

# avoid illness

How They  
Ordeal of

institutions, but they  
who suffer with illness  
file in the Pinkham  
a great number of  
ded to submit to an  
Lydia E. Pinkham's  
such letters. All

nt to the doctor and  
operation for a female  
it done as I had been  
I would have terrible  
et were cold all the  
nam's Vegetable Com-  
I feel better in every  
to publish my name  
at I feel well again.  
ette, Wis.

I first took Lydia E.  
and I was so run down  
thing, and our doctor  
I could hardly walk  
Compound and what  
it. I got a bottle of  
a package of Lydia E.  
according to directions,  
work and I am well.  
st, Detroit, Mich.

can tell with terrible  
several doctors and  
ould get well without  
f that. I also tried a  
nded to me and none  
give Lydia E. Pink-  
bottle helped, I kept  
sick any more and I  
nd weigh 145 pounds.  
an have the oppor-  
woman."—Miss Irene  
elleve, Pa.

Lydia E. Pinkham  
will be opened.  
a strict confidence.

FREE

cent Japans  
same good  
ore in pres-

at 40 cent

OFFEE 40c.

" 45c.

" 50c.

on Est.

CO.

at Kernells,  
11 Kinds of  
ltry Food.

K FOOD

POULTRY.

MEAL

CALF MEAL.

EXCHANGE

You Wait



### Honor Roll, Company 149 Batt.

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at Ottawa.  
Lieut. R. D. Swift, Scout Officer.  
Sergt. W. D. Lamb  
Sergt. M. W. Davies  
Sergt. S. H. Hawkins  
Sergt. E. A. Dodds  
Sergt. W. C. McKinnon  
Sergt. Geo. Gibbs  
Sergt. H. Murphy  
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Pte. G. Lawrence  
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Pte. G. Young  
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Pte. S. Graham  
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Pte. H. Thomas  
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Pte. E. Trenouth  
Pte. E. A. Shaunessy  
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Pte. W. J. Sayers  
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Pte. John Lamb  
Pte. Eston Fowler  
Pte. E. Cooper.  
Pte. F. A. Connelly.  
Pte. F. Whitman.  
Pte. Edgar Oke.  
Pte. White.  
Pte. McGarrity.  
Pte. Wilson.  
Pte. Richard Watson, Can. Engineer.  
Pte. L. H. Aylesworth, Band.

### Made the Supreme Sacrifice

- WATFORD AND WARWICK  
Lt.-Col. R. G. Kelly  
Capt. Thos. L. Swift  
Sergt. Major L. G. Newell  
Pte. Alfred Woodward  
Pte. Percy Mitchell  
Pte. R. Whalton  
Pte. Thos. Lamb  
Pte. J. Ward  
Pte. Sid Brown  
Pte. Gordon Patterson  
Pte. F. Wakelin, D. C. M.  
Pte. T. Wakelin  
Pte. G. M. Fountain  
Pte. H. Holmes  
Pte. J. Stillwell  
Pte. Macklin Hagle

A Windsor man was fined \$3 for selling cough drops on Sunday.

## THE COLONEL SAYS:

"Zam-Buk is a valuable addition to every soldier's kit." This remark was made by Lieut.-Col. A. C. B. Hamilton-Gray, R.C.R., Wellington Barracks, Halifax, N.S. He says further:

"I can speak from personal experience, as I have used Zam-Buk myself for cuts, burns and rheumatism, and believe there is nothing to equal it."

Zam-Buk, the great herbal balm, is a boon to the men in the trenches—it ends pain and heals so quickly, and instant application of Zam-Buk prevents all possibility of festering or blood-poisoning.

Don't forget to put some Zam-Buk in your next parcel to the front. All druggists, or Zam-Buk Co., Toronto; 50c. box, 3 for \$1.25.



## PREPARING THE SOIL

First Things to Do in Getting the Garden Ready.

### FEW TOOLS ARE NECESSARY

Information on Digging, Planting, and Transplanting Which Will Help the Amateur to Get Started Right.

(By S. C. JOHNSTON, Vegetable Specialist, Ontario Department of Agriculture, Toronto.)

