

**Y REMEDY
NY YEARS**

"a-tives" With The
of Results.



McKAY Ess.
JNT., June 17th, 1915.
using "Fruit-a-tives"
edy for many years.
est medicine I have
nit-a-tives" do me the
never gripe and their
them for indigestion
with the best results,
recommend them to
afflicted.
have left me complete-
nit-a-tives" full credit
A nicer pill a man
GEORGE MCKAY.
demand for "Fruit-a-
increasing, due to the
nerful fruit medicine
elief in all cases of
Constipation, Sogri-
umatism, Chronic,
Neuralgia, and all
lder Troubles.
or \$2.50, trial size 50c.
rs or sent on receipt of
ives Limited, Ottawa.

ETIES.

B, No. 17 C.O.F.
Regular meetings the
econd and Fourth
Monday of each
month at 8 o'clock.
Court Room over
Stapleford's store, Main
street, Watford.
B. Smith, C. R. J
J. E. Collier, F. Sec.

**RY FARM
WOOD**

1 Cattle
-AND-
lincoln Sheep
X, Proprietor
Ontario

JBING LIST

B-ADVOCATE AND

nd Weekly Star	\$1 85
id Empire.....	1 85
s Sun.....	1 85
Free Press..	1 65
Advertiser...	1 65
g.....	2 00
nger.....	1 40
al Witness....	1 85
ator.....	1 85
's Advocate...	2 35
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ican.....	4 75
e.....	4 00
u Free Press..	4 00
n Free Press..	3 00
n Advertiser..	3 00
n Advertiser..	3 00

**RUNK RAILWAY
SYSTEM**

TABLE.
ford Station follows

ING WEST	
109.....	8 44 a.m.
111.....	2 55 p.m.
112.....	9 09 p.m.
ING EAST	
110.....	7 43 a.m.
ress, 6.....	11 02 a.m.
ess, 2.....	3 00 p.m.
112.....	5 16 p.m.

Vail, Agent Watford

ir Dates

29, 30.
ept. 20 to 22.
pt. 22 to 25.
27 to 29.
ct. 1, 2.
-OCT. 5, 6.
ct. 7, 8.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought
In Use For Over 30 Years
THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Killing the Babies

Most mothers love babies, but it is a strange combination of love and ignorance on the part of mothers that causes twenty-five per cent. of our babies to die before they reach one year of age. Mothers frequently and with the best intentions feed and dress their babies in a manner that, for the sake of a better term, is simply "killing the babies with kindness."

What is the meaning of the world-wide interest in Child Welfare today?

It means that sociologists, philanthropists, eugenisists, all thoughtful women and men, are discovering that the welfare of the child holds such an important place in our social and national life, that no longer can this study be neglected.

There is a God-given instinct in every decent man and woman that cries out for protection for the children. The world can look with comparative composure at dead men in

trenches and shattered cathedrals; but maimed, naked, starving children is a sight it cannot bear without passion and amazement, and a strong desire to do things.

The mortality among children is dreadful. If a like death rate should take place with our cows, horses or pigs, the Government would at once take action, and see to it that the cause was removed. The cause of this enormous mortality among children is ignorance—the ignorance of parents—compulsory education; and the one thing needed for the perpetuation and welfare of the human family is in the curriculum.

The conservation of human life—the knowledge that will lessen the number of tiny graves in the cemeteries, and the saddened hearts of loving parents—this is the information the Better Canadian Babies Bureau is trying to diffuse.

First of all, it ought to be the child's privilege to be born right, of healthy parents, having no history of mental disease, malignant troubles, tuberculosis, or alcoholism. The child does not select its parents, and it is a tragical situation if, as the child grows up, it learns to deplore that such is the case.

Pre-natal influences and their effect upon the mental and physical condition of later life might be profitably studied by prospective parents. In fact, if the same care and common sense used in the management of the domestic animals were applied in the rearing of children it would be a great improvement on the present methods.

Mothers have it in their power to see to it that there are "better Canadian babies," and as a natural result there will be more of them.

A? Test

Farmer Jones stood some distance away, watching his new laborer, high up in the tree, lopping off a limb. A neighbor happened to come along, and, after observing a suspicious-looking mass just above the workman said:

"Have ye told him about that hornet's nest up there, Joe?"

"Naw, he's one of them there Christian Science fellers, an' I'm jest waiting to see if there's anything in it."

"Rough on Rats" clears out Rats, Mice, etc. Don't Die in the House. 10c. and 25c. at Drug and Country Stores. mr12-m6

JAPAN'S FAT WRESTLERS.

Outside of the Arena Eating is Their Most Important Task.

The most envied men in Japan are the wrestlers, who are fat and bulky. The first requisite of a Japanese wrestler is that he be fat. Their stomachs are their proudest possessions. The fatter the man the more money they will bet on him, even though a bedslat can throw him clear out of the ring. As a fat wrestler walks down the street a crowd gathers around him, hoping that he will turn into some restaurant. If he does they gather in the doorway to watch him eat. They would rather hear a Japanese wrestler eat that go to a three ring. A wrestler never disappoints them—he plows through astounding quantities of food, turning everything under except a few radish skins and turnip tops. It's unbelievable how much noise they make when eating, by smacking their lips, sucking up their tea with the open exhaust and picking their teeth with the cutout on.

