

**ES HER LIFE TO
UIT-A-TIVES"**

nderful Medicine, Made From
Juices and Valuable Tonics.



DAME ROSINA FOISIZ

29 St. Rose St., Montreal,
writing you to tell you that
life to 'Fruit-a-tives'. This
relieved me when I had
hope of ever being well.
a terrible sufferer from
—had suffered for years;
ng I took did me any good.
about 'Fruit-a-tives'; and
m. After taking a few
m now entirely well. You
permission to publish this
I hope it will persuade
ferers from Dyspepsia to
t-a-tives' and get well".
LADAME ROSINA FOISIZ,
-tives' is the only medicine
ld made from fruit.
x, 6 for \$2.50, trial size 25c,
ers or sent postpaid on
price by Fruit-a-tives
tawa.

ou consider your bread
Luxury as well as a
y? If so, then you
e best. Our ever-
ng trade and satisfac-
rs are reasons why
not be disappointed
ve us a trial.

is the time for
ings and your wed-
ll not be complete
you have one of
kes.

H. Lovell
, CONFECTIONERY
E CREAM PARLORS.

URANCE

I. HUME.
AGENT FOR
ENT AND SICK BENEFIT
OMPANIES.
REPRESENTING
Reliable Fire Insurance
Companies
ne property insured.
HUME and get his rates.
SO AGENT FOR—
aph and Canada Permanent
ana Saving Co.

LAMBTON
Mutual Fire Insur-
) Company.
lshed in 1873)

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GHBY, MANAGER AND
SEC. TREASURER
EDRAN, Wainstead P.
k and Plympton.

BUY
W-S
INGS STAMPS

WHAT IS A CURE?

IS IT A TEMPORARY OR PER-
MANENT CONDITION?

Let us get down to brass tacks. Is
there is any such thing as a cure? You
may eradicate every trace of disease
from your system and be restored to
your former state of health—but you
haven't attained a cure. Why? Be-
cause as long as disease germs are pre-
valent in the universe you may be
afflicted again.

Take for example: a man has a ter-
rible headache for days. It has driven
him almost insane, sapping his ener-
gies and making him incapable of
working. He tries doctors, takes pre-
scriptions, and finally finds a prepara-
tion that makes him fit again. Imme-
diately he says, "I'm cured."

Six months later his head begins to
ache. What does he say, "Here's my
old headache back again, that medicine
was a fake!"—or does he say, "An-
other attack! We'll soon knock that
out!" and commences the use of the
remedy that relieved him before.

This happens in many cases of Rheu-
matism, Lumbago, Neuritis, Neuralgia.
That is why we say "Templeton's
Rheumatic Capsules" remedy these
diseases. They are 99% effective by
actual record.

Use T.R.C.'s whenever you have rheumatic
trouble.

Sole Agents for Watford, J. W. Mc-
Laren, druggist, the Rexall Store, or if
you live out of town mail \$1.04 to the
above address or to Templeton's Limited,
142 King street west, Toronto, and cap-
sules will be sent postpaid.

Our Aim—Satisfaction

**WATFORD SHAVING AND
HAIRDRESSING PARLORS**

Hot Baths and Laundry agency
in connection.

Dry Cleaning a Specialty.

Razors Honed.

W. N. FLEETHAM - Proprietor.
Successor to B. E. Fulcher.

MEDICAL.

JAMES NEWELL, PH. B., M. D.
L. R. C. P. S., M. B. M. A., England,
Coroner County of Lambton,
Watford, Ont.

OFFICE—Corner of Main and Front streets,
Residence—Front street, one block east of
Main street

C. W. SAWERS, M. D.
WATFORD, ONT.

FORMERLY OF NAPIER) OFFICE—Main
Street, formerly occupied by Dr. Kelly, Phone
13 A. Residence—Ontario Street, opposite Mr
& A. McDonnell's. Night calls Phone 13B.

W. G. SIDDALL, M. D.
WATFORD ONTARIO

Formerly of Victoria Hospital, London.
OFFICE—Main street, in office formerly occupied
by Dr. Brandon, Day and night calls phone
26.

DENTAL.

