

The Rexall Stores
CANADA'S FAVORITE DRUG STORES

If there's room for more hair on your head we recommend Rexall "93" Hair tonic.

Drives away dandruff, makes the hair glossy without greasiness, stops the falling out and promotes a healthy growth.

Sold exclusively at Rexall Drug Stores, 50c. and \$1.00 bottles.

J. W. McLAREN
Watford - - Ontario

WE ARE HERE TO SERVE YOU

Wide-Advocate
Watford, Ont.

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HARRIS & CO.
PROPRIETORS

Wide-Advocate
HARRIS & CO. PROPRIETORS.

WATFORD, APRIL 21, 1916

The Need of Production

It must be plain to the most obtuse and unreasoning mind that twenty-four or twenty-five million of men cannot be withdrawn even from the swarming population of Europe without effecting a huge reduction in the produce of labour and of the soil. Women may in a measure supply the places of men, but it must be remembered that women have also their sphere in the economics of life. Therefore in taking them to the land they are being taken, in the main, from other employment. Consequently, if for every man who goes to fight there was a woman to take his place in agriculture or other industry there would still be a deficiency not only in labour but in production. At the present time 400,000 women are being called for to take the place of 250,000 British soldiers recruited from farm work.

Hence it is clear, that no matter what steps may be taken, either during the war or after the war, there must be an enormous shortage of the requirements across the Atlantic for many years to come. And that shortage for a period subsequent to the declaration of peace will be as keenly felt as at any time during the gigantic struggle. With the normal scramble for existence resumed there will be less immediate government control, in other words there will be less systematic regulation of supplies. To meet the huge demands that must succeed extra consumption, tremendously less production and immensely greater wastage, there will be abundant use, not for one year's bountiful crops, but for similar blessings during a score of successive years. Where and how can this assured demand be met? There is but one answer to the dual question,

AGED TAX COLLECTOR

Restored To Health By Vinol

Corinth, Miss.—"I am a city tax collector and seventy-four years of age. I was in a weak, run-down condition. My druggist told me about Vinol. I tried it and in a week noticed considerable improvement; I continued its use and now I have gained twenty pounds in weight, and feel much stronger. I consider Vinol a fine tonic to create strength for old people."—J. A. PRICE.

We guarantee Vinol, our delicious cod liver and iron tonic, for all run-down, weak and debilitated conditions.

Taylor & Son, Druggists, Watford.

by the undevastated countries and by redoubled efforts at production in those countries.

That Canada is not the only country that has not had its resources in large part exhausted or destroyed, is true; but there is plenty of reason to believe that the nations of Europe not engaged in the war, have been drawn upon to the utmost by those so engaged; hence when the time comes all eyes will be turned from east to west for succour. Canada, being the nearest to the great centre of demand, will, of necessity, apart from sentimental reasons, be the first looked to and will have the greatest opportunity. The bogey of released Russian harvests has been on parade since the war commenced, but Russia, with twelve or fifteen million men called to arms, largely of the peasant class, has suffered and is suffering, like the rest. She, too, will need reorganizing, rejuvenating and regenerating. Hence, while for a few months after the outbreak of hostilities, there may have been something to be expected from the release of stores of wheat and other grain from Odessa and other Black Sea ports, there is nothing available now and there may be little in the next decade. Hence, Canada's role is plain, to go on producing, to go on garnering and storing, if necessary, in the sure and certain hope of ultimate profit and prosperity. There never was a time, and probably never will be another time, when we were more urgently called upon to produce, in increased quantities, not alone all articles of food, but every article that enters into the industrial life of peoples.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists 75c. Take Hall's Family Pills for constipation.

Needn't Kiss Bible

in Taking Oath

Toronto, April 13.—In future it will not be necessary for a witness in taking an oath in court to kiss the Bible. The legal committee of the Ontario Legislature this morning passed an amendment to the Evidence Act, which provides that a witness shall be sworn by administering the oath while he has a copy of the Old or New Testament in his hand.

