

## HEALTHIEST ONE IN THE FAMILY

(No Sign Of Dropsy And Kidney Trouble  
Since Taking "FRUIT-A-LIVES")



HATTIE WARREN

Fort Robinson, Ont., July 8th, 1915.  
"We have used 'Fruit-a-lives' in our house for over three years and have always found them a good medicine. Our little girl, Hattie, was troubled with Kidney Disease. The Doctor said she was threatened with Dropsy. Her limbs and body were all swollen and we began to think she could not live. Finally, we decided to try 'Fruit-a-lives'. She began to show improvement after we had given her a few tablets. In a short time, the swelling had all gone down and her flesh began to look more natural. Now she is the healthiest one in the family and has no signs of the old ailment. We can not say too much for 'Fruit-a-lives' and would never be without them."

WILLIAM WARREN.  
50c. a box, 6 for \$2.50, trial size, 25c.  
At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

### MEDICAL.

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

OFFICE—Main St., next door to Merchants Bank. 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 23 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 Furculain 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 Thursdays, 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. McILLIQUIDY**  
Veterinary Surgeon,

HONOR GRADUATE ONTARIO VETERINARY 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.

**Fergus A. McNally**  
LICENSED AUCTIONEER  
For the County of Lambton.

All sales will have my prompt attention on shortest notice. Terms reasonable. Phone 24, ring 6. INWOOD, ONT.

**Children Cry  
FOR FLETCHER'S  
CASTORIA**

## AND NOW FOR SEEDING

Soil Should Be Allowed to Warm  
Up Before Planting.

### SOME FIRST CROPS TO PUT IN

Beans Are a Splendid Food Product  
to Grow This Year—How to Proceed in Several Lines.

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

Having discussed the methods of preparing the garden soil to receive the seed we now turn to the sowing of the seed itself. There is no need to hurry the sowing of the seed. Better results will be obtained if the amateur gardener will wait until the soil is warm and easily worked. The vegetables discussed are arranged as nearly as possible according to the time they should be planted.

**LETTUCE.** Lettuce is grown for its leaves, and is our best known salad plant. It is a short-season plant, and is often grown to follow or precede another crop. It is quite hardy and may be planted quite early in the spring, grown to maturity, and followed with a tender crop such as tomatoes, or it may be planted between any plants of the cabbage family. It is a good plan in a small garden to plant only a few feet at one time and follow this with successive plantings made every ten days or two weeks until July 1st. The lettuce seed may be sown in rows comparatively thin at a depth of a quarter of an inch. The plants should be thinned to stand two inches apart.

If one desires large single heads of lettuce the plants should be thinned to stand from seven to nine inches apart. The thinnings may be transplanted to another part of the garden.

**RADISH.** The radish plant is grown for its roots, which are eaten raw just as soon as they are large enough to use. It is quite hardy, and may be planted very early in the spring. Radishes are frequently sown with other crops which are not such rapid growers, such as parsnips. They should, however, be pulled out before the parsnips or other crops need the ground. Successive planting is also advised for this crop. Radish seed may be planted in rows, four inches apart or broadcasted, the depth preferred being from a quarter to half an inch only. Radish as a general rule require no thinning, and the sowing between the rows should be kept loose with the hoe. A crop of winter radish may be obtained if the seed is sown about the first of August. These should be thinned out to three inches apart.

**SPINACH.** Spinach is a short season crop which is grown to provide table greens. The plant matures in about six weeks from planting, and seed should be sown very early in the spring, as the plants run to seed during the hot summer months. The seeds may be planted in rows or broadcasted, and should be sown at a depth of one half inch. Successive planting may be made if so desired. When the leaves are large enough to use they may be pulled off or the whole plant may be cut from the root.

**ONION.** The onion is grown for seasoning, pickling, and for eating raw. A large percentage of onions stored for winter use are grown from seed planted in the soil very early in the spring. The soil should be rich, moist and well drained, but fresh manure is not the best to apply. The seeds should be planted at a depth of about one-half inch, and the rows should be from twelve to fourteen inches apart. The seed should be planted very thinly so that there will be no need for extra thinning of the onion tops. The sowing should cease when the onion tops are such a size as to prevent easy work. In the fall when the tops are about two-thirds down the onions should be pulled and laid in windrows so arranged that the bulbs are covered with the tops of the onions. This prevents any sunburn which causes considerable trouble in storage. After they have been kept in this position for five or six days they may be gathered up and placed in a slat box or basket and tied up some way so that the rain will not get at them and the wind will have plenty of chance to circulate around the bulbs. The tops may be removed from the onions at this time if so desired, or they may be left on. Dutch sets may be planted as close together as they will stand in a straight row very early in the season. They should be barely covered with soil, which should be well firmed by tramping on it, and the green onions should be pulled as soon as they are ready for use.

