



THE KIDNEYS
between
30 and 40

Whatever else you do, keep your kidneys regular and active. Their work is of vast importance to your health and at the first evidence of trouble, often occurring from the thirtieth to the fortieth year, take a treatment with

Gin Pills
FOR THE KIDNEYS

The Kidneys' work is to filter impurities from the blood. Evidence of something wrong with the Kidneys may be recognized quite easily—pains in the sides and back, rheumatic twinges, constant headaches, swollen joints, restless sleep and urinary troubles. Gin Pills are the quickest and most effective remedy you can take.

50c. a box or 6 boxes for \$2.50, at all dealers.
Sample free if you write to
National Drug & Chemical Co. of Canada, Limited, - Toronto
U. S. Address: Na-Drugs-Co., Inc., 202 Main St., Buffalo, N.Y.

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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—
P. R. Telegraph and Canada Permanent Loan and Saving Co.
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Farmers' Mutual Fire Insurance Company.
(Established in 1875)

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GOOD WORK
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SATISFACTION GUARANTEED
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CHANTRY FARM

SHORTHORN CATTLE and LINCOLN SHEEP SOLD OUT
Will buy any number of registered or good grade Lincoln ram lambs or yearlings for immediate or September delivery, write or phone.
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FRANCO-AMERICAN TIME TABLE

Trains leave Watford Station as follows:
GOING WEST:
Accommodation, 75..... 8 44 a.m.
Chicago Express, 13..... 1 16 p.m.
Accommodation, 95..... 6 44 p.m.
GOING EAST:
Accommodation, 80..... 7 38 a.m.
New York Express, 6..... 11 16 a.m.
New York Express, 18..... 2 58 p.m.
Accommodation, 112..... 5 16 p.m.
C. Vail, Agent Watford

"THE RUN OF THE BIG YEAR"

Romantic Aspect of the Salmon Fishery Has Disappeared.
British Columbia salmon is a staple product of the world over. The superior quality of the sockeye salmon, especially, has created a market for them wherever there is a demand for canned fish. This world-wide reputation has naturally led to an extensive exploitation of the fishery, and, in spite of a measure of restrictive legislation and artificial propagation, there has been a steady decline in the catch during the past twenty years. This is especially true of the Fraser River fishery. The international character of the stream has made it impossible, up to the present, to secure adequate restrictions and regulations.

As is well known, the life history of the sockeye salmon extends over a period of four years and, each year, the fish that were spawned in the upper waters of the Pacific Coast rivers four years before, come in from the sea to deposit their spawn in turn and then die. It is during these seasons of inward migration that the fishermen gather their harvest. One of the strange and romantic features of these migrations is that every fourth year the run of fish is many times larger than during any of the three years preceding or following it. This phenomenon has occurred so regularly that it is commonly spoken of as "the run of the big year." The explanation most generally accepted is that, at some period, before the advent of the white man, the fish were overtaken by some disease, or other calamity, which either prevented spawning or destroyed much of the spawn during a period of three years. As if to confirm this theory, the enormous rock slide in the Fraser in 1913—a big year—which prevented the salmon getting up the river to spawn, caused a tremendous falling off in the catch of 1917. Thus, in 1913, 2,401,488 cases were packed by Fraser river canners, while a close estimate of the total pack of 1917 is only 529,600 cases, or only about 18 per cent. of the pack of 1913. Such a decline is a calamitous one and only the most carefully enforced restrictions over a period of years can restore, or even save, the fishery.

At the ninth annual meeting of the Commission of Conservation, Mr. J. P. Babcock, Assistant Commissioner of Fisheries, British Columbia, said:
"The history of the fishing in the Fraser River district in the past fourteen years is a record of depletion—a record of excessive fishing in the lean years; a record of failure on the part of the authorities of the State of Washington to realize the necessity of conserving a great fishery, notwithstanding the convincing evidence submitted to them by agents of their own creation that disaster was impending to one of their great industries."

On the other hand, by their representations and acts, evinced, in unmistakable manner, their willingness to deal squarely and adequately with conditions that foretold depletion, and to join with the State of Washington or the United States Government in legislation to prevent it."
If this can be done there should be no reason why in the course of time "every year should not be a big year." On the other hand, a continuance of the present wasteful methods of fishing, especially by American fishermen, can only result in the complete depletion of this valuable fishery.

Canada's Democratic Army.
"Canada's Democratic Army," is the title of a column special article in The London Chronicle, intended to show that insistence on staff college standards of leadership in the field is a mistake. The writer points out that the commanding officer of the C. E. F. Army Corps, Gen. Currie, though always a keen military student and citizen soldier, is a real estate agent; Gen. Turner, commanding the Canadians in England, is a member of a large Quebec firm of wholesale grocers, but a born soldier; the Canadian Artillery is led by a former editor of The Ottawa Citizen, Morrison; Brigadier-Gen. Ross is a miller in business; Brigadier-Generals MacLaren and Griesbach, and the late Gen. Mercer were all solicitors, and Brigadier-Gen. Watson, commanding the 4th Canadian Division, who had no active service before the war, was formerly a reporter.

One might, says the writer, go through the whole list of Canadian generals and find not more than four or five professional soldiers. The bearing of all this is that the British armies are full of extremely able and highly trained civilians who are not getting a chance. Staff college training has proved again and again a disadvantage. The Canadian civilian showed common sense and no cobwebs, and has frequently done better than has staff college men.