The soil is the workshop in which is found many of the constituents which go to make up plant food. These foods must be so treated that they will be in such a condition that they may be readily taken up by the slender rootlets of the plant so that the plant will thrive and mature.

If possible add some manure to your soil and work it up well before planting time. This manure may be obtained possibly from various sources close to your home; livery stables or firms dealing entirely with manure would be willing to supply it at a reasonable rate. On heavy soils it is particularly recommended that heavy applications be made in order that the soil will be of a much finer condition so that it will retain a large quantity of plant food. Many of the garden soils will be benefited by the application of lime. This may be secured from various sources such as the contractor and builder, lime and cement dealers, and may be in the form of fresh lime or even slaked lime. This lime should be scattered over the surface of the soil after the digging has taken place, and a sufficient amount should be applied to make the surface of the ground fairly white. This should be gently raked into the soil just previous to the planting of the seed.

**DIGGING.** It is necessary in all gardens that the soil be turned over at one time or another during the early spring in order that it may become dry and fined. We find that many of the troubles of the backyard gardens are caused by digging the soil too early in the spring. One of the easiest ways to tell when the soil is ready for digging is to gather a handful and press the fingers over it. If the soil in the hand sets in a somewhat compact mass the time is not far enough advanced for commencing digging. If, however, the soil falls apart into several small parts we may rest assured that it is perfectly safe to dig.

**TOOLS.** It is unnecessary for the backyard gardener to purchase many tools for this first garden. Those who have been growing vegetables in their backyard for a number of years gradually add to their supply until after three or four years they have accumulated many special tools which are suited for particular operations in the garden. Complaints are sometimes heard that the expense necessary to commence a backyard garden is very great. Many very good backyard gardens have been made and excellent harvests obtained with very few and comparatively inexpensive tools. A digging fork or spade, a rake, and a hoe are about all the tools essential at the outset, and these are inexpensive.

**PLANTING OF SEEDS.** When it has been determined that the soil is suitable for digging and the weather is nice and warm, it is necessary that the seeds be planted in the garden. As fine a surface as possible should be secured, so that the little seeds will quickly germinate and grow. To sow the seeds quickly, evenly, and thinly requires considerable practice and care. The row may be made straight by stretching a string, or a piece of string into one portion of the garden to another and using this as a guide for making the trenches or drills for placing the seeds in. After the seeds have been dropped in they should at once be covered with soil by gently drawing some of the loose surface soil over the seeds with a piece of stick or with the hands. This soil should, however, not be heaped up over the row but should be placed evenly with the rest of the garden soil and packed down.

**THINNING.** Backyard gardeners should not attempt to grow immense quantities at first. It is necessary to plant sufficient seed to secure a good crop of plants, the more slender plants being thinned out soon after they are above ground so as to assure reasonable room for a good crop of healthier plants. The thinning should be commenced when the plants are from one to two inches in height and should not be left until the plants have become long and slender, because if they are left one plant simply tries to smother another one out; whereas, if they are thinned to the proper distance they will have room to grow to their required size of maturity.

**TRANSPLANTING.** The city dweller will find it almost impossible to grow plants of first-class quality of such vegetables as tomatoes, celery, or cabbages unless he has other appliances such as a hot-bed, which enables him to start the seeds very early in the spring and some time before they could have been planted out in the garden, in order that he may secure early crops. It is good practice for him to purchase plants which may be taken to the backyard garden and transplanted

of set out in the garden at a required distance and good healthy crops grown from them, and in all cases when purchasing plants only sturdy and vigorous growing plants should be accepted. Tomato plants to give the best results should be eight inches high, and the stalk should be at least as thick as a lead pencil and thicker if possible. If the plants already are in bloom this may be considered a very good feature. The root system of the plants should be large and having fine rootlets. When transplanting individual plants care should be taken to make sure that quite a good deal of soil is left around the root of each plant.

## ROLL OF HONOR

Men From Watford and Vicinity Serving the Empire

**27TH REGT.—1ST BATTALION**  
Thos. L. Swift, reported missing since June 15, 1915, Rich. H. Stapleford, Bury C. Binks, L. Gunn Newell, killed in action, Arthur Owens, F. C. N. Newell, T. Ward, Sid Welsh, Alf Woodward, killed in action, M. Cunningham, M. Blondel, W. Blun, R. W. Bailey, A. L. Johnston, B. A. Johnston, G. Mathews, C. Manning, W. G. Nichol, F. Phelps, H. F. Small, E. W. Smith, C. Toop, C. Ward, J. Ward, killed in action, F. Wakelin, D. C. M., killed in action, T. Wakelin, wounded—missing, H. Whitesitt, B. Hardy.

