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Positive—Convincing Proof

Many so-called remedies for anaemia are only so in name. Their makers are afraid to prove their claims by telling what their medicines contain. The only way to be honest with the people is to let them know what they are paying for. Here is the Vinol formula. When the doctor knows what a medicine contains, it ceases to be a "patent" medicine.

It contains Cod Liver and Beef Peptides, Iron and Manganese Peptides, Iron and Manganese Citrate, Lime and Soda Glycophosphates, Casein.

Any doctor will tell you that the ingredients of Vinol, as named above, will enrich the blood and banish anaemia and create strength. When the blood is pure and rich and red, the body is strong and robust.

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GRAND TRUNK RAILWAY 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 32 a.m.
New York Express, 6..... 11 16 a.m.
New York Express, 18..... 2 47 p.m.
Accommodation, 112..... 5 16 p.m.
C. Vail, Agent, Watford

"Pro Patria"

By JANE OSBORN

(Copyright, 1918, by the McClure Newspaper Syndicate.)

It was a good half-hour after the last of the evening "office hours" neatly painted on the frosted glass sign that was affixed to Doctor Burton's front door; and so usually monotonous were his evenings spent in the little neighborhood of Farnamtown that he experienced no little surprise when he heard a ring of his front door bell. He had the evening paper in one hand, his carpet slippers on his feet and his shell-rimmed spectacles hanging perilously over one ear when he went to the door. It was his neighbor, Miss Margaret Kellogg—Margaret Kellogg, noted in the neighborhood none the less for her success as teacher of the "infant class" in the one church of the neighborhood than for her dressmaking establishment that consisted of one very young sewing apprentice, a half-dozen well-thumbed and not too recent dressmakers' journals with French names and glaring colored designs, and enough orders for dresses—quite different from those portrayed therein—from the women in the neighborhood to secure for Margaret a very meager income. She was not yet thirty, but her many years of self-reliance and self-support led people to think of her as considerably older.

"I've been given the street to canvass for the new Liberty loan," she announced, when she had taken a seat rather primly in the doctor's cluttered study. "I don't like prying into people's affairs, but it seemed that somebody had to do it, and when they asked me I didn't see my way clear to refuse. Are you thinking of taking out one of the new bonds, doctor?"

It was an embarrassing moment until the doctor, assured by the level, frank, blue eyes of the girl seated before him, decided to tell her just how matters stood. He had been banking to make a breast of the situation to some one and now he had an excuse. After all, if he had canvassed the entire neighborhood of Farnamtown for a sympathetic soul to whom he could with least embarrassment tell his predicament it would have been to this very Margaret Kellogg.

"I would like to subscribe as much as anyone in town," he said, "but I'll tell you how it is. I've been here—let me see, three years. When my uncle, old Doctor Murray, died I felt that there was as good an opening here as anywhere else, and I hankered after the life of a country doctor. I found a considerable mortgage on this old place of his and I've had to keep paying off that. Then his equipment was entirely out-of-date, and here, way off from hospitals, I felt there were certain things I had to have. And, well, you know that Farnamtown isn't very prompt in paying its bills, and since the war a good many people have left here to be nearer the ammunition works and the practice isn't so large as it was to begin with. So, you see, Miss Margaret, I'd like to do it, but I can't. I can't even promise to take a single bond, not this trip. I'd give up the place here entirely, only somehow it seems that the people need me. I may be called to the front, but so far it hasn't seemed possible. I'm putting Ted through college, and there's my mother, who is staying to keep house for him till he's through. I didn't like to get exemption, but I had to, and now unless I'm called as a surgeon I'll have to stick it out here."

Margaret had listened attentively. She was aware of the fact, for every one in Farnamtown knew his neighbor's business, that when the doctor undertook to subscribe to two bonds on the previous issue he had dispensed with the services of his one man of all work, and since that time he had been running his own small car and no doubt cooking his own meals, cleaning his own house and hoeing his own garden. She knew also that Farnamtown was "slow pay," and she knew that people had especially imposed on the young doctor, who, because he had bought new equipment for his office and went about in an automobile—howbeit the least pretentious of its tribe—instead of in the old doctor's buggy, they imagined to be possessed of untold wealth. Hence payments were deferred more than ever and, though they would have expected the butcher or baker to suspend service had they kept him waiting for payment as they did the doctor, they would have been mightily offended if the doctor did not rouse himself from slumber to soothe their aches and pains in spite of bills gone overdue for two or three years.