The champion eaters of them all—the wrestlers—have long hair, but instead of letting it hang down on their shoulders, as one would naturally expect, they do it up in knots until they look like a gigantic kewpie. Whenever you see a man in Japan going around with a large sized walnut on his head, you may know that he follows the ancient and honorable profession of wrestling. Their wrestling consists of the men standing upright in the ring, making a rush at each other and trying to push each other out. Every time two wrestlers come together they give a prodigious grunt. When one of them finally succeeds in pushing the other out the crowd bursts forth into mighty applause, while the victor modestly pats his stomach to show where the praise is due.—Homer Croly in Leslie's.

COLOSSAL CANOPUS.

If It Were Our Sun It Would Take Over Eight Hours to Rise.

Of all the twenty first magnitude stars the inherent glory of Rigel and Canopus is the greatest. Only two are farther than they, while the other sixteen are very much nearer.

Estimates give the light of Rigel as equal to that of 22,000 suns and that of Canopus as 55,000.

Assuming that their general surface brilliancy is the same as that of the sun and recalling that Rigel has at least 22,000 and Canopus 55,000 times the light of the sun, the square root of these figures gives us Rigel's diameter as 150 and Canopus' 235 times that of the sun.

Whereas the sun's diameter, as seen in the sky, measures one-half a degree, Canopus, at the same distance, would measure 117½ degrees of the 180 that reach from horizon to horizon, and its disk would cover 55,225 times the sky area occupied by the sun. Canopus would be nearly eight hours in rising.

With such a globe brought so near, all life on the earth would instantly perish, seas would be converted into steam, and the very mountains would melt with fervent heat and flow like molten iron. Beside such facts our corner of the universe seems diminutive, dull and insignificant.

These two marvelous orbs have been found among a group of twenty to which they belong. Out of the million million stars known to exist only twenty, for aught we know, might yield similar specimens. Nothing proves that such worlds are rare.—Scientific American.

The Critic Scored.

"I have just sold that picture for \$2,000!" said the jubilant artist.

"I congratulate you on your ability," replied the critic.

"Thank you. It makes a difference, doesn't it?"

"Makes a difference? I don't understand you."

"I mean that it makes a difference when a man succeeds. Up to this time you have never uttered a word of praise or encouragement to me. Two or three times you have made slighting references to my ability as a painter. Now that I have sold a picture for a good price you begin to see that I have artistic talent."

"Oh, I'm not congratulating you on your artistic talent, but on your ability as a salesman."—Chicago News.

Sir Galahad.

The most conspicuous of the Knights of the Round Table was Sir Galahad, the son of Launcelot and Elaine. The familiar words, "There Galahad sat, with manly face, yet maiden meekness in his face," sufficiently indicate the qualities for which the knight was famous—to wit, lion hearted courage combined with humility and meekness of spirit, the strength of the oak with the soft beauty of the lily.

Well Spoken.

Mother—You know what a party is, don't you, dear? Doris (aged four)—Yes, mamma. A party is where you go and stay a little while and pass your saucer back for some more and stay another little while and then go home.—Boston Transcript.

WHOOPING COUGH
SPASMODIC CROUP
BRONCHITIS
CATARRH
CROUPS
COLDS

Vapo-Cresolene
Est. 1879

A simple, safe and effective treatment avoiding drugs. Vaporized Cresolene stops the paroxysms of Whooping Cough and relieves Spasmodic Croup at once. It is a boon to sufferers from Asthma. The air carrying the antiseptic vapor, inhaled with every breath, makes breathing easy; soothes the sore throat and stops the cough, assuring restful nights. It is invaluable to mothers with young children.

Send us postal for descriptive booklet sold by druggists.

VAPOR-CRESOLENE CO.
Lester Miles Bldg., Meets?

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R. G. KELLY, M.D.
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At Queen's Hotel, Arkansas, 1st and 3rd Thursday, of each month.

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GRADUATE of the Royal College of Dental Surgeons, of Ontario, and the University of Toronto. Only the Latest and Most Approved Appliances and Methods used. Special attention to Crown and Bridge Work. Office—Over Dr. Kelly's Surgery, MAIN ST.—WATFORD

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

INSURANCE

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

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R. J. WHITE,	
P. J. McEWEN,	AUDITOR.
ALEX. JAMIESON,	AUDITOR.
PETER McPHERDAN,	Wanted, P. O. AGENT for Warwick and Kilmorton.

Handy Helps for Spic and Span Homes

Of course, you are going to "Paint Up" this spring. There's the bedroom, parlor or dining room wall to be re-finished.

There are Floors to be painted, stained, varnished or waxed. There's the Oil Cloth or Linoleum to be made Spic and Span.

There's the Furniture and Woodwork to be brightened.

Here are six "SPIC AND SPAN" FINISHES that we can freely recommend for this work:

- "NEU-TONE" Flat Tints for the walls
- "WOOD LAC" Varnish Stains
- "MARBLE-ITE" Floor Varnish
- "LIQUID WAX", for hardwood floors
- "SENOUR'S FLOOR PAINT", the old reliable
- "VARNOLEUM", to beautify and preserve Oil Cloth and Linoleum.

We know that these Finishes are the best of their kind. They are "Made in Canada"—and we guarantee that you will be perfectly satisfied with the results you get when you use any, or all, of them.

You'll soon be putting up Pickles and Preserves. You'll need labels for the jars. Come in and get a set of Fruit Jar Labels—printed and gummed. We give them free to our friends.

J. McKercher, Watford, Ont.