HAS NO PAIN NOW

What Lydia E. Pinkham's Vegetable Compound Did for Mrs. Peasey of London.

London, Ont.—"I suffered with per-locic pains, was weak and run down, could not eat and had headaches. The worst symptoms were dragging down pains so bad I sometimes thought I would go crazy and I seemed to be smothering. I was in this condition for two or three years and could not seem to work. I tried all kinds of remedies to work. I tried all kinds of remedies and had been treated by physicians, but received no benefit. I found one of your booklets and felt inclined to try Lydia E. Finkham's Vegetable Compound. I received the best results from it, and now I keep house and go out to work and am like a new woman. I have recommended your Vegetable Compound to my friends, and if these facts will help some poor woman use them as you help some poor woman use them as you please."—Mrs. J. F. Peasey, 200 Rectory Street, London Ont.
The reason women write such letters to the Lydia E. Pinkham Medicine Co. and tell their friends how they are

to the Lydia E. Pinkham Medicine Co. and tell their friends how they are helped is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives. Freed from their illness they want to pass the good news along to other suffering women that they also may be relieved.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co., Lynn, Mass,

网络图图图图图 "Lest We Forget"

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. Lambi te. 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. C. Stillwell Pte. Macklin Hagle
Sergt. Clayton O. Fuller.
Gunner Russell Howard Trenouth.
Pte. Nichol McLachlan.
Corp. Clarence L. Gibson
Signaller Roy E. Acton.
Bundsman A. I. Small
Capt. Ernest W. Lawrence.
Lieut. Leonard Crone
Pte. John Richard Williamson
Lieut. Clay B. Williamson Pte. Macklin Hagle Lieut. Chas. R. Hillis Lieut. Gerald I. Taylor. Pte. Charles Lawrence Lieut. Basil J. Roche Pte. Alfred Bullough

NEURALGIA

If you know the nerve-racking agonies of Neural-gia you will bless the day that

Templeton's Rheumatic

Capsules

were discovered. This famous remedy is abso-lutely guaranteed to give relief to sufferers from Neuralcia

Send for free sample to Templetons, 142 King St. W., Toronto.

Doctors recommend them, and reliable drug-gists everywhere sell them for \$1.04 a box. Local Agent-J. W. McLaren.

Fall Fair Da	ites-	1920	
StrathroyS			22
Petrolea	11	23,	24
Sarnia		27.	28
Glencoe	44	28,	29
Wilkesport	44		30
WATFORD	" 30,	Oct.	1
Forest	Oct.	5.	6
Brigden	16	4.	5
Florence		7.	8
Wyoming		7.	8
Alvinston	- 11	12,	13

Hows This?

We offer One Hundred Dollars Reward We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Medicine
Hall's Catarrh Medicine has been taken by catarrh sufferers for the past thirty-five years' and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Medicine acts through the Blood of the Mucous surfaces, expelling the Poison aron the Blood and healing the diseased portions.

After you have taken Hall's Catarrh Medicine for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Medicine at once and get rid of catarrh. Send tor testimonials, free.

F. I. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

Gnide-Advocate

Watford, Ont. PUBLISHED EVERY FRIDAY

5 the scription \$1.50 per annum in advance, \$2.0 in advance to the United States.

ADVERTISING RATES. short Periods 20 to 25 cents per inch.

Changes to suit advertisers if copy of changes is in printer's hands by Tuesday noon.

LEGAL ADVERTISING:— 1st insertion per line, to cents, subsequent insertions 5 cents per line. Agate measure 14 lines to the inch. BUSINESS CARDS-One inch and under, pe

AUCTIONEER CARDS—One inch \$5.00.
LOCALS— 10 cents per line each i
Miminum Charge 25 cents.

Advertisements without specific directions will be inserted until ordered out and charged accordingly, W. C. AYLESWORTH, Publisher.

T. HARRIS, Editor.

Guide-Advocate WATFORD, JUNE 4, 1920.

HEAVY HORSES WANTED

MANY GOOD ANIMALS HAVE BEEN EXPORTED.

Demand Has Been Brisk of Late, and the Quality of the Horse Secured In Canada Is Improving, Although It Is Generally Recognized That More Imported Stallions Are Needed to Encourage Breeding.

Encouragement for heavy horse breeders is contained in the news that drafters weighing from 1,700 to 1,800 pounds are being purchased for shipment to Great Britain, at prices that guarantees a substantial profit to farmers who are willing to part with their good animals at this season when horse power is so much in demand on the farms. The particular source of this demand is a point in favor of the prediction that the de-mand will continue for some length of time—in fact, long enough to justify breeders in resuming operations in their line of business that have been neglected for the past three or four years.