**PEAS.** Peas may be planted very early in the season, and for the early crop the seed should be sown in a furrow of two inches deep and the seeds placed an inch apart. Some arrangements should be made so that the pea vines will have some support. Limbs of trees or chicken wire may be used for this purpose, as the vines will cling to this for support and will be kept up to the ground. This support should be set preferably at the time of planting. This soil should be drawn up around the vines.

**BEANS.** Generally speaking, it is not a good practice to add fresh manure to the soil where one expects to grow beans. They prefer a moist, deep loam. The seeds should be planted fairly early in the spring. The rows being at least eighteen inches apart. A furrow two inches deep may be made with the corner of a hoe and the seeds placed from two to three inches apart in the bottom of this furrow. Another way which is sometimes followed in planting beans is to make holes two inches deep twelve inches apart and in each hole three or four seeds be placed. It is always advised not to touch the plant when they are wet.

### Growing 'Taters in the Town

Oh, the living's getting high,  
And we have to eat or die,  
And prices all go up instead of down;  
But the end is now in view,  
So don't worry, fret or stew,  
For we'll soon be growing 'taters in the town.

In every backdoor lot  
There will be a little plot,  
With rows so straight and even up and down;  
So we'll gather up the chickens  
And put hobbles on the kittens  
So they cannot spoil the 'taters in the town.

When the 'taters spring in view  
And the beetles start to chew  
We'll arm ourselves with dope the bugs to down;  
With lead and Paris green,  
In the patch we may be seen,  
When we start at growing 'taters in the town.

Every night and morning too,  
When the earth is fresh with dew,  
We can dig and hoe until the weeds are down;  
And then, my friends, you know  
You can sit and watch them grow,  
The 'taters we'll be growing in the town.

How we'll watch with anxious eye,  
When the tops begin to die,  
For the tubers lying there so thick and brown;  
And we'll dig and pick and hew,  
Just to get a bag or two  
Of 'taters that's been growing in the town.

But the living's just as high,  
And we have to eat or die,  
And the prices still are up instead of down;  
We made an awful hustle,  
And we used a lot of muscle,  
But we grew some fine potatoes in the town.

Miller's Worm Powders will purge the stomach and intestines of worms so effectively and so easily and painlessly that the most delicate stomach will not feel any inconvenience from their action. They recommend themselves to mothers as a preparation that will restore strength and vigor to their children and protect them from the debilitating effects which result from the depredations of worms.

### BOSANQUET COUNCIL

Council met on the 9th inst. All the members present. Minutes of last meeting read and confirmed.  
A by-law was passed opening the portion of the Lake Road between the side road between lots 43 and 44 in the Lake Road East concession and the Port Frank road to public travel.

A communication was received from W. A. McLean, of the Department of Public Highways recommending that the council place their road improvement under the supervision of one overseer.

No action.  
The following orders were given:—  
Coults & Son \$17.35 for plank purchased in 1916; G. Powell, Hamilton \$10 annual fee to the Hydro Electric Ry Association; Mrs. Richard Wilson \$20 for the Jura Young Ladies Guild for Red Cross purposes; Wm. Bryant \$58 for printing the auditors' report and supplies; Jas. Walden \$10 for stringers for Shawana bridge con. 12, and Mary A. Oliver \$2.54 for supplies for Harry Taylor.

The clerk was instructed to enter on the collector's roll for 1917, 8 days statute labor against Henry Frayn and 3 days against Smith McBryan for work undone in 1916. The clerk was instructed to procure 2 road graders.  
Wm. Forest was appointed to impound all cattle etc. found running at large in the Township. Council adjourned to meet on the first Monday in May at 10 a. m.  
G. W. SUTHERLAND, Clerk.

Protect the child from the ravages of worms by using Mother Graves' Worm Exterminator. It is a standard remedy, and years of use have enhanced its reputation.

