How They Relieve

Hardfield, N. B.

"It affords me great pleasure to convey not only to you but to all sufferers from Backache and Rheumatism, the great relief I have obtained from the use of Gin Pills. I feel thankful to you. I recommend Gin Pills to everyone suffering as I did."

ROBERT M. WILSON Gin Pills are 50c, a box or 6 boxes for

\$2.50 at all druggists. Free sample on request to

National Drug & Chemical Co. Canada Limited, Toronto.

Guide-Advocate

Watford, Ont.

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HARRIS & CO.

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WATFORD, FEBRUARY 25, 1916

NOTE AND COMMENT

If it is decided through changing

ness seems to be a German monopoly Yet the Krupp works at Essen are within apparently easy reach of our flying craft.

An Austrian who assisted other Austrians to escape to the United States was sentenced to six months imprisonment by a Canadian court. A British nurse who helped Britsh and Belgian subjects to escape from Belgium was murdered by order of a

There are times when only a great man can save his country, but there are times when nations can be saved only by their own people, and such a time has come upon us now.—Arthur

Worms cause frettulness and rob the infant of sleep, the great nourisher. Mother Graves' Worm exterminator will clear the stomach and intestines and re-store healthfulness.

Mrs. Catherine Paton, of Plympton, widow of the late Andrew Paton, passed peacefully away on the 5th, after a lingering illness. Interment took place on Monday in Camlachie cemetery. She was in her 89th year, and had lived near-ly all her life in the township.

Because he resented the questions put to him by a Customs officer at the ferry dock and roundly anathematized the King and all those who wear his uniform. John Paul, an employee of the Ford Motor Company of Canada, was arrested and fined \$10 and costs in Windsor.

ANOTHER WOMAN TELLS

How Vinol Made Her Strong

Beallsville, Ohio.—"I wish all nervous, weak, run-down women could have Vinol. I was so run-down, weak and nervous I could not sleep. Everything I atc hurt me, and the medicine I had taken did me no good. I decided to try Vinol, and before long I could eat anything I wanted and could sleep all night. Now I am well and strong, and in better health than I have been for years."—Mrs. Anna MILLISON, Beallsville, Ohio.

We guarantee Vinol for all run-down.

We guarantee Vinol for all run-down, weak and debilitated conditions.

The Day of Doom Drives On!

The public mind grows more hopeful daily as to an early and successful ending of the war. Not that any one counsels a let-up in the work of preparation: the cry is to keep on enlisting, making shells, sending our troops across to Europe with all speed. And to keep on giving and serving and doing with greater vigor than ever.

And as the allies seem to be erganizing on an enormous scale for big actions in many directions; and while Germany seems bent on still further super-hyper-efforts the impression broadens that it can only end in some kind of collapse for the Prussian-Turkish-Austrian cause. They see they can neither down the world nor dictate terms.

Somebody is putting out feeler after feeler about peace negotiations; and these are not coming from the allies. The bankers and the bellies of the Germans are craving for relief from the ever-present strain. Suicide and insanity spread!

Does the talk of a dash of the German navv out to sea to meet the British fleet portend a conclusion reached by Germany that she cannot afford to surrender her ships, but she can help save her face by fighting a hopeless fight and by blowing up the remnants!

Fighting fronts in Belgium and France; in Russia, in the Balkans, in Austria against Italy; building railways and training men and concentrating supplies and armaments to drive Britain out of Egypt and to take the Suez Canal, these, not to mention a host of other things in hand, are too much even for a wrought-up nation of enormous resources, long years of preparation, and a will to any end. Germany is unbalanced and her own unbalancing surely means her own overthrow!

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. If it is decided through changing events in the United States to place an embargo against the shipment of munitions, it is announced that plans have been laid to transfer the great munition factories of the United States to Canada as soon as such a thing becomes imminent.

Montreal Star: There are many things about this war that civilians cannot understand, and one of the most puzzling of these is the comparatively small number of air raids over German territory. Our air fleets seem to have the superiority of reconnaisance work and aerial combats, but the bomb-dropping business seems to be a German monopoly.

The Cost of Producing Milk

The cost of producing milk obviously depends a great deal on the milking capacity of the cows used. Comparison between eight of the best and eight of the poorer cows in an Ontario dairy record centre shows that there was a difference in profit per cow of \$24.56, the eight high yielding cows giving an average profit of \$37.21 while the poorer cows returned a profit of only \$12.65 per head. The milk in each case was valued at \$1.15 per hundred pounds. The difference would no doubt have been very much reduced had the feeding been the same for all the animals. Those that yielded the thigher profit were much better fed than the others. The average cost of their feed for the milking period being \$43.96 per head, while the food received by the less profitable animals was valued at \$32.33 per head. Calculating from the standpoint of cost of milk the eight cows with the low yields made only 32 cents profit on a hundred pounds of milk while the higher yielding cow made 54 cents profit from an equal amount of

This informatiom and a great deal more of equal value is contained in the recently issued annual Report of the Dairy and Cold Storage Com-missioner of the Department of Agriculture at Ottawa. This Report, in addition to the Dairy and Cold Storage Commissioner's general report, contains twelve appendices which deal with the work of the Assistant Dairy Commissioner, the extension of markets, dairy and cold storage divisions, etc. An appendix of unusual interest gives statistics of the export and import trade in dairy produce, which show that the exports of butter increased from 1,951,585 lbs. in 1890 to 2,724,913 in 1915, Taylor & Son, Druggists, Watford, while during the same period the

Those burning, smarting, ting-ling pains which accompany ec-zema and skin rashes, stop very quickly if you apply Zam-Buk.

