Made the Supreme Sacrifice

WATFORD AND VICINITY

Capt. Thos. L. Swift
Sergt - Major L. G. Newell
Pte. Alfred Woodward
Pte. Percy Mitchell
Pte. R. Whalton
Pte. Thos Lambt
2-te J. Ward
Pre. Sid Brown
Pte. Cordon Patterson

Pie. Gordon Patterson Pte. F. Wakelin, D. C. M. Pte T. Wakelin Pte. G. M. Fountain

Pte. H. Holmes
Pte C. Stillwell
Pte. Macklin Høgle
Sergt. Clayton O. Fuller.
Gunner Russell Howard Trenouth.
Pte Nichol McLachlan.
Corp. Clarence L. Gibson
Signaller Roy E. Acton.
Bandsman A. I. Small
Capt. Ernest W. L. wrence,
Lieut. Leonard Croup
Pte. John Richard Williamson
Lieut. Chas R. Hillis Pte. H. Holmes

Lieut. Chas R. Hillis Lieut. Gerald I. Taylor. Lieut. Basil J. Roche Pte. Alfred Bullough.

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W. C. AYLESWORTH, Publisher. T. HARRIS, Editor.

Guide-Advocate

Member of Canadian Weekly Newspapers' Association FRIDAY, NOVEMBER 12, 1920.

KEEP AWAY FROM TORONTO

Toronto is becoming overcrowded

Toronto is becoming overcrowded with men out of work, many of whom are drifting in from the farm and the smaller centres of the Province. The Superintendent of the Ontario Government Employment Bureau, J.W.Miller, urges that able-bodied unemployed men accept any sort of work offered in the country instead of coming to this city to increase the already very considerable number of people who are unable to find employment.

There is work to do in the forests and mines of the North. A single lumber company wants fifteen hundred men. Some mines have had to curtail operations materially because of a lack of unskilled workers. The world needs paper, lumber, gold and silver, and most other products of the forest and mine. Men who want work should keep away from Toronto unless they are fairly sure of obtaining employment at accustomed occupations. The North beckons. There ing employment at accustomed oc-cupations. The North beckons. There may be a lack of "movies" and of the bright lights of the city streets, but in compensation there will be no "bread line."—Globe.

THE MILKING OF COWS

Shall cows be milked twice or three times a day? To the average reader this may seem of small concern. To the farmer and dairyman it is a question of considerable interest. Tests have recently been made in Nova Scotia, Quebec and Ontario. Professor Barton of Macdonald College says that it has been found from the standpoint of economy and safety that a cow giving omy and safety that a cow giving 60 lbs. of milk a day should be milk-

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the suytem. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials free. CATARRH CANNOT BE CURED

free. F. J. CHENEY & CO., Props., Toledo O. All Druggists, 75c. Hall's Family Pills for constipation.

ed three times. Both Professor Trueman of the Nova Scotia College and Professor Barton are agreed, however, that unless the udder is over distended there is little or no advantage to be gained by milking three times a day. These authorities are quoted in the September number of The Agricultural Gazette of Canada. Professor Wade Toole also contribut-The Agricultural Gazette of Canada. Professor Wade Toole also contributed to a solution of the same problem by giving results of tests made at the Ontario Agricultural College. The tests are to be continued and Professor Toole hopes to be able to give a more definite opinion another year than he does at present. In the meantime he snows that three high-class pure-bred cows gave more by class pure-bred cows gave more by thrice than by twice milking a day. His present conclusions, however, are the same as these of Professors Parton and Trueman.

THE NON-STOP TRACTOR

Out in Wichita, Kansas, they are running a non-stop tractor demonstration. At the time of writing, the tractor had been in continuous operation for over 15 days and was still going strong. Drivers are changed at intervals and fuel and lubricants are administered, to the iron barse are adminstered- to the iron horse

while it is in action.

In the 15 days it has been working it plowed 30 acres, disced 20 acres, drilled 10 acres, and cut 310 acres of grain and when it ran out of har-

of grain and when it ran out of harvesting work, it pulled a drag over 44 miles of road.

The furrow it turned up was 10 inches in depth against an average of 5 inches plowed by a horse.

