

## DOCTOR URGED AN OPERATION

Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—"Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was always urging me to have an operation. My sister asked me to try Lydia E. Pinkham's Vegetable Compound before consenting to an operation. I took five bottles of it and it has completely cured me and my work is a pleasure. I tell all my friends who have any trouble of this kind what Lydia E. Pinkham's Vegetable Compound has done for me."—NELLIE B. BRITTINGHAM, 609 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkham's Vegetable Compound, after an operation has been advised that it will pay any woman who suffers from such ailments to consider trying it before submitting to such a trying ordeal.

## Guide-Advocate

Watford, Ont.

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HARRIS & CO.  
PROPRIETORS

## Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, FEBRUARY 8, 1918

### The Field-Root Seed Supply

(Experimental Farm Notes.)

Canada has so far, as it is well known, relied almost entirely on Europe for her supply of root seed. Before the war, i.e. as long as agricultural and transportation conditions were normal, there was no danger of Canada being inadequately supplied with seed of reasonably good quality, but with the outbreak of the war the conditions became different. It is true that during 1914 and 1915 the imports were not falling off; as a matter of fact Canada imported during these years more seed of both mangel and turnips than during any previous year. A mere study of the import figures therefore gave the impression that Canada at the end of 1915 was not in any danger of having the seed supply seriously curtailed in the immediate future. However, as the prospects for an early peace continued to remain far off, the agricultural activities in the seed raising countries of Europe had to be directed almost exclusively toward producing of food for the armies. As a consequence, root seed growing was being neglected especially in France, a fact that became noticeable as early as 1915. The immediate result of this was a rapid decrease in the seed supply

State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886. A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free.

F. J. CHENEY & Co., Toledo, O. Sold by all druggists, 75c. Hall's Family Pills for constipation.

in Europe which make it necessary for the root seed producing countries to prohibit the export of root seed for the duration of the war. When this embargo took effect, it began to be realized, in far-seeing quarters at least, that there was a real danger of shortage in the seed supply needed by Canada in the near future. The danger gradually took on a more serious aspect, as to the difficulty of actually securing seed in Europe was being added the difficulty of shipping it across the Atlantic in safety.

At present the root seed situation is far from as satisfactory as one could wish it to be, and what it will be like later in the season is difficult to foretell with accuracy now. One thing is certain, however, and that is that the prices that have to be paid by root growers for this year will be abnormally high.

A catalogue just received from a highly respectable seed house quotes prices that were unthought of in the pre-war times of plentiful supply. Mangel seed is on the average quoted at one dollar a pound, as against forty-five cents last year; Swede turnip seed is offered at about \$1.40 a pound, as compared with about 65 cents a year ago, and in field carrot seed there is an increase over last year's prices that in instances amounts to over fifty per cent.

These prices tell a story that can hardly be misunderstood. They clearly indicate that the available root seed supply is small, a fact that also may be gathered from import figures of the last two years, as given by the Department of Customs.

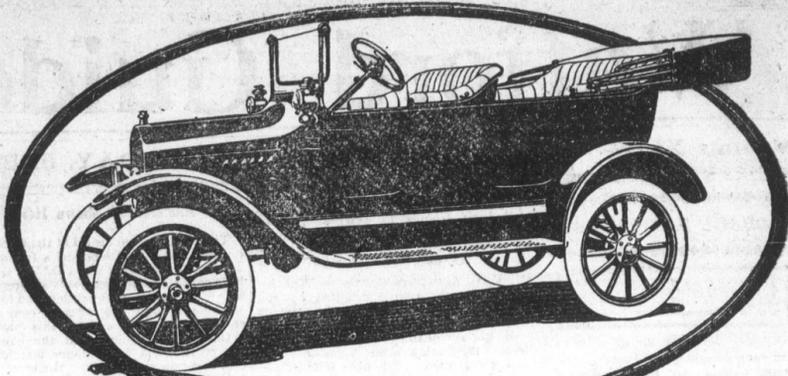
Under the circumstances our advice to root growers who have not taken the precaution to grow their own seed is to secure whatever quantities of seed are needed for the coming season's root crop as early as possible.

### THE FOOD CONTROLLER SAYS :

Every pound added to the nourishing things to eat, animal or vegetable, will count in this momentous year of 1918. No one should shirk taking up work on a small plot through too modest an idea of its value. Food control has to begin on the small scale. It will be chiefly effective through its thoroughness in the small but innumerable households in the land. So, if more foods can be grown on the home plot, no matter how small, there will be a saving in exportable food and to that extent an increased amount of food will be released for shipment to the Allies. Every new bushel of vegetables next spring and summer will release its equivalent in wheat. It is the drops of water in the ocean that go to make up the mighty tide of the Bay of Fundy. The essence of more production does not mean simply more acres put to wheat, but more eatable things from each man's labor. A small area well looked after is often more profitable in an unfavorable season than a large area. An English farm is often measured downwards,—by the depths of its productive soil—rather than valued for its sheer acreage.

Of the need for all exportable Canadian food products no one should longer be in doubt. The first of a series of fortnightly cablegrams from France to the food controller states with a plainness that would be pitiful if it were not so noble, how badly off the French civilians are. "The supply of bread-stuffs is causing grave anxiety. Imports are very short. Our bread-cake machinery has been completed but present lack of cereals will not permit of its application" it says. What does that mean? Simply that France is so short of bread that it cannot risk even a readjustment of what must be literally a hand-to-mouth system, lest some should starve. Yet France fights on gloriously! Surely a common pride in an Ally fighting the bravest fight of all the ages should be enough to make anyone determine that in as far as in him lies he will aid such a noble race. The cablegram adds that sugar, farinaceous foods other than wheat, butter and meats are all dreadfully short and that oils and fats are practically unobtainable. As the only one of the British Dominions practically accessible to cargo carriers, it is manifestly "up to Canada to strain every nerve to increase the exportable quantities of those commodities so much needed overseas."