GEORGE HICKS,
D. D. S., TRINITY UNIVERSITY, L. D. S.,
Royal College of Dental Surgeons, Post graduate
of Bridge and Crown work, Orthodontia and
Forsythian work. The best methods employed to
preserve the natural teeth.
OFFICE—Opposite Taylor & Son's drug store,
MAIN ST., Watford.
At Queen's Hotel, Arkona, 1st and 3rd Thurs-
day, of each month.

C. N. HOWDEN
D. D. S., L. D. S.

GRADUATE of the Royal College of Dental
Surgeons, of Ontario, and the University of
Toronto. Only the Latest and Most Approved
Appliances and Methods used. Special attention
to Crown and Bridge Work. Office—Over Dr
Kelly's Surgery, MAIN ST.—WATFORD

Veterinary Surgeon.

J. MCGILLICUDDY
Veterinary Surgeon,
HONOR GRADUATE ONTARIO VETERIN-
ary College, Dentistry a Specialty. All
diseases of domestic animals treated on scientific
principles.
Office—Two doors south of the Guide-Advocate
office. Residence—Main Street, one door north
of Dr. Siddall's office.

Auctioneer

J. F. ELLIOT,
Licensed Auctioneer
For the County of Lambton.

PROMPT attention to all orders, reasonable
terms. Orders may be left at the Guide-
Advocate office.

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford Station as follows:

GOING WEST
Accommodation, 75..... 8 44 a.m.
Chicago Express, 13..... 12 31 p.m.
Accommodation, 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 47 p.m.
Accommodation, 112..... 4 56 p.m.
C. Vail, Agent, Watford

VEGETABLE MARKETING

High Prices Are Paid for Best
Quality.

Provide Abundance of Cool Water
for Dairy Cows During Hot
Weather—Shade in Pasture Also
Essential—Ideal Location on
Banks of Cool, Pure Stream.

(Contributed by Ontario Department of
Agriculture, Toronto.)

Few growers realize the im-
portance of properly harvest-
ing and marketing their early
vegetables. The large major-
ity are expert enough to produce an
excellent crop, but there is perhaps
only about one out of ten that har-
vest and market their crop to the
best advantage. The public is to-
day, perhaps more than before, de-
manding a high grade product. They
are willing to pay the price if they
get the quality, and the gardener
that will make the greatest success
will be the one that caters to this
demand.

There are several factors of great
importance necessary to achieve the
greatest amount of success. Fore-
most of these, perhaps, is proper
harvesting. Few, even of our grow-
ers, realize how rapidly our veget-
ables deteriorate in quality after
they are taken from the ground. Much
of the fine flavor and crispness
is lost in the case of such products
as onions, lettuce and radishes in
only a few hours unless special care
is exercised in handling. Such crops
should never be exposed to winds or
the hot sun and if they can be kept
in a cool, fairly moist condition, the
least possible loss in quality will be
maintained.

To market the vegetable crop to
best advantage the grower must ever
keep in mind the ultimate destination
of his goods. The housewife is the
one that he must please. If she is
well pleased then she tells her neigh-
bors quietly over the back fence, but
if she finds that she has received
something of very inferior quality
then she proclaims her grievance
from the rooftops and forever after
will be hard to convince that there
is such a thing as high quality.

The most important factors to bear
in mind are few in number and are
not hard to put into practice. The
proper degree of maturity is the first
one that must be considered. Carrots,
beets, onions, radishes and the other
bunching crops should not be pulled
before they reach the proper size. They
should be carefully pulled and
taken to the bunching houses. There
they are neatly bunched, tied and
washed and then should be protected
from the atmosphere as much as possible
by covering. Lettuce, spinach,
parsley, cabbage and cauliflower
should be carefully cut and placed in
baskets or carriers. Care should be
taken that none of the dirt is taken
up and allowed to fall through the
leaves, as this is hard to remove even
by careful washing and will always
lower the quality.

