

### He Feels Like A New Man Now

Mr. Frank Hiscox, of 49 Avenue, Swansea, Toronto, has gained five pounds besides improving in Health.

Constipation was at the root of all the illness and discomfort experienced by Mr. Frank Hiscox of Swansea, Toronto, and while he realized this he could find nothing that would bring genuine relief until a friend recommended Dreo, the tonic and body builder, made from the purest of roots and herbs.

Mr. Hiscox says "My stomach, kidneys and liver have caused all sorts of trouble for me. My appetite was poor and what little food I could take would sour and cause gas, belching and the rising of bitter bile. Pains shot through my back, my kidneys, joints and muscles ached and dizzy spells and bilious attacks would almost get the best of me at times. My complexion was sallow and spots floated before my eyes. Constipation was, I believe, the root of all my troubles as I always had to take something to keep my bowels open. I could not sleep and as a result became weak and run down. There were few things that I could eat with the assurance that they would agree with me.

"I tried everything and then Dreo was recommended to me by a friend. I am sure thankful for it as it made a new man of me, and I now eat anything without suffering afterward, sleep like a child and am much stronger in every way. I have gained five pounds in weight. This is why I gladly recommend Dreo to others just as it was recommended to me."

Dreo attacks the root of such trouble as Mr. Hiscox had and at the same time its tonic properties build up the entire system. Dreo is healthful and pure made from roots and herbs and contains no mercury, potash or habit forming drugs.

Dreo is being specially introduced in Watford by Siddall's Drug Co. and is sold by a good druggist everywhere.

#### CELERY CULTURE

(Experimental Farms Note)

Any good rich garden soil will grow good celery. It is a gross feeder and must have an abundance of fertility to draw upon if tender, well-developed stalks are to be obtained. If the soil becomes dried out, even with an abundance of plant food present succulent stalks are not likely to develop. These two things, plant food and moisture, are essential in order that growth may go on uninterrupted. Hot dry soils can be made cool and moist by water or by mulching. It is not a very hard task to keep a small area in celery watered during the dry periods.

When preparing for your vegetable garden set aside some good well rotted manure for a row of celery. Dig or plough out a space about 18 inches wide and about 6 inches deep and into this scatter the manure about four inches deep. On this place your good garden, soil, and mix thoroughly with the manure, and to this add acid phosphate at the rate of 500 pounds per acre. If the garden is one which has been well manured for years scatter a coating of manure broadcast and work it into the soil adding acid phosphate as well, and on this good celery can be grown. A well balanced 4-8-5 commercial fertilizer at the rate of 2000 pounds per acre scattered broadcast and well mixed with the soil to a depth of five or six inches will grow good celery without manure conditions are right.

Celery seed will germinate in any good garden soil in about two weeks after planting; during this time the soil should be kept damp. The seed box may be set any place in the kitchen, and when the seedlings appear, in a bright window or hot-bed. In two weeks the plants may be singled out and transplanted to one and one-half to two inches apart. In another month these will have developed into good plants for setting to the open ground. It will be seen that it takes about two months to develop good plants. Seed sown on the first of March should develop plants for setting out May 1st for later plantings and fall crop, seed started the middle of April or first of May will give good plants for setting in June.

A Household Medicine.—They that are acquainted with the sterling properties of Dr. Thomas' Electric Oil in the treatment of many ailments would not be without it in the house. It is truly a household medicine and as it is effective in dealing with many ordinary complaints it is an inexpensive medicine. So, keep it at hand, as the call for it may come most unexpectedly.

The Middlesex and Lambton Baptist Association will hold their annual meeting in Forest in June.

### "Better Live Stock Train" Drew Big Crowd Saturday

CARS THROGGED ALL DAY LONG VISIT PROVED AN EDUCATION IN AGRICULTURE

All roads led to the Canadian National depot Saturday where hundreds of farmers, for miles around Watford, visited the Better Live Stock Train of the Ontario Government, which was there for the afternoon. The station was surrounded by parked automobiles and a steady stream of visitors passed through the train from the lecture car in front to the one carrying feed in the rear. So great was the congestion, that at times the "standing room only" sign had to be displayed and it was then a case of waiting one's turn.

Visitors to the train were impressed with the courtesy of the various officials and the ready manner in which information was given. Gangways connected the cars making them convenient of access and the display of poultry, swine, cattle and sheep reminded one of the fall fairs. Each car attracted much attention and many were the questions put to those in charge.

The poultry and egg car was one of the chief centres of interest and was in charge of J. F. Frances and J. W. Clark, the latter giving lectures in poultry raising, and culling demonstrations which received much favorable comment. Many back-yard fanciers could be seen among the farmers who were attracted to this branch of the train. Here models of poultry houses and feed hoppers were shown together with photographs and live specimens of high and low laying birds. A feature of the car was the exhibit of the prizes won by Ontario Agricultural College birds in laying contests held in the United States and Canada last year. An egg exhibit was also given showing the various grades according to the Canadian standard.

W. F. Jones officiated in the Dairy produces car and here again visitors found much to interest them in the exhibits. Demonstrations were given of the different grades of cream.

A wool exhibit by the Canadian Co-operative Wool Growers' Limited, occupied another car and here were shown the standard grades of wool graded by the Live Stock Branch, Department of Agriculture. The manufactured product and stockmen's supplies were also on view here.

A matter of much importance to the farmer of today was exhibited in the next car, a demonstration of water works system including a pressure system for the farm home.

Specimens of all breeds of sheep found in Ontario were exhibited in the sheep car with a view to illustrating the relation of the different pure breeds to the ideal type of market lamb desired on the market to day. J. A. Telfer, District Sheep Promoter for Western Ontario, Dominion Live Stock Branch, Ottawa, was in charge here. In the swine car were live specimens of the good and the poor bacon hog as well as exhibits of the finished product. Yorkshire, Tamworth and Berkshire purebred sows which took many championship honors at the leading exhibits last year were used to illustrate the right type of hogs required for the market.

The Industrial and Development Council of Canadian Meat Packers occupied a car where shown the particular types of hogs and the finished product.

Jersey, Holstein, Shorthorn and Ayrshire cows were on view in the cattle car illustrating the value or grading up by using purebred bulls of good type.

A dining car and sleeper for the staff accompanying the train rounded out the equipment.

Undoubtedly the visit of the train was a big success as was amply testified by the large crowds attending it and the many favorable comments made. Its object is to demonstrate that it carries a standard of types and breeding easily available to every farmer and one which no farmer can afford to fall below. Last year surplus stock was sold from the train but this scheme is not being continued during this visit.

"Mighty Glad to Receive One Guide!"

Mr. C. R. Graham, Sarnia, in renewing for 1924 a few weeks ago, neglected to advise us that the address he enclosed was a change, and on our mailing list his name was again entered as a new subscription. He has therefore been receiving two copies of The Guide-Advocate for the past two weeks, and in advising us of our error, he says:—"I'm mighty glad to receive one Watford paper as I'm an old Watford boy and enjoy it as much as I would a letter from home."

Send in your News Items every week. This is YOUR newspaper.



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