Miller's Worm Powders work so effectively that no traces of worms can be found. The pests are macerated in the stomach and pass away in the stools without being perceptible. They make an entire and clean sweep of the intestines, and nothing in the shape of a worm can find lodgment there when these powders are in operation. Nothing could be more thorough or desirable than their action.

The P's of Prosperity

People	Pen
Persons	Pencil
Printing	Printers' Ink
Publishing	Paper
Posters	Publicity

Germany is experimenting with electric machinery for gathering peat.

Pain Flees Before it.—There is more virtue in a bottle of Dr. Thomas' Eclectic Oil as a subdermal pain than in gallons of other medicine. The public know this and there are few households throughout the country where it cannot be found. Thirty years of use has familiarized the people with it, and made it a household medicine throughout the western world.

Alvinston Free Press:—If we had a relative who would cross to the United States to avoid enlistment, we would disown him. Shame on the cowardly young man who dodges the Big Issue! How mean and selfish such a person must be? Let us make it hard for such to return to this country when the war is over.

Hamilton Spectator:—Enduring will be the memory of Capt. G. T. Richardson, noted sportsman of Kingston, killed in battle. He leaves \$30,000 in trust for the education of children of men of his company who are killed or disabled. This noble action is redolent of the floweriest days of knight hood.

THE WHIP IN RIFLE BARRELS

It is Caused by the Pressure of Modern High Power Powder.

The use of high power powder in rifles has given rise to a phenomenon which did not exist in black powder days. This is known as "whip" and is due to the pressure and vibration set up by the powder. It is constant with given loads and is always in the same direction.

Sights are aligned by the manufacturer to compensate for this whip in proportion to the powder charge used. In firing auxiliary cartridges it will often be found that the rifle shoots off center. As a matter of fact the bullet from the auxiliary is traveling in a true line with the bore, and it is the sights that are wrong. The lighter charge of the auxiliary does not produce the usual whip, with the result that the line in prolongation of the bore of the rifle along which the bullet travels is not the line given by the alignment of the sights.

Two other rifle terms that must not be confused are upsettage and keyholing. Keyholing is the tendency of the bullet to turn over in flight, while upsettage is the slight shortening of the major axis of the bullet due to the force of the charge. It was peculiar to black powder fired behind lead bullets and does not exist to any appreciable extent in metal jacketed bullets with smokeless powder. In the latter case the charge burns more slowly and the jacket stiffens the bullet against the sudden blow from behind.—Outing.

ORIGIN OF THE PERISCOPE.

The Reflecting Spyglass Used at the Siege of Sebastopol.

Speaking of the origin of the periscope, the following extract from the writings of the well known inventor of "Pepper's Ghost" gives the credit to the clerical profession. Pepper wrote soon after the Crimean war:

"During the siege of Sebastopol numbers of our best artillerymen were continually picked off by the enemy's rifles as well as by cannon shot, and in order to put a stop to the foolhardiness and factiousness of the men, a very ingenious contrivance was invented by the Rev. William Taylor, the conductor of Mr. Denison in constructing the first 'Big Ben' bell. It was called the reflecting spyglass, and by its simple construction rendered the exposure of the sailors and soldiers who would look over the parapet or other parts of the works to observe the effect of their shots perfectly unnecessary, while another form was constructed for the purpose of allowing the gunner to 'lay' or aim his gun in safety.

"The instruments were shown to Lord Panmure, who was so convinced of the importance of the invention that he immediately commissioned the Rev. William Taylor to have a number of these telescopes constructed, and if the siege had not terminated just at the time the invention was to have been used no doubt a great saving of the valuable lives of the skilled artillerymen would have been effected."—London Express.

Gam's Dry Humor.

When the gallant Welsh captain, David Gam, was sent forward by Henry V. to reconnoiter the French army before the battle of Agincourt he found that the enemy outnumbered the English by about five to one. His report to the king is historic:

"There are enough to be killed, enough to be taken prisoners and enough to run away."