So after Margaret Kellogg had stayed just long enough, as she told herself, to indicate that she "wasn't miffed because he didn't subscribe."

she went on to her next neighbor and so back to her little cottage down the street.

It was two months later. It was eight o'clock, just after the last of the doctor's office hours, and a lamp burned in Miss Kellogg's front parlor, where she was picking out long seams on a dress she had put together for the minister's wife who had decided, after it was almost done, that she wanted it made in quite another way from the original plan. And picking out was difficult on the double-stitch machine. There were so many changes of mind among the feminine population of Farnamtown who patronized Miss Kellogg that when she cashed in her old machine a few years before and got a new one she had threatened to get a "single threader," but loud had been the objections. Her patrons didn't want to run the risk of having seams come undone in church or at societies, as they had heard of their doing when sewed in that careless manner.

The doctor had never called on Margaret before except professionally once or twice, and this was not exactly a social call. He had been designated by the local authorities as one of those to help with the Thrift stamp canvass and he had, much as he disliked to do it, to find out from each person on the street just how much he or she would invest in Thrift stamps before the first of the next year.

Margaret didn't hesitate in explaining so long as she might had she not heard the doctor's confidences two months before. Her excuses were much the same. Farnamtown was slower pay than ever and thread and findings were getting higher every day. What if she did charge a little more to cover the increase? If the ladies didn't pay till year after next that really didn't help. So except perhaps for one or two stamps she could make no promise. She would like to dispense with her one apprentice and save her small wage, but she was an odd little girl—daughter of a poor widow—and if Margaret didn't employ her goodness knows who would; and then what would become of her?

If there were only something she could do to earn a little extra every once in a while—she had heard of people doing that. So had the doctor and he, too, wished that in Farnamtown he might find some simple task to perform by which he might earn the little necessary to make his small subscription to government loans and Thrift stamps.

No little predicament and something they felt that there was something between them that did not exist between them and anyone else in Farnamtown. The doctor rose and as he passed the kitchen door, he sniffed ever so slightly. Miss Margaret told him he smelled cherry jam. She'd just been putting it up; that is why she had to pick out the seams so late. He sniffed again pleasantly and then in a twinkling she stood beside him with a slice of her light, oatmeal war bread and a little saucer of fresh cherry jam to be sampled.

That was how it began. The doctor said he had some cherries going to waste on his place. He couldn't sell them and he couldn't eat them all. He smacked his lips over the sample and said he could well afford to pay a little to have his cherries converted into food for next winter. And that was how Miss Margaret made arrangements to earn her bit toward buying Thrift stamps. It was very little, but the doctor felt he was not rash in spending it. Besides, he could send some of the jars to his mother and brother to help provision them as well as himself. The doctor brought the baskets of cherries in stealthily and Margaret told none of the neighbors of the arrangement. And then one day, when Margaret had to have some repairs made on her old house—there was a leak in the roof that needed soldering and there were some loose drains and one of the front stairs had grown old and sagged out of place—the doctor asked her why, if she had to pay some one for doing the work, he couldn't come and do it himself. "It isn't exactly surgery, but I've always been fond of tinkering," he said. And that made it possible for the doctor to begin payments on the next bond.

It was the last evening of the repairs on the sagging step, which the doctor did by stealth to keep the secret from the neighbors, as Margaret had kept hers about the cherry jam. Then, not with the greatest fluency, but with sufficient explicitness, the doctor told Margaret that they simply must unite their forces still further. He didn't ask her to marry him, as he had intended to; he simply told her that she had to. And Margaret's mind ran on, woman fashion, and predicted the buying of more stamps and more bonds.

Choked for Air.—Some little irritant becomes lodged in the bronchial tubes, others gather, and the awful choking of asthma results. Nothing offers quite such quick and positive relief as Dr. J. D. Kellogg's Asthma Remedy. The healing, soothing smoke or vapor penetrates, clears the passages and gives untold relief. Usually it completely cures. It has behind it years of success. It is the sure remedy for every sufferer.

ing of more stamps and more bonds. They could live in one house and both keep on with their work, and there would be only one furnace to keep heated, and that would make possible a real show of patriotism.

And the plan might have worked had not the announcement been made the very day following that poor little Farnamtown had been chosen as the site for a new hospital and that Doctor Burton had been appointed one of the resident surgeons—and that meant opportunity to do his bit as he had dreamed of doing it, and incidentally enough to make possible increased consignments to the brother and mother and enough left besides to send to oblivion forever the symbols of the "establishment" in Margaret's front parlor.