Doubtless the demand for heavy barrier these to the Old Country has

horses to go to the Old Country has been incited by the improved quality of the general run of drafters in Canada, and it must be conceded that the efforts of the Ontario Stallion Enrolment Board are responsible in Enrolment Board are responsible in a large degree for this improved state of affairs. From now on, that is to say, since the passing of the scrub stallion, still further improvement may be looked for in the general horse stock of the province, and the benefit resulting will be felt most largely by those men who make a specialty of the heavy breeds.

That the supply of Lorses is short, is due to some extent to the fact that

is due to some extent to the fact that ruled out so recently, but the loss more than covered by the gain in quality of the young drafters that are coming on to market age. A drawback to the industry, in view of the fact that only pure-bred stallions can fact that only pure-bred stallions can be used, is the shortage of good ones. There are quite a few good Canadian-breds, especially among the Clydes, but they are not sufficient in number to make a mark in increasing breed-ing operations in the province as a whole. In the West, Percherons are coming rapidly to the front because of the good imported animals of the breed that are offered for service, and if only as good horses of that breed are brought into Ontario, the Clyde men would have to hustle for improved specimens of the Clydesdale stal-lion, or else, let the business go to the

lion, or else, let t Percheron men. Percheron men.

There is no getting away from the fact that the Clyde is still the favorite heavy draft horse in the East and that British buyers still prefer stock of this breed. A comparison of prices paid for breeders or workers of the two breeds bear this out. Yet, although the quality of draft horses in Ontario is better than it was at any previous time, the quality of the Clydes will have to be strictly maintained, and improved if they are to hold their place with such competihold their place with such competi-tion as already threatens from the Percherons. It was nice for Canadians to see a Canadian-bred Clyde take the to see a Canadian-bred Clyde take the championship away from imported horses at the last Guelph Winter Fair, but was that victory for the home-bred, exactly a thing to rejoice about if actual business is considered? The home-bred won on his merits, but would be win in Scotland? What the heavy horse breeding industry in Ontario needs right now is a few or rather a good many of the sort of horses that can come very near winning in such company as is near winning in such company as is offered at the Scottish shows. If we can't have the stallions, the Old Country people can't expect to get the workers of the right type.

Major and Mrs. W. E. Bryant, Thed-ford, Ont., aunounce the engagement of their niece, Mabel M. Lockery, to G. Clifford Gammon, Ayr, Out., the marriage to take place quietly early in

Wedding Stationery of the finest quality at The Guide-Adveceste.

MUST PROTECT SALMON

GREAT INDUSTRY NOW NEAR EXTINCTION.

Canners Prevent Fish Reaching Spawning Ground and Great Landslide Also Caused Trouble-Hope Is Found In New Treaty Which Will Help to Protect the Shoals In the Fraser River.

ALMON, the heaviest producer of food fish known to man, is close to extinction. The silver horde, that once swarmed in millions through the water off the west coast of America, is dwindling to schools of a few hundred. So asserts Dr. C. H. Gilbert, professor of zoology at Stanford University, who has made a life study of the fisheries of the north Pacific. If the sal-

mon canning industry is to be continued man must devote his best efforts in building up the numbers of

the sockeye tribe.

"Rivers that once yielded the largest supplies of salmon to-day give only a handful in comparison," says Dr. Gilbert. "The salmon are fished out. For all the millions of them in the beginning there are now only a limited number. With hundreds of ranners eager to prevent the fish from reaching their spawning grounds in the headwaters of the rivers, and with gill netters catching tons of salmon trout, which are really half-grown salmon, the fish simply have

not a chance to propagate."

As the most intimate secrets of man's character are written in the lines of his fingers, so the life history of the salmon is written plainly to the eye of the expert in the scales of the fish. Dr. Gilbert makes a careful study of fish scales. The lines on the scales are in reality minute corrugations that grow from the time the salmon is an infant until it enters its native river on its way to the spawning grounds.

The corrugations on the fish scales the corrugations on the fish scales.

do not correspond to the years of the fish's life, as the lines grow faster in summer than when the fish is in cold waters. Dr. Gilbert can approximate the length of time the fish was in fresh water before going to sea, how well the fish has fed and whether or not it encountered abnormal

It always has been considered by fishermen that when salmon left their native streams or lakes they immediately rushed thousands of miles to

diately rushed thousands of miles to sea. But Dr. Gilbert believes the sockeye do not go more than a few hundred miles from shore.

