

## ANOTHER VICTIM OF RHEUMATISM

Entirely Well After Six Weeks' Treatment With "FRUIT-A-TIVES"



MR. AMEDEO GARCEAU

32 Hickory St., Ottawa, Ont.  
 "I was for many years a victim of that terrible disease, Rheumatism. In 1913, I was laid up for four months with Rheumatism in the joints of the knees, hips and shoulders and was prevented from following my work, that of Electrician.

I tried many remedies and was under the care of a physician; but nothing did me any good. Then I began to take 'Fruit-a-tives' and in a week I was easier, and in six weeks I was so well I went to work again.

I look upon this fruit medicine, 'Fruit-a-tives', as simply marvellous in the cure of Rheumatism, and strongly advise everyone suffering with Rheumatism to give 'Fruit-a-tives' a trial."

AMEDEO GARCEAU.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

WHEN CHOCOLATES are mentioned, why do you think of NEILSON'S? Because they are made by a firm that make chocolates a specialty, every piece is high grade. Remember we are the only place in town that can sell you NEILSON'S. All prices in Box Goods and HARD CENTERS, FRUIT and CREAM CENTERS, CARMELS, MAPLE, MAPLE BUTTER, CHERRY FRUIT, or any variety that you may ask for, always fresh.

We buy all our confectionery from the best firms in Ontario. Therefore you are bound to get the best at

### F. H. Lovell's

Bread and Cakes always good. Wedding Cakes our specialty.

## Dry Cleaning and Pressing

Agents for the Aylmer Steam Laundry

at North End Barber Shop  
 LORNE JOHNSTON

Uncle Sam can compel his citizens to get on the water wagon, but is experiencing great difficulty in inducing them to man his navy.

Mr. Thomas Prest, of the townline east McGillivray passed away at his home on Monday, 27th, after a few years illness. Deceased was for years prominent on the council board of the township of McGillivray and was noted for his physical vigor and independence of mind. As a neighbor he was very highly respected for many kind acts extended to those in his immediate neighborhood. His ailment baffled the best medical attention and he gradually grew worse. He is survived by his invalid wife, three sons and one daughter.

### 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. Send for testimonials, free. F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

## "Lest We Forget"

Made the Supreme Sacrifice

WATFORD AND VICINITY

- Capt. Thos. L. Swift
- Sergt.-Major L. G. Newell
- Pte. Alfred Woodward
- Pte. Percy Mitchell
- Pte. R. Whalton
- Pte. Thos. Lamb
- Pte. J. Ward
- Pte. Sid Brown
- Pte. Gordon Patterson
- Pte. F. Wakelin, D. C. M.
- Pte. T. Wakelin
- Pte. G. M. Fountain
- Pte. H. Holmes
- Pte. C. Stillwell
- Pte. Macklin Hagle
- Sergt. Clayton O. Fuller
- Gunner Russell Howard Trenouth
- Pte. Nichol McLachlan
- Corp. Clarence L. Gibson
- Signaller Roy K. Acton
- Bandsman A. I. Small
- Capt. Ernest W. Lawrence
- Lieut. Leonard Crane
- Pte. John Richard Williamson
- Lieut. Chas. R. Hillis
- Lieut. Gerald L. Taylor
- Pte. Charles Lawrence
- Lieut. Basil J. Roche
- Pte. Alfred Bullough.

## Guide-Advocate

WATFORD, NOVEMBER 21, 1919

### WINTER IN ALGONQUIN PARK

As a winter pasarea for coughs and colds Algonquin Park cannot be equalled. Two thousand feet above the sea it is always dry and cold, and unusually bright, and no matter how cold it is the man with a sweater will never suffer. Days spent in snow-shoe tramps, through primitive forests, in the breathless flight of the toboggan or ski, and in the ring of steel against the ice-bound waters of some lake; together with evenings spent in social converse around the cosy warmth of an old-fashioned log fire; these slip away unnoticed but those who have once experienced them return to their avocations with renewed energies, with hardened muscles, and a grateful memory that forever blots out all thoughts of the relaxing South. The "Highland Inn" owned and operated by the Grand Trunk Railway offers comfortable accommodation at reasonable rates. For all particulars apply to N. T. Clarke, Manager, Algonquin Park Station, Ontario.