Value of White Oilcloth.

White oilcloth will change a dark, dingy kitchen to one that is clean and bright. A yard of it will save you from looking at the worn off paint at the base of the dish closet or the inside window ledge of kitchen and bathroom.

A strip along the wall beside the sink will catch splattered drops of dish water or drainings and may be easily cleaned with a lightly soaped cloth. A yard of it will cover the top of the kitchen table, with some to spare. A length of a few inches more will make the tops of washtubs slightly and convertible to table uses.

The top of the refrigerator covered in this way will be taken as a guarantee of sweetness and cleanliness below.

It Rubs Pain Away.—There is no liniment so efficacious in overcoming pain as Dr. Thomas' Electric Oil. The hand that rubs it in rubs the pain away from this account there is no preparation that stands so high in public esteem. There is no surer pain-killer procurable, as thousands can attest who have used it successfully in treating many ailments.

Soldiers' Watches

A novel casualty list which has just appeared in Germany contains the numbers of watches found among belongings of men killed in action, who cannot be otherwise identified. By circulating the list among watchmakers who record the numbers of the watches they handle, the authorities hope to identify many dead soldiers.

The Pope's Title.

The official title of the present Pope of Rome is Benedict XV. His name is Giacomo Della Chiesa, and he was born near Genoa, November 11, 1854. His father, Giuseppe Chiesa, was a nobleman of considerable wealth.

A Pill That Lightens Life.—To the man who is a victim of indigestion the transaction of business becomes an added misery. He cannot concentrate his mind upon his tasks and loss and vexation attend him. To such a man Parmelee's Vegetable Pills offer relief. A course of treatment, according to directions, will convince him of their great excellence. They are confidently recommended because they will do all that is claimed for them.

Out-of-Work Salaries.

The British Government, beginning with December 10 and continuing for six months, is paying men and women out of work sums ranging from a trifle over \$6 to \$15 a week, the latter going to the head of a family with several children.

So There!

First Fellow—Don't get gay or I'll be compelled to pound a little sense into your head.

Second Ditto—Is that so? Well, say, it would take a dozen like you to pound any sense into my head, you big stiff!

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of *Dr. H. H. Hatcher*

The Vogue of the Panel.

The vogue for loose flying panels on dresses seems to be increasing as the season develops. At first confined to the back, these loose and full-length panels are seen now on both front and back of formal, semiformal and afternoon frocks. They are frequently of a material different from that in the body of the dress and sometimes are of a different color. The combination of satin and serge is seen a great deal and, where the dress is all silk, the body of the garment may be of a shiny material while the panels are dull finished though of the same color.

James F. Nisbet, son of Thos. Nisbet, clerk of Plympton township, left last week for Sarawak, Borneo, where he has been engaged to drill for oil.

Protect the child from the ravages of worms by using Mother Graves' Worm Exterminator. It is a standard remedy, and years of use have enhanced its reputation.

IN THE SPRING

When Energy and Vitality are Lowest, then—Influenza!

(By S. C. BOWER, M. D.)

At this time of the year people feel weak, listless, their blood is thin, they have lived indoors and perhaps expended all their mental and bodily energy and they want to know how to renew their energy and stamina, overcome headaches and backaches, have clear eyes, a smooth, ruddy skin and feel the exhilaration of good health tingling thru their bodies. Good, pure, rich, red blood is the best insurance against ill of all kinds. You are apt to suffer from an attack of Influenza if your health is run down.

Purify the blood and you can defy influenza. This is the time to clean house and freshen up a bit.

Drink hot water a half hour before meals, and for a vegetable tonic there is nothing better than Dr. Pierce's Golden Medical Discovery, the old-fashioned, herbal remedy, which has had such a fine reputation for fifty years. It contains no alcohol or narcotics and is made into tablets and liquid. Send 10 cents to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y. for trial package.

STRAITFORD, ONT.—"For many years I suffered with neuralgia. It would affect my head, extending down into my neck and shoulders. I took Dr. Pierce's Golden Medical Discovery and was completely cured. I have also taken 'Pleasant Pellets' and found them an excellent remedy for constipation, bilious attacks, also stomach and liver troubles. They seem to regulate the whole system. Ever since I can remember I am always ready to recommend them."—W. J. FAME, 272 Railway Avenue.

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Can spare a few extra good Silver Grey Dorking and Black Leghorn Cockerels. Also some cheaper—suitable for crossing. Eggs for hatching in season.

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