Corns and warts disappear when treated with Holloway's Corn Cure without leaving a scar.



## Necessary Farm Equipment

MORE and more the Ford car is looked upon by progressive farmers as necessary farm equipment, the same as the plow, the hay-rake, the drill, the mower, the harrow and other labor and time-saving machinery.

A farmer with a Ford car can dispense with one or two of his horses and make the trips to town, railway station, creamery, or to the neighbors in one-third the time. In fact there is no farm machine made that will save the busy farmer and his busy wife so much valuable time as a Ford. And it's so easy to take care of—far easier than a horse. No bed to make, or hay and oats to get, no harnessing and unharnessing, and no stables to clean. The Ford practically takes care of itself.

Ask any farmer who owns a Ford if he would ever again try to get along without it. His answer will hasten your decision to own one.

**Ford**  
THE UNIVERSAL CAR

Touring - - \$495  
Runabout - - \$475

F. O. B. FORD, ONT.

RAY MORNINGSTAR - Dealer - Watford.



### Every Child Wants Skates

There's no music to the youngster, like the ring of skates on ice.

We have skates of every description and in all sizes. Skates from the world's best makers. A large variety of other articles for out-door sports.

T. Dodds & Son  
Watford - Ontario

Keep your fine furniture looking "its best." Use O-Cedar Polish the O-Cedar Way. A few drops of O-Cedar on your dust-cloth gathers the dust, keeps the surface clean and bright.



O-Cedar 25c to \$3.00

## The Guide-Advocate JOB PRINTING DEPARTMENT

YOUR ORDER SOLICITED  
ALL WORK SATISFACTORILY DONE  
PRICE REASONABLE

## DOCTOR SAYS VINOL IS THE BEST TONIC

Honest Opinion Doctor of His Patient

Bedford, Ohio—"I was in a condition, weak, nervous and down so I could not do my house I had doctored for years and everything under the sun. A doctor about it, and he replied certainly is the best medicine that I have had today. I couldn't give any better. I took it, and to am as well and strong as any would wish to be, and it was that saved me."—Mrs. Frank A. Key, Ash St., Bedford, Ohio. We guarantee this famous cod and iron tonic for all such conditions.

Taylor & Son, Druggist, Watford. Also at the best druggists in all towns.

### MEN WHO ENLISTED IN 149 BATT. AT WATFORD

- Lieut. W. H. Smyth, Headq. Ottawa.
- Lieut. R. D. Swift, Scout Office
- Sergt. W. D. Lamb
- Sergt. M. W. Davies
- Sergt. S. H. Hawkins
- Sergt. E. A. Dodds
- Sergt. W. C. McKinnon
- Sergt. Geo. Gibbs
- Sergt. H. Murphy
- Sergt. C. F. Roche
- Corp. W. M. Bruce
- Corp. J. C. Anderson
- Corp. J. Menzies
- Corp. S. E. Dodds
- Corp. H. Cooper
- Corp. C. Skillen
- Corp. C. E. Sisson
- L. Corp. A. I. Small
- E. O. S. - E. C. Culley
- C. O. S. - C. McCormick
- Pte. Frank Wiley.
- Pte. A. Banks
- Pte. F. Collins
- Pte. A. Dempsey
- Pte. J. R. Garrett
- Pte. H. Jamieson
- Pte. G. Lawrence
- Pte. R. J. Lawrence
- Pte. C. F. Lang
- Pte. W. C. Pearce
- Pte. T. E. Stillwell
- Pte. A. H. Lewis, Band
- Pte. G. A. Parker
- Pte. A. W. Stillwell
- Pte. W. J. Saunders
- Pte. A. Armond
- Pte. W. C. Aylesworth, Band
- Pte. S. L. McClung
- Pte. J. McClung
- Pte. C. Atchison
- Pte. H. J. Peley
- Pte. H. B. Hubbard
- Pte. G. Young
- Pte. T. A. Gilliland
- Pte. D. Bennett
- Pte. F. J. Russell
- Pte. E. Mayes
- Pte. C. Haskett
- Pte. S. Graham
- Pte. W. Palmer
- Pte. H. Thomas
- Pte. F. Thomas
- Pte. B. Trenouth
- Pte. E. A. Shaunesy
- Pte. W. Zavitz
- Pte. W. J. Savers
- Pte. L. Nicholls
- Pte. John Lamb
- Pte. Eston Fowler
- Pte. E. Cooper.
- Pte. F. A. Connelly.
- Pte. Edgar Oke.
- Pte. White.
- Pte. McGarrity.
- Pte. Wilson.
- Pte. Richard Watson, Can. F.
- Pte. L. H. Aylesworth, Band

### No Free Notice

The Guide-Advocate, in common with other papers in Ontario makes a charge for all notices of Coming Events, whether mission fees are charged. Under this head comes all no Church Functions, except services.

Lodge and Society Meetings Entertainments.

Women's Institutes.  
Christmas Trees.  
Farmers' Clubs,  
Red Cross meetings,  
Any Coming Event.

Our charge for these no five cents per line. Minimum 25c. Six words make a line. Sending in notices state who responsible for payment or send with order.

Reports of all meetings free of charge and welcomed. In advance notice only subject to charge.