Most salmon are hatched in some fresh water lake at the head of some stream flowing into the Pacific Ocean. The first year the salmon spends in the lake where it was hatched. Its growth is slow, because the water is cold and fresh. When a year old and while still a baby salyear old and while still a baby sal-mon the fish ventures forth into the open ocean. Nothing is seen of the and occasionally four, usually years old. The sockeve spawns when

it is four years old.

When it reaches this age the cycle complete and the sockeve seeks its native fresh water stream or lake

to spawn. "They return in great school:"
says Dr. Gilbert, "and I have seen
the water literally filled with rushing squirming fish. When the Canadian Pacific Railway tunnel collapsed and choked the Fraser river a few years ago, millions of salmon, franyears ago, influence of saming grounds, fought to pass the swift waters at the obstruction. Millions of them floated back to sea without laying their eggs. It was that catastrophe that helped to ruin sockeye fishing in Puret Sound. in Puget Sound.

in Puget Sound.

"From the time the salmon enters fresh water upon its return until it spawns and dies it takes no food. The fish may be several weeks or months before it reaches the lake when it was hatched. In that journey strange changes in its condition take strange changes in its condition take

scales. It is so thin as to be scarcely noticeable. However, the skin on the back of the male fish becomes tough and thick on the way up the rive

and serves later as protection in its fights in the spawning lake. "The teeth of the male salmon also grow to great length on this fresh water trip. It takes material to make these changes, and as the salmon is eating nothing the material must come from that stored in its body. The salmon becomes an 'oil burner' -it consumes the rich oil stored in its tissues. For this reason, by con-sulting a map one can determine where the best fish are to be found, and by knowing the location of the fish traps one can judge whether or not the best fish are being caught

"The longer the river, the more oily the fish that are spawned in its lakes; and the closer to salt water the traps, the better the fish that are caught.

"When the eggs are shed the cycle is complete and the salmon die. The reason for death is not known. It reason for death is not known. It isn't from exhaustion nor from discase or starvation. None of the food salmon spawns twice. Some line; they start back to salt water.

"There is no way to brand young "There is no way to brand young fish. We tried that years ago and found that the scar soon disappears. The only way to mark young fish for future identification is by trimming the fins. We have had good results from this method."

Some hope is seen for the industry

from this method."

Some hope is seen for the industry in the recently negotiated treaty between Canada and the United States. By this pact fishermen are prohibited from fishing for twelve days during the year. It is expected this regulation and others agreed upon will aid in the upbuilding of the fisheries on the Fraser river and Puget Sound.—Franklin Daniels in Illustrated World

A Wonderful Goer.

"Like a lift, sir?" said a countryman, civilly, as he overtook a footworn traveler on the dusty road. As they jogged along they chatted about all sorts of things. Presently the old chap pulled out a watch of the turnip variety. "Can 'ee tell the toime, sir?" he

"Certainly. It is exactly three o'clock," replied the other as he watched the driver set his watch at twelve. Then he stopped him. "I said three o'clock, not twelve," he added.

"Oh, that be all right, sir!" said the carter, as he slipped his timepiece into his pocket. "Her'll soon make, that Her be a wunnerful goer!"-Edinburgh Scotsman.

Diverces in the United States.

The latest report of the United States national census bureau once more discloses not only an increase in the ratio of divorce to marriage, but in the ratio of divorce to growth of population-112 divorces to every 100, 000 people in 1916, as against 84 in 1906 and 72 in 1900. There were 112,-036 divorces granted in 1916, concerning 108,702 of which there are exact statistics; of these 39,900, more than s third, were for desertion, with cruelty second, the two combined accounting for nearly two-thirds (65.1 per cent) of all the divorces granted in that year, adultery figuring far behind, and drunkenness lagging in the rear.

Small but Potent .-- Parmelee's Vege Small but Potent.—Parmelee's Vegetable Pills are small, but they are effective in action. Their fine qualities as a corrector of stomach troubles are known to thousands and they are in contant demand everywhere by those who know what a sate and simple remedy they are. They need no introduction to those acquainted with them, but to those who may not know them they are presented as the best preparation on the market for disorders of the stomach.

Ferunzing the Garden.

The increasing scarcity of manure, especially in the cities, is causing gardeners to look for a substitute, and much has been written about the use of nitrate of soda for garden

crops.

One statement very commonly made is to the effect that nitrogen is the chief element in producing the rapid growth desired in most garden crops, but careful experiment has shown that this is a half truth which shown that this is a half truth which may lead to serious disappointment. In the farm crops grown in a five-year rotation at the Ohio Experiment Station, nitrate of soda used alone has increased the total weight of

crops by 19 per cent., while acid phosphate used alone has increased the weight by 31 per cent.

