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2 and 5-lb cartons
10 and 20-lb bags

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Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY
Subscription \$1.00 per annum in advance, \$1.50 in advance to the United States.

ADVERTISING RATES.

Space	One Year	Half Year	3 Months
One column	\$70	\$38	\$22
Half column	35	19	12
One fourth column	18	10	7

Shorter periods 12 cents per running inch.

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.
LEGAL ADVERTISING:—First insertion per line, 10 cents; subsequent insertions 5 cents each time per line. Actual measure 14 lines to the inch.
BUSINESS CARDS—One inch and under, per year .60.
Auctioneer Cards—\$5.00 a year.
Locals—10c. per line each insertion. Minimum charge 25 cents.
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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, NOVEMBER 24, 1916

The Importance of School Fairs

(From The Chatham News.)
Kent county has been fortunate this year in having a number of very successful school fairs, held under the direction and with the assistance of the local representative of the Department of Agriculture. The object of the school fair is to interest children in the home life of the farm and to get them interested also in the growing of farm crop, in chickens and stock, as well as to teach them proper methods of raising crops and live stock so that better results may be obtained. The purpose is to show the boys and girls that there are better opportunities for the average person on the farm than in the cities to encourage the young people to stay on the farms and to also encourage them in making the home life on the farm more cheerful and interesting and to benefit the social relations of the communities in which they live. Such objects and purposes as laid down for the school fairs are worthy of the most hearty co-operation and assistance of all classes of people.
The arguments against young people rushing to the commercial centres are many; the needs of increased production on the farms are fairly

AFTER GRIPPE

Mrs. Findley Made Strong By Vinol
Severy, Kans.—"The Grippe left me in a weak, nervous, run-down condition. I was too weak to do my housework and could not sleep. After trying different medicines without benefit Vinol restored my health, strength and appetite. Vinol is a grand medicine and every weak, nervous, run-down woman should take it."—Mrs. GEO. FINDLEY.
Vinol sharpens the appetite, aids digestion, enriches the blood, and builds up natural strength and energy. Try it on our guarantee.
Taylor & Son, Druggists, Watford, Ont., also at the best druggists in all Ontario towns.

clearly understood and the need of overcoming some of the unfavorable conditions attached to residence in the rural sections have been emphasized repeatedly. Those who are on the farms or who come closely in touch with the farming community realize fully the manifold advantages of better and more modern methods in farm work. There is just as much reason why a farmer should use his head as there is for the manufacturer to adopt business methods in his plant. The farmer who uses his head more and his hands less than was the system a few years ago is the man who ranks first in the community and the educating of the children to this principle and plan means more success for the rural sections and a corresponding advantage for the cities and towns. All classes of people benefit by the results obtained from better methods on the farm and this advance in method can only continue when the children are shown the advantages and the opportunities which are before them.
The influence of the school fair should be extended.

Military Hospitals.

The Military Hospitals Commission at Ottawa informs us that 2081 soldiers were under its care at the beginning of this month. Of these, 426 were at Sanatoria for tuberculosis, and 1616 at Convalescent Hospitals, 682 of the latter being out-patients—while 39 members of the force were in asylums for the insane. Of the 426 cases of tuberculosis, it may be added, almost exactly half were discovered in time to prevent them leaving Canada for the seat of war.
According to a statement prepared by the Militia Department, up to Oct. 5, the number of soldiers sent back to Canada because of medical unfitness was 6208. Of these, 961 were suffering from wounds, shell-shock, or the effect of gas; 122 were insane; 245 were afflicted with tuberculosis; while the remainder, 4880 were suffering from other diseases and disabilities.

A Good Creed

A creed published by the Guelph Herald for residents of that city is just as well adapted for Watford by substituting the name of the latter for the former and the word town for city: "Brookville is my city—my home—and as such it demands the best I have to offer in loyalty and in service. I cannot be truly loyal to my city, or to myself, unless I do my full share towards placing it where it will deserve my unqualified loyalty. I owe my city a debt—perhaps larger than I can realize. Here I find my one best chance to pay a part, at least. I owe it to my self, to my children, and to my friends to leave this city better than I found it when I became a part of it. The more I help Brookville the greater will be the opportunity for me while I am here and for those who are to follow after."

To Economize Digestion

Indigestion is often attributed to hasty eating and people are reproved and rightly so, for bolting their food; but it is interesting to observe that while the bolting of meat is always severely censured, one never hears any blame attached to those who swallow fruit by the mouthful, and devour uncooked vegetables without any attempt at mastication. Nevertheless, it is the hasty swallower of vegetable fibre who is really the inciter of gastric rebellion. Vegetables are, at all times, very imperfectly digested by the stomach, and require their tough fibres to be thoroughly broken up by the teeth if they are to be dissolved even in the bowel.
There is a well-known saying which avers that digestion waits upon appetite, and there is no doubt that of all the helps to digestion a keen desire for food is the most powerful and important. But appetite itself often depends upon conditions which are independent of the body's absolute necessities. Thus the aspect of the food, its smell, taste and even the manner in which it is served, all help either to stimulate a desire for it, or to induce a sense of aversion, while the environment of the diner often exercises important influence, beneficial or otherwise. Brain work of any kind interferes with the rapid digestion of food and even the habit of reading during meal times, practised by so many, is

conducive neither to appetite nor digestion. A well-lighted room, music and frivolous conversation will often permit a chronic dyspeptic to enjoy without remorse the pleasures of the table, while a depressing atmosphere, un congenial company, and unappetizing dishes may induce a fit of indigestion in the most healthy individual.

