

# Gin Pills

FOR THE KIDNEYS  
How They Help

ST. RAPHAEL, ONT.  
Four years ago I had such pains in my back that I could not work. The pains extended to my arms, sides and shoulders. I used many kinds of medicine for over a year, none of which did me very much good. I read about Gin Pills and sent for a sample and used them, and found the pains were leaving me and that I was feeling better. So I bought one box and before I used them all, the pains were almost gone and I could keep at work. After I had taken six other boxes of Gin Pills, I felt as well and strong as I did at the age of 30. I am a farmer, now 61 years old.

FRANK LEALAND.

All druggists sell Gin Pills at 50c a box, or six boxes for \$2.50. Sample free if you write to  
National Drug & Chemical Co.  
of Canada Limited, Toronto.

## Guide-Vocante

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HARRIS & CO.  
PROPRIETORS

## Guide-Vocante

HARRIS & CO. PROPRIETORS.  
WATFORD, MARCH 24, 1916

### NOTE AND COMMENT

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 knighthood.

The cost of living is going up, the increase noted in the month of January being steeper than usual. The Federal Labor Department index number of wholesale prices advanced 10 points, due to considerable rise in metals, chemicals, grain, potatoes, textiles, coke, gasoline and other commodities. In retail prices, flour, beans, and potatoes showed some increases. The cost of a weekly budget of family commodities showed a considerable increase over the figures of last year and a noticeable increase compared with the same budget in January, 1914.

Woodstock Sentinel-Review: Recruiting still goes on, of course, but it is becoming more and more difficult with every day that passes. In a short time the stage will be reached under authorized and recognized leadership and direction. We might as well face the fact frankly at once, if we are to seriously think of meeting our responsibilities. Canada has promised an army of 500,000 men, and more if needed. It will be a humiliation if we fail to make good the promise through the sheer lack of courage or energy in the organization of our forces.

The rate of exchange on Canadian money was increased to three-fourths of one percent, by Detroit banks Monday or 75 cents on every \$100, thereby giving further impetus to the move which has started among merchants of that city to require customers tendering Canadian money to bear the cost of exchange. Since the first of the year the rate of exchange has been steadily increased, ruling

### MRS. KERNS' ADVICE

To Weak, Nervous, Run-Down Women  
So, Cumberland, Md.—"For a long time I suffered from a nervous breakdown. I could not eat or sleep and was so weak I could hardly walk. My husband heard about Vinol and got me to try it. Now I have a good appetite, sleep soundly and am well and strong. Every nervous, weak, run-down woman should try Vinol.—Mrs. D. W. KERNS.  
Vinol is a delicious cod liver and iron tonic, without oil, which we guarantee to create a healthy appetite, aid digestion and make pure healthy blood.  
Taylor & Son, Druggists, Watford.

about 1/2 of one per cent. The present rate means that a customer of a bank depositing \$1,000 in Canadian money is in reality depositing \$92.50 and in consequence banks are warning their patrons to take this into consideration when accepting Canadian currency. The rate on Canadian exchange is not made by the banks of Detroit, but is due to the fact that in Toronto and Montreal there is a premium of equal amount on New York funds because of supply and demand in those cities.

The Chancellor of the Exchequer replying in the British House of Commons regarding the imposition of a tax upon the pay of Canadian officers, stated that the instructions given by the Board of Inland Revenue are that any income tax assessment on persons who have come overseas to join the naval or military forces should be restricted to their pay from the United Kingdom and any income derived from other sources in the Dominion should neither be charged income tax nor included in the calculation of total income.

After six months of the movement of the 1915 crop of Western Canada, there have been taken out of the West 272,116,000 bushels of the total crop of 721,000,000 bushels. There remain in the country elevators 55,019,000 bushels, the remainder being in granaries on the farms and on the land generally. According to the most reliable estimates obtainable, there is yet to be moved from the West between 100,000,000 and 115,000,000 bushels of all grains, although these figures chiefly represent wheat. The present rate of movement averages some 500 cars a day passing through Winnipeg. At this rate it would require nearly 200 days more to complete the movement of the present crop.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.  
F. J. CHENEY & CO., Toledo, Ohio.  
Sold by Druggists, 75c.  
Take Hall's Family Pills for constipation.