### SQUIBS BY "DAD"

The Frenchman who invented a shock absorber for lawn mowers might now direct his attention to a noiseless coal shuttle.

Geographers differs as to which is the loftiest mountain in the world, but there is general agreement that the "peak" of the H. C. of L. is the hardest to climb.

An old smoker says that he would cheerfully pay five dollars a pound for tobacco if it would afford him half the satisfaction and delight alluringly pictured in the magazine advertisements.

For years Mother Graves' Worm exterminator has ranked as the most effective preparation manufactured, and it always maintains its reputation.

Declaring that it is detrimental to public health, Toronto's medical health officer advises that no person should eat bread until it is from 18 to 24 hours old. How about toast for breakfast if all the "stale" bread is consumed?

As an evidence of profiteering, one of the witnesses at the food price investigation in Hamilton deposited a ter cent cheese sandwich on the commissioner's desk. If it was limburger no stronger evidence could be offered.

The pumpkin vine is noted for its climbing capacity and the popular pie "filler" it bears has the same lofty aim. At a food price investigation in an Eastern city it was shown that the "spread" in the price from the vine to the consumer was about 100 per cent. "Some" pumpkins.

Good-bye to Asthma. Persons suffering from that extremety trying trouble known as asthma know what it is to long with all their hearts for escape as from a tyrant. Never do they know when an attack may come and they know that to struggle unaided is vain. With Dr. J. D. Kellogg's Asthma Remedy at hand, however, they can say good-bye to their enemy and enjoy life again. It helps at once.

### Turbans of Gauze.

Some of the new gauze turbans are enormous; so wide that they completely hide the hair, even at the sides. Some lovely ones of this order are being made of silver gauze embroidered in black and veiled in flesh pink tulle. A startling turbans seen the other day was made entirely of leaf-green tulle. The fragile material was wound round and round the head in a mysterious fashion. This was worn by a well-known actress.

### Coming Fashions.

Short sleeves are unquestionably the vogue among smart women, for these are much in evidence, where fashion congregates. But conservative women seem to be still clinging to the wrist length sleeve in both dresses and blouses.

### Glass Neckties the Latest.

In these days of substitutes one must be prepared for surprises, although it would be difficult not to betray at least a passing interest in so novel a departure as a necktie of glass, says a writer in Tit-Bits.

Such a tie was recently shown to the writer by a member of a firm of glass-makers. Everyone has seen the curious multi-colored centres which the glass marbles used by schoolboys often contain. These centres are composed of very fine glass threads, and it is the latter that are employed in the manufacture of glass neckties.

These ties, in fact, are nothing more than lengths of glass thread woven together; and as such they can be twisted and knotted and generally ill-treated, like the ordinary every-day tie.

It was recently announced that collars made of paper would shortly be on the market. They are said to be much cooler and lighter than the perspiration provoking linen or "soft" collar.

Paper can be put to various uses in the matter of providing substitutes for clothing. We are threatened with paper shirts; and a determined effort is being made to produce from the same source a suitable substitute for cloth. One wonders what would be the effect of a heavy shower on these garments.

Underclothing made from surplus supplies of the fabric used in covering the planes of flying machines has already been put on the market; and the experiment looks like aiming a serious blow at the laundries, since it is stated that this material, being less porous than that usually worn, requires far less washing!

### Ancient Saws.

The saw is the earliest tool that has been traced in Egyptian history. It was found first in the form of a notched bronze knife in the third dynasty, or about five thousand years before the Christian era, and was followed in the fourth and fifth dynasties by larger-toothed saws, which were used by carpenters; but there are no dated specimens until the seventh century before the Christian era, when the Assyrians used iron saws. The first knives on record were made out of flint and were, in fact, saws with minute teeth. They probably were used for cutting up animals, as the teeth would break away even on soft wood. Rasps, which are but a form of saw, were first made of sheets of bronze punched and coiled round, but the Assyrians in the seventh century used the straight rasp, which specimens still in evidence show to have been made of iron similar to the modern type.—Family Herald.