**PRINCESS PATRICIA'S C.L.I.**  
Gerald H. Brown

**18TH BATTALION**  
C. W. Barnes, Geo. Ferris, Edmund Watson, G. Shanks, C. Jamieson, J. Burns, F. Burns, C. Blunt, Wm. Auterson, S. P. Shanks.

**2ND DIVISIONAL CAVALRY**  
Lorne Lucas, Frank Yerks, Chas. Potter.

**33RD BATTALION**  
Percy Mitchell, died from wounds Oct. 14th, 1916; Lloyd Howden, Geo. Fountain, killed in action Sept. 16, 1916, Gordon H. Patterson, died in Victoria Hospital, London, Charles Potter.

**34TH BATTALION**  
E. C. Crohn, S. Newell, Stanley Rogers, Macklin Hagle, missing since Oct. 8, 1916; Henry Holmes, killed in action Sept. 27, 1916, Wm. Manning Leonard Lees.

**29TH BATTERY**  
Wm. Mitchell, John Howard.  
**ANTI-AIRCRAFT**  
Gunner Woolvet

**70TH BATTALION**  
Ernest Lawrence, Alfred Emmerson, C. H. Loveday, A. Banks, S. R. Whalton, killed in action Oct. 1916, Thos. Meyers, Jos. M. Wardman, Vern Brown, Sid Brown, killed in action Sept. 15, 1916, Alf. Bullough.

**28TH BATTALION**  
Thomas Lamb, killed in action.  
**MOUNTED RIFLES**  
Fred A. Taylor

**PIONEERS**  
Wm. Macnally, W. F. Goodman.  
**ENGINEERS**  
J. Tomlin

**ARMY MEDICAL CORPS**  
T. A. Brandon, M. D., Capt. W. J. McKenzie, M. D., Norman McKenzie, Jerrold W. Snell, Allen W. Edwards.

**135TH BATTALION**  
N. McLachlan.  
**3RD RESERVE BATTERY, C.F.A.**  
Alfred Levi

**116TH BATTALION**  
Clayton Fuller.  
**CONSTRUCTION UNIT**  
Arthur McKeercher

**196TH BATT.**  
R. R. Annett.  
**70TH BATTERY**  
R. H. Trenouth, Murray M. Forster.

**147TH BATTALION**  
Austin Potter.  
**GUNNER**  
Russ. G. Clark.

**R. N. C. V. R.**  
John J. Brown  
**ARMY DENTAL CORPS**  
Elgin D. Hicks, H. D. Taylor.

**ARMY SERVICE CORPS**  
Frank Elliot.  
**64TH BATTERY**  
C. T. Luckham.

## HELPFUL HOUSECLEANING REQUIREMENTS



ACCORDING to Government analysis **LOWE BROTHERS' PAINTS** are the Highest Standard made and we have a full stock.

1/2 pint	1 pint	1 quart
25c	50c	95c

**VICTORIA BRAND**—A popular priced paint at

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Paint and Varnish Brushes.....5c to \$2.25

Kalsomine Brushes.....25c to 75c



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- Shine Easy.....80c
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Ready Roofings, Wood Shingles, Metal Shingles, Corrugated Iron, Cairo Crimp Roofings.

**FOR OLD ROOFS WE SELL**  
Roof Coating—The Coating with life, also Arco Seal-it, which will stop a leak instantly, once and forever.

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**SPECIAL OFFERING**  
Can spare a few good Short-horn females.  
All correspondence promptly answered  
**ED. DeCEX, Proprietor**  
Kerwood Ontario  
H. Fraleigh of Forest, flax man, has purchased a gasoline tractor and a three furrow plow, with which he will prepare his flax ground this spring.  
If one be troubled with corns and warts, he will find in Holloway's Corn Cure an application that will entirely relieve suffering.