When the two applications of nitrate of soda and acid phosphate have been combined, the yield has been in-creased by 60 per cent.

To use nitrate of soda or sulphate of ammonia without also using some carrier of phosphorous is to lose a large part of the potential value of

the nitrogen carrier.

The Ohio Station's experiments have shown conclusively that where rapid growth and early maturity are desired it is not nitrogen, but phos-phorous that should receive chief attention in the fertilizer.

Concrete Smoke House.

A smoke house built of slabs of concrete instead of logs, and having an underground channel through which the smoke can be drawn from a fire built outside, is an innovation in smoke houses, constructed by Mr.

in smoke nouses, constructed by Mr. Fred Traub, of Doon, Ia.

The heat from the fire is partly lost in the passage of the smoke through the underneath vent, an advantage in smoking meat, because otherwise the temperature might be otherwise the temperature might be high enough for the fats to drip. The fire-pot is placed outside at the back of the concrete house, where the fire can be easily replenished and con-trolled.

The concrete smoke house is not only burglar-proof to a greater extent than are wooden structures, but it is fireproof.—Popular Science Monthly.

It is not known why a horse rises from the ground on its forelegs, and a cow on its hind legs.

women and Asthma.—Women are numbered among the sufferers from asthma by the countless thousands. In every climate they will be found, helpless in the grip of this relentless disease unless they have availed themselves of the proper remedy. Dr. J. D. Kelloggs's Asthma Remedy, despite its assurance of benefit, costs so little that it is within reach of all. It is the national remedy for asthma, far removed from the class of doubtful and experimental preparations. Your dealer can supply it.

HIS LIFE RUINED BY DYSPEPSIA

Until He Tried "FRUIT-A-TIVES"
The Wonderful Fruit Medicine



Wyevale, Ontario.

⁶⁶For some two years, I was a sufferer from Chronic Constipation and

I tried every remedy I heard of without any success, until the wife of a local merchant recommended Fruit-a-tives'. I procured a box of 'Fruit-a-tives'

and began the treatment, and my condition commenced to improve immediately. The Dyspepsia ceased to be the burden of my life as it had been, and

I was freed of Constipation. I feel that I owe a great debt to 'Fruit-a-tives' for the benefit I derived from them."

FRANK HALL 50c.a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by

Fruit-a-tives Limited, Ottawa, Ont.

"--that certainly is Good Bread! Whose make is it?"

> "Why, LOVELL'S of course !"

Try it You'll like it, too!

E. C. Holstein Caes to California. Bell Farm, Coraopolis, Pa., consell Farm, Coraopolis, Pa., continue to grab the top-notch Canadian Holsteins at long prices. The latest transaction Sayward, Victoria, B.C., of the bull Colony Posch Newman, to be used as a herd sire along with Echo King Sylvia, the young son of May Echo Sylvia, Colony Posch Newman is a son of the great show and May Echo Sylvia, Colony Posch Newman is a son of the great show and producing cow; Madam Posch Pauline, 34.28 lb. butter and 835.60 lbs. milk in 7 days, and 1,123.53 lbs. butter and 27,597.40 lbs. milk in one year (strictly official). The sire of Colony Posch Newman is Aggie Cornucopia Newman, sire of four heifers that have produced over 20,000 lbs. milk and 800 lbs. butter in a year. He has three world's record milk-producing daughters and is himself a son of the former world's champion milk cow for one, seven is himself a son of the former world's champion milk cow for one, seven and thirty days, Margie Newman. Colony Posch Newman has been in service for a couple of seasons in the herds of Mr. J. A. Sayward and Hon. S. F. Tolmie, Minister of Agriculture. With the type and production which he has back of him, he should prove a decided acquisition to the Bell Farm herd.

Control of Smut.

Grain smuts cause a serious loss to farmers every year, and where there is danger of seed being infected it is always best to treat it. A number of preparations are used, but experience has shown that the most satisfactory is formalin. The losse smut of wheaf is formalin. The loose smut of wheat and the loose smut of barley cannot be controlled by this treatment, but the stinking smut of wheat, the cov-ered smut of barley, and the loose and covered smut of oats can.

Production Has Increased.

Production during the last decade has increased greatly, and as a nathas increased greatly, and as a nat-ural consequence improved methods and facilities for handling the in-crease have become necessary. Keep-ing pace with increased producers for more elaborate and efficient ser-