The test is an interesting one in view of the fact that there is an acute labor shortage on this continent and machinery must more and more take the place of man power if we are to maintain production. Just how much longer the tractor will continue before it rebels and decides to go back to the eighthour day, is not known, but after a two weeks' test, it has more than satisfied the hopes of those who fathered the scheme.—The Sun.

If one be troubled with corns he will find in Holloway's Corn Remover an application that will entirely relieve suffering.

fathered the scheme.-The Sun.

SCHOOL TEACHER AND THE LOCAL PAPER

In the University of Wisconsin Press Bulletin appears the following paragraph: "More power to the real friends of the country press—now is the time to rally around your home papers and do everything possible to insure their weathering the present situation. The community without a newspaper is no place in which to live." Commenting on this matter the Belleville Intelligencer said:—"There is a great truth in this counsel. The teacher's work is closely linked up with the work of the newscounsel. The teacher's work is closely linked up with the work of the newspaper, one cannot fail to influence the other. In many cases the teacher takes a real interest in the local paper, and from time to time makes contributions of news and articles and suggestions to the editor. On the other hand the newspaper gives plenty of space to school news, and gladly chronicles anything of interest to the nunils and their homes. gladly chronicles anything of inter-est to the pupils and their homes. Sometimes the teacher assumes a supercilous attitude to the local paper or one of complete indifference, but this, surely, is not common. Teach-ers everywhere should study their responsibilities as citizens and one avenue for their community spirit is the promotion of the welfare of the home paper, especially at this time when the struggle for existence on account of the scarcity and the price of paper is so intense.

A Pill That is Prized.—There have A Pill That is Prized.—There have been many pills put upon the market and pressed upon public attention, but few have endured so long or met with so much favor as Parmelee's Vegetable Pills. Wide-spread use of them has attested their great value, and they need no further advertisement than this. Having firmly established themselves in public esteem, they now rank as one of the best in the list of standard vegetable preparations.

HOLD ON TO YOUR WAR BONDS

Why do people with small quantities of war bonds persist in selling them while the market is unfavorable? Why do they refuse to recognize that they are themselves largely to blame if they receive less than par? War bonds are a commodity and their price in the market is governed by the same rules as any other commodity. If a lot of people want to sell and few want to buy, the price goes down correspondingly. To blame the Government for this result is foolishness. As a matter of fact, the Government is doing its best to keep the price up by itself buying bonds with whatever loose money it has on hand and by exerting pressure on large holders not to unload. But these processes are only available within narrow limits. The thing to do with your bonds is to put them away and forget about them except once every six months when the interest is due. If you do this you may be quite sure you will finally get a hundred cents on the dollar for them.—Vancouver Sun.

Wedding Announcements and Invitations of the finest quality at The Guide-Advocate.

WHY ANAEMIA PREVAILS

The Strenuous Conditions of Life To-day Are Responsible

Mothers who remark that girls to

Mothers who remark that girls today are more prone to anaemia than
the girls of a generation ago, should
look back at the surroundings in
which they and their companions
lived. They would easily see the
reason in life's altered circumstances to-day.

Now the school-girl's life is more
strenuous; her more numerous studies are a severe tax upon her
strength. Also, girls enter business
soon after leaving school—at an age
when they most need rest and outdoor life. Their womanly development is hampered by the stress of
working hours, hurried and often
scanty meals. Girls are more liable
to bloodlessness to-day, but there is
this consolation that whereas doctors
formerly regarded anaemia as often
incurable, the cures are now counted
in tens of thousands. Such mediin tens of thousands. Such medi-cines as Dr. Williams' Pink Pills have restored to good health thou-

cines as Dr. Williams' Pink Pills have restored to good health thousands of aneamic girls and women, simply because they contain the elements necessary to make new, rich, red blood which means good health and vitality.