### The Man Who Leans Against a Post

Two or three companies of the Sportsmen's Battalion were swinging along Wilton avenue and turned down Mutual street, as fine a lot of lads as one might wish to see. Leaning up against a telegraph pole at the corner was a young man, fit to be in uniform, and only failing in his duty because of that unaccountable streak which is to be found in a few. The boys in khaki recognized him and there were loud cries "Fall in!" "Come along!" "Get into line!" "Sign up!" "Where's your spunk" and a chorus of others. He did not stand, but leaned against his post. He was the only young man on the street not enlisted. He was naked of patriotism and not ashamed.

Men like this are becoming scarcer. They are being sifted out and by and by those who know them will be ashamed of their acquaintance. Their relatives may be responsible. It is often the case that the slackness, the timidity, the actual cowardice of a young man is due to the training or home traditions he has had to contend with. He does not realize what he is, and makes a bravado of it for a while. Sooner or later he will discover what an outsider he is.

When the boys come back from the front those who were yellow will not be well accounted of. Mothers and sisters have a good deal to do with this side of the problem of recruiting. They know what they admire in other young men. They should hesitate before encouraging their sons or brothers to do what they condemn in others.

The young fellow who hangs back from this great adventure loses a wonderful chance to find his courage and his manhood, and to become a man, in fact, in a highly honorable and effective way, which will not be forgotten in future. The boys who prefer to remain at home and lean

against posts are no credit to the country nor will they be.—Toronto World.

### Co-Operative Experiments in Weed Eradication, 1916.

During the past four years the Ontario Agricultural and Experimental Union have carried on co-operative experiments in the eradication of weeds. Some fifty eight farmers have taken part in these experiments and some very interesting and valuable results have been obtained. The weeds experimented with were Perennial Sow Thistle, Twitch Grass, Bladder Campion, Wild Mustard and Ox-eye Daisy. The results obtained may be summarized as follows:

1. That a good cultivation, followed by rape sown in drills, provides a means of eradicating both Perennial Sow Thistle and Twitch Grass.
2. That rape is a more satisfactory crop to use in the destruction of Twitch Grass than buckwheat.
3. That rape gives much better results in the eradication of Twitch Grass and Perennial Sow Thistle when sown in drills and cultivated than it does when sown broadcast.
4. That thorough, deep cultivation, in fall and spring, followed by a well cared for hoad crop, will destroy Bladder Campion.
5. That mustard may be prevented from seeding in oats, wheat and barley by spraying with a twenty percent solution of iron sulphate without any serious injury to the standing crop or to the fresh seedlings of clover.

Those who took part in these experiments profited by the experience; in nearly every instance they cleaned the field experimented upon, demonstrated to their own satisfaction the effectiveness of the method tried, and at the same time the results furnished practical information to others.

These Co-operative Experiments in Weed Eradication will be continued this year (1916), and it is hoped that a large number of men will take part in them in order that sufficient information may be gathered to warrant definite statements being made in regard to the best methods of controlling these pernicious weeds. The experiments for 1916 are as follows:

1. The use of rape in the destruction of Perennial Sow Thistle.
2. A system of intensive cropping and cultivation, using Winter Rye followed by turnips, rape or buckwheat, for eradicating Perennial Sow Thistle.
3. The use of rape in the destruction of Twitch Grass.
4. A method of cultivation and cropping for the destruction of Twitch Grass.
5. A method for the eradication of Bladder Campion or Cow Bell.
6. Spraying with iron sulphate to destroy Mustard in cereal crops.
7. A method of cultivation and cropping for the destruction of Ox-eye Daisy.

Those who are troubled with any of these bad weeds are invited to write to the Director of Co-operative Experiments in Weed Eradication, Ontario Agricultural College, Guelph, Ont. He will be glad to furnish full information concerning these experiments and to supply application blanks for the same. All experimenters will be supplied with full and detailed instructions for carrying out the experiments selected, and with blank forms on which to report the results of the same. All interested in clean farming are asked to co-operate in this work. Address all communications to J. E. Howitt, Ontario Agricultural College, Guelph.

Corns cripple the feet and make walking a torture, yet sure relief in the shape of Holloway's Corn Cure is within reach of all.

Hugh Flemming, of Sarnia, who went to London some few weeks ago to enter a hospital there for the removal of a bullet, is getting along nicely. He is at present in a convalescent hospital, and the operation was successful.

The death occurred on Monday of last week at her home in Strathroy of Ethel Maud Cox at the age of 28. She had been ill several months. Early in the war she offered her services as nurse and three weeks ago received an appointment from the militia department. She is survived by her parents, one brother and two sisters.

