseased portions.

After you have taken Hall's Catarrh Medicine for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Medicine at once and get rid of catarrh. Medicine at Send for testimonials, free.

F. J. CHENEY & CO., Toledo, Ohio.
Sold by all Druggists, 75c.

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F. J. CHENEY & CO., Toledo, Ohio.
Sold by all Druggists, 75c.

99% EFFICIENT

TEMPLETON'S RHEUMATIC CAPSULES

FOR RHEUMATISM, NEURITIS, SCIATICA, LUMBAGO, NEURALGIA, GOUT, ETC.

A SURE RELIEF FOR THE WORST HEADACHE

15 YEARS SUCCESS

A Scientific preparation which eradicates every trace of Rheumatic Troubles. Stay young! Keep your best years free from pain. T. R. C.'s will do it.

Sole Agents for Watford, J. W. McLaren, druggist, The Rexall Store, or if you live out of town mail \$1.04 to the above address or to Templetons Limited, 142 King street west, Toronto, and capsules will be sent postpaid.

Silverwood's ice cream

"SMOOTHER THAN VELVET"

Ice Cream like mother used to make? No indeed! Ice cream far superior to that. Nothing but pasteurized pure cream, cane sugar and pure flavar extracts go into Silverwood's Ice Cream. That creamy, velvety taste that mother never could have given to her home-made ice cream is the result of homogenizing and scientific freezing.

SILVERWOOD'S LIMITED, LONDON, ONT.

Bricks in all Flavors. Look for the Silverwood's Sign.

Save the Money You Waste and Make It Earn You More Money

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PREPARED PULLMAN RAILWAY SYSTEM

TIME TABLE

Trains leave Watford Station as follows:

GOING WEST
Accommodation, 75 8 44 a.m.
Chicago Express, 13 1 16 p.m.
Accommodation, 6 44 p.m.

GOING EAST
Accommodation, 80 7 38 a.m.
New York Express, 6 11 16 a.m.
New York Express, 18 2 57 p.m.
Accommodation, 112 4 56 p.m.
C. Vail Agent Watford

LAWN SOCIALS require plenty of advertising. Keep your announcement constantly before the public. Get out your bills and place your ads. in THE GUIDE-ADVOCATE.

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20	1592
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