Our War Figures.
Canada's war expenditure for the nine months of the fiscal year ending December 31 amounted to \$171,748,839. During the same period in the previous fiscal year the expenditure was \$170,229,748. For the months of December alone, the war cost \$19,779,563. In December, 1916, it cost \$23,702,217.
The revenue of the Dominion for the nine months was \$190,658,370, as against \$166,856,349 for the similar period in 1916. For December

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alone the revenue was \$20,617,363. In December, 1916, it was \$21,945,775. Expenditure chargeable to revenue, \$96,982,537, as compared with \$81,696,505 in the previous year.
The total national debt of the Dominion on December 31st stood at \$976,428,504. On the same date in 1916 it was \$722,111,449. During December the debt increased by \$18,427,803, which was approximately a million less than the war expenditure for that month.

The grain dealers of Western Canada estimate that the acreage sown to wheat in 1917 is 12,750,000 acres as compared with 13,800,000 acres in 1916.

Make Every Chicken Count

The aim this year should be to make every chicken count. Make every hen lay her best, make every chick mature early enough and thereby make every pound of feed give the maximum returns.

HATCH EARLY—Make every effort to get your chicks out this spring before the first of June. As a rule the heavier breeds hatched later than that date are not satisfactory. At least 90 per cent. of the pullets in Canada were not laying during November and December of the past winter, because they were hatched too late.

A LITTLE SAND OR GRIT FIRST—When the chicks are removed to their brooding quarters there should be some coarse sand or fine chick grit scattered where they can have free access to it. They should be left until they show positive signs of hunger, which would be between the second and third days after hatching. They may then be given some bread crumbs that have been very slightly moistened with milk, this may be scattered on clean sand or chick grit. If being brooded by a hen she will see that no food is allowed to lie around, but if in a brooder, that part of the food that the chicks do not pick up in a few minutes should be removed, as nothing in feeding causes so much trouble as leaving food of that nature around until it is sour.

FEED FOR THE FIRST TEN OR TWELVE DAYS—The following daily ration of five feeds given about two hours and a half apart and continued from the time the chicks are two to three days out of the shell until ten or twelve days of age may be altered or adopted to suit conditions:—
First feed—Dry bread crumbs slightly moistened with milk.
Second feed—Finely cracked mixed grains or commercial chick feed.
Third feed—Rolled oats.
Fourth feed—Dry bread crumbs moistened with milk.
Fifth feed—Finely cracked mixed grains.

In addition to the above, give the chicks a little green food, such as grass, lettuce, sprouted oats, etc. Do not have the moistened bread sloppy but in a crumbly state, and during this period let the chicks on to fresh soil or grass every day if possible.

Canada Should Can Her Own Sardines

Canada imports annually, canned sardines valued at over \$100,000. The major portion of these imports are from the United States, Norway, the United Kingdom and Portugal, in the order named. Oddly enough, only 20 per cent. of the New Brunswick catch is canned in this country. The remaining 80 per cent is shipped to Maine to be canned by American canners. The Canadian Food Board is at present taking active steps to have these fish canned in Canada. If this is done it will be obviously, a distinct advantage to Canadian consumers.

German women have been granted nothing except the most insignificant rights.
It is estimated that exclusive of the United States, 13,000,000 women are now engaged in war work.

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BARN RED
The Paint for Barns, Roofs, Fences, Etc.

S-W Commonwealth Barn Red is a bright, rich Red, that works easily, covers well and dries with a fine, smooth, durable finish. Put up in convenient sized cans, all full Imperial Measure. Why not try it this year to protect your barn against the weather?

You have a heavy investment in farm machinery, implements, wagons, etc. Increase their life and usefulness by protecting them against rust and decay, by using Sherwin-Williams Wagon and Implement Paint. The longer they last the less they cost.

It is economy to use S-W Buggy Paint on your buggies and carriages, and S-W Auto Enamel on your car. They give entire satisfaction and are easy to apply.

Color schemes and suggestions for any part of your building furnished by expert decorators, free upon application and without any obligation.

We carry a complete line of Sherwin-Williams Paints and Varnishes. Ask us for Color Cards, prices or any other information you may require.

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Spring Cleaning
will be your next big drive!

We have the following lines in stock and guarantee the prices are lower than in six weeks from now:

Home Washers.....	\$12.50
Bonnie Washers.....	6.50
Jubilee Washers.....	5.50
Empress Wringers.....	5.00
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O-Cedar Mops.....	1.50
Vacuum Cleaners.....	7.50

Tubs, Pails, Scrubbing and Paint Brushes at lowest prices.

N. B. HOWDEN EST.

If a girl failed to look at the price marked on her Christmas present it's a sign that she failed to get one.
Patents have been granted for skates with regularly notched blades, which are said to increase their users' speed and facilitate fancy skating.
An Englishman has invented a periscope to be mounted in a locomotive cab to enable an engineer to see the track ahead or the whole of his train.
To prevent the misuse of poison an attachment has been invented to hold a bottle on a shelf and ring an electric bell as a warning when it is moved.
An extensive plant will be built in Sweden for the production of coke and by products by process invented several years ago by German scientists.

Somehow the average man is never able to realize fully that silence is golden until after his face is swelled out of shape.
Any woman who can make a good pudding in silence has one point of superiority over the one who makes a tart reply.
A Russian inventor claims to have perfected a motor that can safely utilize electricity drawn from storm clouds.
A partitioned gravy dish has been invented that permits fat gravy to be poured from one side and lean from the other.

Children Cry FOR FLETCHER'S CASTORIA

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