The soothing, herbal essences of this wonderful balm, bathe and cool

this wonderful balin, bathe and correct the burning skin, kill the disease germs, end the pain, and produce a delightful feeling of relief. At the same time the process of healing goes on, and very quickly the skin disease it and deligence it and deligence.

disease is ended. Sometimes baby has rashes which cause itching, and give rise to hours of worry and trouble to the mother. Same remedy—Zam-Buk.

For all skin diseases and for Piles. Druggists and stores everywhere, 50c. box. See full name.



exports of cheese increased from 94 264,187 lbs. to 137,601,661 lbs.

This Report is available at the office of the Publications Branch of the Department of Agriculture at

GLYCERINE AND BARK PREVENT APPENDICITIS

The simple mixture of buckthorn bark glycerine, etc., known as Adler-i-ka, astonishes Watford people. Because Adler-i-ka acts on BOTH lower and upper bowel, ONE SPOONFUL relieves almost ANY CASE of constipation, sour stomach or gas. It removes such surprising foul matter that a few doses often relieve or prevent appendicitis. A short treatment helps chronic stomach trouble. The INSTANT, easy action of Adler-i-ka is astonishing. Taylor & Son, druggists.

The Time to Act

The old saying has it "there is no time like the present". That this applies with telling to the selection of good dairy cows, will be admitted by every thoughtfut dairyman. Selection may be made on the evidence of certain well known external indications of good milking qualities with special attention paid to the udder, loin, skin, barrel, etc.

But no matter how skilled the expert judge of dairy 'quality' in a cow may be, he is not infallible as to the amount of hard cash that any one cow in the herd will earn in a year. He may be, the ordinary dairy farmer, too, may be conciderably mistaken in his judgment. One system will give him accurate results, that of selection of dairy records. It is easy to weigh and sample, it is easy to add up a few figures for each cow, it is easy to compare such totals, and it is eminently satisfactory to know for certain which cows are

best to keep and breed from. Now is the time to act, prepare to keep records all season; write the dairy division, Ottawa, for free milk record forms, either 3 times per month, or daily. You will never regret it.

The Bowels Must Act Healthily.—In most allments the first care of the medical man is to see that the bowels are open and fully performing their func-tions. Parmelee's Vegetable Pills are so compounded that certain ingredients in them act on the bowels solely and they are the very best medicine available to produce healthy action of the bowels. Indeed, there is no other specific so serviceable in keeping the digestive organs in healthful action.

No Dollar Papers Soon

The dry goods merchant, the grocer, the baker, the butcher, the blacksmith, have all been obliged to advance their prices to a paying basis. Even the farmer reto a paying basis. Even the farmer receives much larger prices for everything he raises. In yiew of these facts, which are patent to all, it should not be a matter of surprise that the newspaper man should also require to increase the price of his product. For this same reason, most, if not all of the city papers, and all of the magazines not only in Canada, but in the United States, have been forced to increase their subscription prices.

Children Cry FOR FLETCHER'S CASTORIA

The Argentine government is fostering experiments by farmers with rice and potato cultivation, both by dry farming and irrigation.

As a substitute for clay pigeons, a Frenchman has invented a steel propeller which is shot through the air with much speed from an instrument held in the hand.

No surgical operation is necessary in removing corns if Holloway's Corn Cure be used.

The Harmless but Efficent remedy for Headache Neuralgia, Anaemia, Sleep-lessness, Nervous Ex-haustion, &c. AT ALL DRUGGISTS, or by mail from

COLLINGWOOD, ONT. GEORGIAN MFG. CO.,

HOUSEKEEPING 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 Bonnie 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.

Do you want to be in at the finish in the biggest fight the world has ever known,—a fight for honor, home and country. Then en-

list to day in

LAMBTONS

${f REMEMBER}$

"The hen doth not stop scratching just because the worms are scarce." Persistently, never tiring, so doth she scratch, knowing that in the end she findeth her grub, and so, we-persistently, never tiring, shall endeavor to convince you that

The Watford Planing Mills

is the proper place to take your contracts, as we have the largest experience, the largest stock and the largest lumber business about here. We can therefore supply your contract cheaper than you can get it elsewhere.

Our Aim

Is to have a large turnover with small profits. Once a customer always a customer here

WATFORD PLANING MILLS Established 1870 Geo. Chambers

TRENOUTH

- DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells. Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

> We Cary Full Stock of

INTERNATIONAL STOCK FOOD FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY,

CALDWELL'S MOLASSES MEAL AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL,

ALL KINDS OF GRAIN TAKEN IN EXCHANGE Chapping and Rolling Done While You Wait

PHONE 39

Furniture

We have a first class stock of the finest furniture on the market. Our prices are

Call and let us show you what you need.

600 MORE MEN for LAMBTONS 149

You said you would go when needed. You are needed now.

ENLIST TO-DAY IN LAMBTONS 149

HARPER BROS.

PHONE 31.

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