There is perhaps not more than
one person in ten that can be called a
really successful salesman, and
here is where a good many of our
growers fall down, and after produc-
ing a high grade product they are
unable to market it to the best ad-
vantage. The first requisite, as has
already been mentioned, is a high
grade article. An inferior grade can-
not be expected to obtain the highest
price. The proper care in preparation
is also important. A neat, attractive
package, well-packed, with high
grade vegetables will always com-
mand the higher price. Furthermore,
an attractive article will be its own
salesman, and no matter how over-
stocked the market may be, will com-
mand a good price. The proper care
in sorting and grading is also quite
important. Vegetables of poor qual-
ity should never be placed on the
market. They will not only have to
be sold at a much lower price but
will also have the effect of lowering
the price on the higher grades, with
the result that many a good market
has been almost ruined by a small
quantity of inferior goods.

From this we see that the greatest
results can only be obtained by grow-
ing a high grade article, carefully
harvested and attractively and effi-
ciently marketed.—A. H. McLennan,
B.S.A., Ontario Vegetable Specialist.

**Why Plenty of Water is Necessary
for Cows in Hot Weather.**

Water is very necessary for cows
at all times, because the body itself
contains a large proportion of water;
the functions of the body cannot
properly take place and milk contains
less water. Milk contains about
87 1/2 per cent. water. All this
makes water needful at all times to
the cow giving milk, but in hot
weather there are added reasons why
the cow should have plenty of water.
These hot weather additions to the
water supply of cows are necessary:
1. To assist in cooling the body.
When the animal body becomes too
warm, nature suggests an extra sup-
ply of water, which lowers the tem-
perature of the body of the animal.

making the cow more comfortable,
hence she produces more milk.

2. The second reason for supply-
ing plenty of water to cows in sum-
mer is the fact that the body excre-
tions are very much increased during
hot weather. These excretions con-
sist largely of water, with certain
salty materials in solution, and to
supply this waste material, the cow
must be supplied with an abundance
of water. After proper and abun-
dant feed, the second great need of
the cow giving milk is plenty of
clean, cool water. Dairy men prefer
to locate along the banks of a never-
failing stream. Lacking this, a dairy
farm must have a good supply of
well water.—Prof. H. H. Dean,
O. A. College, Guelph.

CONSERVING MOISTURE

Many Valuable Crops Saved by
Mulching.

This Season Especially Trying to
Cream Producers—Great Losses
Prevented by Cooling Cream
During Hot Weather in Properly
Constructed Tank.

(Contributed by Ontario Department of
Agriculture, Toronto.)

WATER is one of the essen-
tial requirements for the
growth of plants. Its
functions are a solvent
and carrier of plant-food, a food di-
rectly or indirectly for the plants and
it helps to maintain the plants in a
turgid condition, thus enabling them
to stand more erect and resist the
force of the winds. Also the evo-
poration of the water from the sur-
face of the leaves equalizes the tem-
perature of the plants. Thus water
serves the plants in no small way,
and so the farmer is always very
anxious each spring that his soil have
sufficient water stored within it to
supply the growing plants during the
next three or four months, when the
rainfall may not be sufficient for their
requirements.

The amount of water required for
crops is rather surprising; in humid
regions they require from 200 to 500
pounds for every pound of dry mat-
ter produced, and in dry climates
the amounts are about double of
these. Of the ordinary farm crops
the legumes including clovers, peas
and beans, use the most water; then
comes potatoes next; then in order
oats, buckwheat, barley, wheat, rape,
maize and millet.

The water that the plants take
from the soil exists in the form of
thin films around the soil grains. If
the soil be well drained and other
things in good physical condition,
these films will occupy about one-
half of the air space of the soil, the
other half being available for air,
which is very necessary for the growth
of the roots. The water in the form
of films has the power to rise up
through the soil grains in a manner
similar to that of the rise of oil in
a lampwick or water through a lump
of sugar. This rise takes place more
quickly and extends higher if the soil
grains be fairly fine and in a mellow
and friable condition, or in other
words, be in good tilth. Water should
be drained from the soil, otherwise
the soil remains cold and the air is ex-
cluded from the roots.