An Easy Pill to Take.—Some persons have repugnance to pills because of their nauseating taste. Parmelec's Vegetable Pills are so prepared as to make them agreeable to the most fastidious. The most delicate can take them without feeling the revulsion that follows the taking of ordinary pills. This is one reason for the popularity of these celebrated pills, but the main reason is their high tonical quality as a medicine for the stomach.

### PLYMPTON TOWNLINE

Mr. Dan Anderson purchased a team of two-year-old colts from Mr. Robert Smith recently.  
Mr. John Smith of the second line is putting a bent on his barn.  
Mr. and Mrs. Geo. Armstrong were in Sarnia last week purchasing a new home.  
Mr. Geo. Armstrong is having a sale on the 5th of April.  
The Public School Literary Society of S.S. No. 4, are holding an open meeting on the 24th of March.

To safeguard the child from damage that worms cause, use Miller's Worm Powders, the medicine par excellence for children. These powders will clear the system entirely of worms, will regulate and stimulate the organs injuriously affected by the worms, and will encourage healthful operation of the digestive processes. As a vermifuge it cannot be surpassed in effectiveness.

Mrs. Annie McLean Fowler, who died in Saint Louis recently, was the first woman bank president in the United States, having been president of the First National Bank at Mount Pleasant, Tex., for over twenty years.

Asthma Brings Misery, but Dr. J. D. Kellogg's Asthma Remedy will replace the misery with welcome relief. Inhaled as smoke or vapor it reaches the very inmost recesses of the bronchial passages and soothes them. Restriction passes and easy breathing returns. If you knew as well how this remedy would help you as do thousands of grateful users, there would be a package in your home to-night. Try it.

An unofficial church census of Scotland shows the total adult membership of the Protestant churches as 1,398,000, to which are added "children and adherents", bringing the total to 2,427,000. The Roman Catholic church has 546,000 followers, making the total church population 2,973,000. This, deducted from the total population, gives a "churchless" population of 1,788,000.

Hearing that one of the members of his congregation would die unless a considerable amount of blood was transfused into her body, the Rev. F. E. Powell, rector of St. Barnabas' Church offered to make the sacrifice, and Dr. Reginald A. Jones transfused a pint of his blood to the patient, Mrs. M. A. Southgate.

### Children Cry FOR FLETCHER'S CASTORIA

# TAKAKE

The Harmless but Efficient Remedy for Headache, Neuralgia, Anaemia, Sleeplessness, Nervous Exhaustion, &c.  
50c AT ALL DRUGGISTS, or by mail from  
GEORGIAN MFG. CO., COLLINGWOOD, ONT.

## HOUSEKEEPING LABOR SAVERS

Don't grab all the labor saving machinery. Give the lady who gets your meals a chance

Home Washer	\$12.00
Excell All Washer	10.00
Bonni Washer	6.50
Wringers	\$3.00 to 4.50
Carpet Sweepers	\$3.00 to \$4.00
Vacuum Cleaner and Sweeper combined	\$6.00



The N. B. Howden Est.

## THE NOUTH & CO.

DEALERS IN  
Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.  
We Carry Full Stock of  
INTERNATIONAL STOCK FOOD FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.  
COLDWELL'S MOLASSES MEAL AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.  
ALL KINDS OF GRAIN TAKEN IN EXCHANGE  
Chopping and Rolling Done While You Wait  
PHONE 39

## HANDSOME, LUXURIOUS FURNITURE

Buffets	Extension Tables	Brass Beds	Iron Beds
Sideboard	Parlor Tables	Walnut Beds	Oak Beds
China Cabinet	Card Tables	Pedestals	Dresser
Chiffonier	Magazine Stands	Child's Rockers	Book Cases
Dressing Table	Jardinere Stands	Bed-Room Chair	Secretaries
Hall Seats	Umbrella Stands	Rocking Chairs	Desks
Morris Chairs	Hall Mirrors	Kitchen Cabinets	Hall Racks
Music Cabinets	Living Room Chairs	Felt Mattresses	Dining Chairs
Parlor Sets	Library tables	Couches	Pictures
Davenport, and anything kept in a first-class furniture store.			

MASON & RISCH PIANOS  
Agents for Mason & Risch Pianos, Gramophones, String Instruments, Sheet Music, Edison Records, &c., and all kinds of repairs. New and second hand sewing machines and all supplies.

## HARPER BROS.

PHONE 31.  
FINE FURNITURE MUSICAL INSTRUMENTS UNDERPAKERS