This quaint forecast of the result of the battle at once spread through the camp, and doubtless every yeoman archer of the valiant company felt an inch taller. We know that it was almost literally justified by the event. Poor Gam's dry humor was equalled by his courage. He was killed while in the act of saving the life of his prince.—London Standard.

Distilled Water.

Distilled water after having been exposed to the air is one of the most salutary of drinks. Its daily use in measured quantities is helpful in cases of dyspepsia and greatly assists the general functions of the body. Every large steamer carries a water distilling apparatus by which sea water is made fresh. In the days before steamers primitive distilling apparatus was used on warships and vessels carrying passengers.

Well Fitted.

"Yes, grandma; I am to be married next month."

"But, my dear," said grandma earnestly, "you are very young. Do you feel that you are fitted for married life?"

"I am being fitted now, grandma," explained the prospective bride sweetly. "Seven gowns!"

More Than the Average.

Mrs. Wayup—How much sleep do I need, doctor? Doctor—Well, the average person needs about seven hours. Mrs. Wayup—Then I shall take about fourteen. I consider I am much above the average.

How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.



Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."—Mrs. FRED BEHNKE, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."—Mrs. THOS. DWYER, 989 Milwaukee Ave., East, Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 20 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."—Miss IRENE FROELICHER, 1923 Manhattan St., North Side, Bellevue, Pa.

If you would like special advice write to Lydia E. Pinkham Med. Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

NOTE AND COMMENT

Canadian aid made possible the recent gain on the west front. More Canadians are needed to make possible more British gains.

The Grain Grower's Guide.—The burdens which the mothers of our land have borne and are bearing and the sacrifices which they have made and are making are not realized as fully as they should be. By nature our mothers are not physically able to shoulder the rifle and take their place in the trenches in the great war. But the mother who sends her son (in some cases as many as six of her sons) to fight the country's battles, whose loving hands are constantly engaged in supplying them with comforts while at war, and whose prayers are always with her children, is a genuine heroine whose patriotism is worthy of the highest honor which the nation can bestow. The women of Western Canada have done nobly in the present war and though their feats of heroism are not performed on the battlefield yet they merit they merit the Victoria Cross none the less.

No mistake can be made about the seriousness of the period through which we are now passing. It is one of the most critical in the history of war—indeed, in the history of England—and its final outcome may quite easily settle war, one way or another. Thanks to a defense of an almost unexampled stubbornness by the French troops, the approaches to Verdun are still intact for the most part, and the main fortresses have not passed into the enemy's hands. It is still the opinion of the French General Staff that the stronghold will not fall, but exception must always be made for the hazard of war. None of us who are vitally interested will feel secure until the Germans have been defeated beyond hope of recovery. Up to the present their losses have been conservatively estimated at a quarter of a million men, of whom one fourth are dead. But it must not be assumed that our allies have suffered lightly; their casualties also have been heavy.

INSURANCE

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 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 to all points in Manitoba, Northwest and British Columbia

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PETER McPHEDRAN, Wanstead P.O., Agent for Warwick and Plympton.

Addressing of Mail

In order to facilitate the handling of mail at the front and to insure prompt delivery it is requested that all mail be addressed as follows:—
(a) Regimental Number.
(b) Rank.
(c) Name.
(d) Squadron, Battery or Company.
(e) Battalion, Regiment, (or other unit) Staff appointment or Department.
(f) CANADIAN CONTINGENT.
(g) British Expeditionary Force.
(h) Army Post Office, LONDON, England.

After long experimenting a way has been found to utilize for coarser textiles the fibre of the Cuban malva plant, of which there are eleven varieties.

If you really believe in Safety First, get a box of Takake pills for your sleeplessness, neuralgia, or rheumatism for they are absolutely harmless, and are sure to relieve you. Fifty cents a box at your druggists, or by mail from the Georgian Mfg. Co., Collingwood, Ont. I.