Conserving the soil moisture con-
sists of getting as much as possible
of the rains and the melting snow
down into the lower depths of the
soil, and in the second place, pre-
venting the water that rises to the
surface during the period of growth
from evaporating. The first can be
secured by fall ploughing and in
other ways making the soil surface
as open and receptive as possible for
the easy entrance of the water and
the evaporation can be prevented to
a large degree by keeping the sur-
face, after the crops are sown or
planted, well mulched. The soil
mulch, one to three inches deep, is
found to be very effective in keeping
the film water from reaching the sur-
face and there evaporating under the
sun and wind. The surface of the
soils, should not be allowed to be-
come crusted, as a crust on the top
cracks open and allows the water
to escape. The best illustrations of
mulching and its good effects are
found in every well-tilled garden,
but to a large degree the practice is
practicable on the farms by a judi-
cious use of the harrow and roller.
When the grain fields are rolled im-
mediately after seeding, the harrow
should be used; if power enough be
available both may be passed over
the field at once. Even after the
grain is up 3 or 4 inches, should a
heavy rain pack down the soil, the
roller may be used to good advan-
tage in re-rolling the mulch. The
more frequently the corn and root
fields are cultivated throughout the
season of growth, the more effective
the mulch will be to conserve the soil
moisture.—R. R. Graham, B.S.A.,
O. A. College, Guelph.

Hot Weather Suggestions on the
Care of Cream.
The season of 1913 is likely to be
one specially trying for those who

desire to ship sweet cream, the
count of the great scarcity of ice. In
many localities, not a pound of ice
was harvested during the winter sea-
son of 1918-19. The ice-houses are
empty and there is nothing but water
to cool the cream. On some farms
there is a scarcity of water during
hot weather which means added diffi-
culty in cooling the cream.

The first thing is to have a cool-
ing tank of some kind for holding
the cream can. One properly built
of cement, or wood and insulating
material, is best. Failing this, a coal-
oil barrel, with the inside burned to
remove the coal-oil flavor, sunk partly
in the ground and having a cover
will answer the purpose. This should
be near the well so as to be conven-
ient for pumping cold water into it.

Each lot of cream should be cool-
ed at once after separating, and be-
fore mixing with previous lots. A
separate pail or can should be used
for this part of the cooling process.
Allow the cream to remain in this
special can set in the cold water,
from one separation to the next, be-
ing careful to wash it frequently, as
the warm cream will soon become
tainted with the sour cream organ-
isms, if this can or pail be not kept
sweet.

Keeping pails, cans, etc., clean,
and immediate cooling to 50 deg. F.,
certainly below 60 deg., and frequent
shipment or delivery of the cream,
are the main points in hot weather
care of cream.—Prof. H. H. Dean,
O. A. College, Guelph.

AUTO FOR HIRE

When you have any Automobile driv-
ing to do - GIVE US A TRIAL - you
will get good service and prompt
attention to all trips day or night.

Careful Drivers
REASONABLE RATES

MCCORMICK BROS.
HURON ST. WATFORD

Ford
THE UNIVERSAL CAR

A Ford car repaired with "spurious" or imitation
parts is no longer a REAL Ford.

The inferior parts weaken the car—often injure other
parts, cause trouble and breakdowns. The car could
not be expected to give Ford satisfaction.

Genuine Ford Parts can be bought wherever you run
your car. We have ON HAND enough parts for the
needs of every Ford owner in this district. Many
other reliable garages carry complete stocks of Ford
parts.

You need never accept anything but the genuine.
You need never WAIT for them. Demand Genuine
Ford Parts.

Coupe \$975 ; Sedan \$1175.
(Closed models have Electric Starting and Lighting.)
Runabout \$660 ; Runabout with Electric Starting and
Lighting \$760. Touring \$800. Touring with Electric
Starting and Lighting \$790. Standard Chassis \$625 ;
One-Ton Truck Chassis \$750.

These prices are F.O.B. Ford, Ontario.
All prices subject to war tax charges except Truck
and Chassis.

R. Morningstar
THE WATFORD GARAGE

The Western Fair
London, Ontario
September 6th to 13th, 1919

THIS IS THE GREAT AGRICULTURAL
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EXHIBITS THE VERY BEST	TWO SPEED EVENTS DAILY	ATTRACTIONS BETTER THAN EVER	JOHN W. JONES MIDWAY EXPOSITION
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PLENTY OF MUSIC FIREWORKS EVERY NIGHT
PURE FOOD SHOW TRACTOR DEMONSTRATIONS

Auto Entrance cor. Dundas and Egerton Sts. Usual Entrance at Gates.
Grand Stand 50c. and 25c.
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