### Amenities for Cabmen.

That the tradition of wit in the lower courts of Great Britain is not being allowed to languish is indicated by the words of wisdom vouchsafed recently by a judge who had before him the case of a cabman who had complained because three soldiers had damaged his vehicle when he had not stopped in response to their signal. Quoth the judge, "If you drive a taxicab yourself, always be civil to those who wish to hire you. Of course, I know you will never stop if signalled to in the streets, but do not pass by rudely. Do it gently—a smile and wave of the hand—and then the would-be hirer will feel that he has been let down lightly."

## AN IDEAL TONIC FOR WEAK PEOPLE

Dr. Williams' Pink Pills Act Directly on the Blood and Nerves

Food is as important to the sick person as medicine, and in most cases a badly chosen diet may retard recovery. In health the natural appetite is the best guide to follow; in sickness the appetite is often fickle and depraved.

Proper food and a good tonic will keep most people in good health. Dr. Williams' Pink Pills are the most popular tonic medicine in the world, harmless and certain in their action, which is to build up the blood and restore the vitality to the run-down system. For growing girls who become thin and pale, for pale, tired women, and for old people who fail in strength Dr. Williams' Pink Pills are the ideal tonic. Thousands of people have testified to the health-giving qualities of Dr. Williams' Pink Pills, and in many homes they are the only medicine used. Among the homes in which the benefit of this medicine has been proved is that of Mr. E. A. Underwood, Kingston, Ont., who says: "I have used Dr. Williams' Pink Pills with the most beneficial results. As a result of hard work I was very much run down, and my appetite was very poor. I got a supply of the pills which I used regularly for some weeks with the result that they restored me to my old-time strength. They also proved a blessing to my daughter, who was in a very anemic condition and who seemed not to get more than temporary relief from any medicine until she took Dr. Williams' Pink Pills. She took the pills for about three months and is now enjoying the best of health. For these reasons I can strongly recommend Dr. Williams' Pink Pills."

At the first sign that the blood is out of order take Dr. Williams' Pink Pills, and note speedy improvement they make in the appetite, health and spirits. You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## THE STERLING BANK OF CANADA

### "Ask Our Manager"

Now is the time to plan for more extensive farming next year, or for making improvements.

If you are considering these matters call on the Sterling Bank branch manager. He has made a special study of money matters affecting farmers and can give you valuable information. He will gladly welcome you.

THE STERLING BANK OF CANADA

## The Farmer-Banker Alliance

You go to your lawyer for legal advice; to the doctor for medical advice; why not to The Merchants Bank for financial advice?

If you want a loan to buy cattle, hogs or equipment—if you want information as to how to invest money—come to those who make a business of financial matters, and are in a position to give you sound and impartial advice.



## THE MERCHANTS BANK OF CANADA

Head Office: Montreal, OF CANADA. Established 1864.  
 WATFORD BRANCH, F. A. MacLEAN, Manager.  
 ALVINSTON BRANCH, G. H. C. NORSWORTHY, Manager.

## BUILD IT NOW



### If You Need That House BUILD IT NOW

Your first peace-time work is the building of that new house you had to go without while the war was on.

Both labor and materials are available once more and a great deal of government building, state work and factory construction already is under way. Measure the amount of satisfaction and service your new home would bring and you'll want to get started at once.

The sensible thing then is to BUILD NOW and we have all the material to build the sensible way—framing, siding, trim, shingles, doors and Beaver Board—the manufactured lumber, knotless and crackless—for the walls and ceilings. Speak to us about it today.

## Geo. Chambers Est.

## A Few Specials Below the Market

- Electric Light Bulbs..... 35c ; 3 for \$1.00
- Perfection Oil Heaters, large size.... \$7.00
- Vacuum Cleaners..... \$3.00—worth more
- Food Choppers..... \$1.90 to \$3.50
- Lanterns..... \$1.25 to \$2.00
- Halters..... \$1.00 to \$2.00

## N. B. Howden Estate