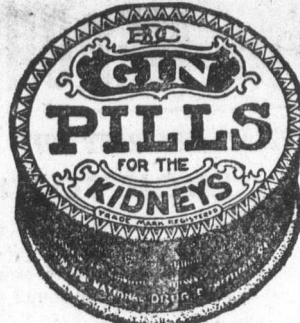
### WEAK, NERVOUS OHIO WOMAN

Made Well By Delicious Vinol

Bellefontaine, Ohio.—"My blood was very poor—I was in a weak, nervous, run-down condition. I tried different remedies without benefit and one day my druggist told me about Vinol. I tried it and it built me up in every way—blood, strength and nerves, and I tell my friends it is the best medicine on earth."—Mrs. EARL BRUNSON.  
Vinol sharpens the appetite, aids digestion, enriches the blood and in this natural manner creates strength. Complete formula on every label.

Taylor & Son, Druggists, Watford, Ont., also at the best druggists in all Ontario towns.

## You Know This Box—



This box is familiar to thousands upon thousands not only throughout Canada but in the United States as well. There is Mr. Charles Collins, of Staten Island, N.Y., who says he found Gin Pills the best medicine he had ever taken for Kidney and Bladder troubles. His daughter heard of Gin Pills while travelling in Canada and sent him a box. He writes asking where they can be purchased in New York City as he believes in taking them, off and on, to keep him in good condition.

All druggists sell Gin Pills at 50c. a box, or 6 boxes for \$2.50. Anyone can try Gin Pills without risking money. Free sample will be mailed on request to

National Drug & Chemical Co. of Canada, Limited  
Toronto, Ont.  
U. S. Address—Na-Dru Co. Inc., 202 Main St., Buffalo, N.Y.

## TEAS AND COFFEE

Teas are higher—Our 33 and 40 cent Japans and 40 cent Blacks are the same good values and worth ten cent more in present market.

We have a stock of Lipton's Teas at 40 cent which is now 50 cents.

REX AND LADIES' DELIGHT COFFEE 40c.  
PARISIAN AND SOVEREIGN " 45c.  
SEAL BRAND " 50c.

The N. B. Howden Est.

## TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernella, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

INTERNATIONAL STOCK FOOD  
FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL  
AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE  
Chopping and Rolling Done While You Wait  
PHONE 39

### The Call of the Farm

The Farmer needs help in putting in his crops, if there is to be a winter-war bumper harvest to gladden the heart of fighting men at the front. The farmer needs help, and needs it quickly. Every farmer who is short of labor should know at once what help is available, and when it can be obtained.

There is one source from which the country may draw valuable aid in times like these, when thousands of the young men from the farms have gone overseas to fight for King and country. The high schools of this Province could fill the gaps of labor on the farms of Ontario, and save the situation, were the Department of Education fully seized of the importance of acting promptly and decisively. There are no difficulties in the way that will not yield to bold treatment. Not only the boys, but also the girls, have expressed their readiness to help in this great war work on the farms. All they ask is that the regulations which at present deter them from helping their country and the Empire in this time of need shall be modified so as to leave them free to give practical expression to their patriotic desire to do their bit in the war. There is good reason to believe that the obstacles in their way will be removed, once it is made clear that public opinion is behind the Department of Education in any step it may take to set free those

who are willing to go on the farm. The regulations that prevent boys who went on farms last year from offering their services again, and that make it difficult, if not impossible, for other high school boys and girls to offer their services this year, cannot be defended in the light of this gigantic war.

Canada and the Empire are at war. No one who can aid in winning the war can remain neutral. All difficulties in the way of releasing high school boys and girls vanish into nothingness when compared with the great issues at stake in this war. To deny to our boys and girls the opportunity of striking a blow for the liberties of the world by increasing the production of food, is to deny them the greatest educational advantage that will ever come their way in development of the civic spirit and the widening of outlook, without which book knowledge is of small account.

The farm needs help. Red tape must give way to the necessities of the day. Let the Department of Education act, and act quickly.

Do It Now—Disorders of digestive apparatus should be dealt with at once before complications arise that may be difficult to cope with. The surest remedy to this end and one that is within reach of all, is Parmele's Vegetable Pills, the best laxative and sedative on the market. Do not delay, but try them now. One trial will convince anyone that they are the best stomach regulator that can be got.