When your daughter's strength fails and pallor, breathlessness and backache disclose her anaemic condition, remember that you can make her well and assure her healthy development by giving her Dr. Williams' Pink Pills to make good red blood. Remember, too, that for women of all ages Dr. Williams' Pink Pills are especially helpful in the many ailments that result from watery blood. They make women and girls well and keep them well. This is amply proved by the case of Miss Eva MacKinnon, Glammis, Ont., who says: "As a school girl I grew very pale and would take dizzy spells and sometimes vomiting. My condition was such that I was not able to attend school regularly, and my mother was very much worried about my condition. Finally she decided to give me Dr. Williams' Pink Pills and I took these for a considerable time, gradually gaining strength until I was perfectly well. siderable time, gradually gaining strength until I was perfectly well. It is some years since I took the pills and I have enjoyed the best of health, and I am certain pale, sickly girls will find new health if they give Dr. Williams' Pink Pills a triel!" give Dr. trial."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville. Ont.

Children Cry FOR FLETCHER'S CASTORIA

IF YOU WANT TO BE LOVED

Don't be inquisitive about the affairs of even your most intimate friend.
Don't under-rate anything because

you don't possess it.

Don't believe everybody else is happier than you.

Don't conclude that you have never had any opportunities in your life.

Don't believe all the evil you hear. Don't repeat gossip, even if it oes interest a crowd. Don't jeer at anybody's religous

belief. Learn to hide your aches and pains under a pleasant smile. Few care whether you have the earache, headache or rheumatism. Learn to attend to your own busi-

Learn to attend to your own business—a very important point.

Do not try to be anything else but a gentleman or gentlewoman, and that means one who has consideration for the whole world and whose life is governed by the Golden Rule, "Do unto others as you would be done by."

WORK

Eyerybody complains of the high cost of living. Everybody knows the remedy. What is it? Work. The trouble is, everybody wants the other fellow to do the work. As certain as 2 and 2 make 4, we can't work a 6 hour day and live on the products of an 8-hour day and keep it up.

products of an 8-hour day and keep it up.

To be sure, if we are willing to wear our old clothes until they drop off, and if we are willing to do without butter, meat and sugar, we can get along very well on a 6-hour work day. If we are willing to live in tents, we can get along on an 8-lour day and if we are willing to live in the trees, we needn't work at all.

THE FALL WEATHER HARD ON THE LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomaon is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr Williams' Medicine Co., Brockville, Ont.



You can have all these helps on the farm

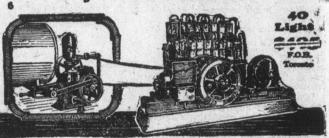
IN the best lighted farm homes, brilliant, clean electric light floods every room, cellar, stairways, stables, and other buildings at the touch of a button. These folks also have running water in bathroom, laundry, kitchen and outbuildings by turning a tap. No one turns the separator, grindstone, fanning mill, or churn—the "F" Power and Light Plant does all these jobs as quickly and easily as it pumps water.

The womenfolk are not slaves to the wash tub, and there are no lamps to fill and clean—the "F" Plant ends such drudgery. They save time and labour by using an electric iron and vacuum cleaner. The farm help is contented, does more work and becomes attached to the place.

You can live under the same happy and prosperous conditions.

Call in the first time you are near and learn how the "F" Power and Light Plant will save dollars,

T. McKERCHER

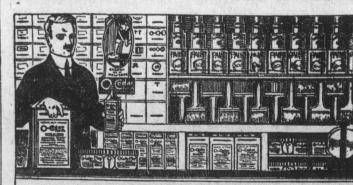


SHOES AND RUBBERS

For all the Family

From our splendid big stock of up-to-date Footwear we can fit out the whole family with Shoes and Rubbers, in the proper styles and in sizes to insure long comfort and satisfaction. Our stock is all bought at a Quality Standard but you will find on examination our prices are marked much lower than elsewhere. All we ask is for the opportunity of showing you. Come in today.

W. D. Cameron



Hints from Our Home Brightening Department

It's wonderful what a new coat of paint or varnish will do in brightening up the house. When you decide to freshen up the bathroom or kitchen with a coat of paint, or surprise that scratched chair and table with a sparkling coat of varnish, come in and see us. We have a complete line of paints, varnishes, brushes and everything for brightening up the home.

To keep the floors and furniture bright and glistening, we know of nothing better than the O-Cedar Polish Mop and

THE N. B. HOWDEN EST.