Buy at Home

When you want to help your town, Buy at home!
When you want shoes, hat or gown, Buy at home!
Never mind what 'tis you need, Canned goods, collars, chicken feed, Frame this phrase up for your creed: Buy at home!
Other folks may buy by mail, You buy at home!
Help the home store to a sale, Buy at home!
Every dollar sent away, Means a dollar less to pay
What is owed right here to-day, Buy at home!
Are you for your town or not? Cheaper elsewhere? Tommyrot? Buy at home!
Home store qualities are true, Home store merchants work for you, This much then you ought to do: Buy at home!
—By Frank Farrington, Oil City, Pa.

Every careful and observant mother knows when her child suffers from worms. She also knows that if some remedy be not speedily applied much harm will result to the infant. The best application that can be got is Miller's Worm Powders. They drive worms from the system and set up stimulating and soothing effects, so that the child's progress thereafter is painless and satisfying.
Many a man who thinks he's a hero to his wife is but a freak with a swelled head.

It is as easy to recall an unkind word as it is to draw back the bullet after firing a gun.
Much credit may be due the wife who does her own housework, but it takes money to operate a hired servant.

New in the line of contractors' machinery is a hand operated concrete mixer that can be run by one man.
That it will last indefinitely and resist the elements and vermin is the claim made for a recently patented clay burial casket.

Oysters can be kept in filtered water for two weeks without injury or loss of weight, according to a French scientist.

To keep a woman's hands warm in a muff a nickel cylinder which, when heated on a stove, will retain the heat for hours, has been invented.

A large British railroad has adopted for general use a system of automatic train control that produces audible signals in locomotive cabs.

Death may lose some of its sting for a woman if she knows that there will be music and a big floral display at her funeral.

Its up to the ruler of a nation to be straight.
Every man who does the best he can is a real hero.

The smaller a man's wit the more pains he takes to show it.

In Doubt

The Sunday-school teacher had explained the familiar Bible story at length, and then asked Tommy if he expected to be among the sheep or among the goats. "I dunno," said Tommy, doubtfully, "How's a feller to tell when his ma calls him a lamb an' his pa says he's a confounded kid?"

Express Rates to the Front and English Camps

1 pound\$1.25
1 to 2 pounds 1.40
2 to 3 pounds 1.70
3 to 4 pounds 1.95
4 to 5 pounds 2.10
5 to 7 pounds 2.40
11 to 15 pounds 2.80
15 to 20 pounds 3.35
20 to 25 pounds 3.85
25 to 30 pounds 4.35
30 to 35 pounds 4.75
35 to 40 pounds 4.85
40 to 50 pounds 5.08
50 to 55 pounds 5.82
55 to 56 pounds 5.95

Single packages must not exceed 56 pounds or military authorities will refuse to handle same. All charges must be prepaid.

REPRESENTATIVE WANTED

AT ONCE FOR
WATFORD
AND DISTRICT FOR
"Canada's Greatest Nurseries"
Spring 1917 Planting list now ready.
Splendid list of Hardy CANADIAN GROWN Fruit and Ornamental Stock, including
McIntosh Red Apple
St. Regis Everbearing Raspberry, and many other leaders.
New Illustrated Catalogue sent on application
Start now at best selling time.
Liberal Proposition
STONE AND WELLINGTON
The Fonthill Nurseries
(Established 1837)
TORONTO - ONTARIO
nv17

HAPPY THOUGHT RANGES

Still lead the sales in Canada, as they have for the last thirty years. Latest designs on our floor at right prices.

RADIANT HOME BASEBURNERS

Are powerful heaters and easy on the coal bill. Ask your neighbor who has one. We have a few left at last year's prices.

PERFECTION OIL HEATERS

Are satisfactory and convenient for fall evenings or that cold bedroom in winter. We have them at \$3.50, \$4.00 and \$4.50.

The N. B. Howden Est.

See Our Furniture First

You need not buy because you come here to look. We are quite content to leave it to your own good taste. We are anxious however that you do not commit yourself to the purchase of furniture, until you have seen what this store is offering and you have no idea unless you have been here very lately. Let us figure on your furniture outfit. Perhaps we can save you money. It will cost you nothing to see anyway, visitors always welcome.

MASON & RISCH PIANOS

Agents for Mason & Risch Pianos, Gramophones, String Instruments, Sheet Music, Edison records, &c., and all kinds of repairs. New and second hand sewing machines and all supplies.

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERPAKERS

OUR SPECIALTIES THIS MONTH!

**STORM DOORS STORM WINDOWS
CISTERNS STOCK TANKS**

WHEEL BARROWS

If you are contemplating buying a Wheel Barrow see ours. We have manufactured a quantity with solid oak handles and best of material throughout.

See our Roof Cement for repairing old roofs, also Arco Sealit. This will stop a leak instantly, once and forever.

Est. 1870.

G. CHAMBERS EST.

Seasonable Suggestions

- | | |
|-------------------|------------------|
| Cow Chains | Furnaces |
| Cow Stanchions | Ranges |
| Lanterns, Gloves, | Base Burners |
| Padlocks | Stoves |
| Stovepipes | Washing Machines |
| “ Elbows | Chemical Closets |
| Coal Skuttles | Paints |
| Ash Sifters | Varnishes |

WATFORD'S LEADING HARDWARE

T. DODDS & SON

Guide-Advocate Want Ads. Get Quick Result