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LAMBTON
Mutual Fire Insur-
ce Company.
 (Established in 1873)

**THIS WEAK,
 NERVOUS MOTHER**

**Tells How Lydia E. Pinkham's
 Vegetable Compound
 Restored Her Health.**

Philadelphia, Pa.—"I was very weak,
 always tired, my back ached, and I felt
 sickly most of the
 time. I went to a
 doctor and he said
 I had nervous indig-
 estion, which ad-
 ded to my weak
 condition kept me
 worrying most of
 the time—and he
 said if I could not
 stop that, I could
 not get well. I
 heard so much about
 Lydia E. Pinkham's
 Vegetable Com-
 pound my husband
 wanted me to try it.
 I took it for a week
 and felt a little bet-
 ter. I kept it up for
 three months, and
 I feel fine and can
 eat anything now
 without distress or
 nervousness."—Mrs.
 J. WORTHLINE, 2842 North Taylor St.,
 Philadelphia Pa.

The majority of mothers nowadays
 sverdo, there are so many demands
 upon their time and strength; the result
 is invariably a weakened, run-down,
 nervous condition with headaches, back-
 ache, irritability and depression—and
 soon more serious ailments develop.
 It is at such periods in life that Lydia E.
 Pinkham's Vegetable Compound will
 restore a normal healthy condition, as
 it did to Mrs. Worthline.

OUR Aim—Satisfaction
WATFORD SHAVING and
HAIRDRESSING PARLORS
 Hot Baths and Laundry agency
 in connection.
 Dry Cleaning a Specialty.
 Razors Honed.
W. N. FLEETHAM - Proprietor.
 Successor to B. E. Fulcher.

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 Coroner County of Lambton,
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 OFFICE—Main St., opposite Bell Telephone
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 Formerly of Victoria Hospital, London.
 OFFICE—Main street, in office formerly occupied
 by Dr. Brandon, Day and, night calls pho
 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
 Foreplain work. The best methods employed to
 preserve the natural teeth.
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 MAIN ST., Watford.
 At Queen's Hotel, Arkona, 1st and 3rd Thurs-
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C. N. HOWDEN
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 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. MCGILLICUDDY
Veterinary Surgeon,
 HONOR GRADUATE ONTARIO VETERIN-
 ary 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.

FORAGE CROPS FOR PIGS

**Raise All the Dairy Calves You
 Possibly Can.**

**We should Strive to Double Our Cow
 Population in the Next Ten Years
 —More Immediate, and Larger
 Cash Returns, Secured by Sale of
 Milk Than of Cream Where Loca-
 tion Is Favorable.**

(Contributed by Ontario Department of
 Agriculture, Toronto.)
FOR the farmer who is raising
 hogs, one of the greatest
 problems is summer pasture.
 A new luxuriant growth of
 green grass is soon eaten off when
 the dry hot season comes and it is
 just at this time when the stockman
 needs some form of succulent feed
 for his stock. When the stock are
 running on pasture they are getting
 back to nature and there is nothing
 like good green feed as a conditioner
 for the animals.

As for forage crops in this coun-
 try alfalfa and rape seem to give the
 best results, although anything that
 will produce a good green growth in
 a dry season is all right. Whenever
 alfalfa will grow it gives the best
 kind of permanent pasture for pigs,
 as there is no danger from bloat as
 is the case of sheep and cattle.
 Alfalfa provides pasture for a great-
 er length of time than any of the
 grasses and is green and succulent
 even when red clover has become
 somewhat dried and woody.

Heavy pasturing of alfalfa is not
 good for it and consequently the
 number of animals allowed to pas-
 ture on it should be restricted and
 the plants should be allowed to grow
 up and be cut two or three times a
 season. Pigs, fed corn alone on alf-
 alfalfa pasture, make fairly satisfac-
 tory gains since the protein in the
 alfalfa helps to balance up the de-
 ficiencies in corn, although for best
 results a little of some nitrogenous
 concentrate should be fed. Red
 clover in the country gives very ex-
 cellent results as a pasture for pigs,
 for the reason that it can be grown
 in a great many localities where
 alfalfa cannot be raised at all and
 consequently it's great value. At one
 of the Experiment Stations in the
 States, red clover was inferior only
 to alfalfa, while at another it was
 found that it was surpassed only by
 alfalfa and rape.

As an annual pasture for swine
 nothing surpasses rape. It can be
 sown both early and late in the sea-
 son and as a consequence forage may
 be provided for at any time. To get
 the best results from rape, it should
 be sown in the spring and allowed
 to obtain a height of twelve to four-
 teen inches before turning the ani-
 mals in. Care should be taken not
 to allow the plants to be eaten off
 too closely as the young plants do
 not get a chance to recuperate. To
 guard against this it would be wise
 to provide a second plot where the
 animals could be turned in for a
 time. Rape is also grown in con-
 junction with oats or with oats and
 field peas, and some authorities
 rank rape and oats next to alfalfa
 and red clover for pig pasture.

For young pigs in pasture it is
 not wise to force them to subsist on
 what they can get. They should be
 fed a little grain. Pigs that are be-
 ing pastured for the purpose of fat-
 tening latter should have a limited
 grain ration, as this system of feed-
 ing has been found most economical.
 —J. C. McBeath, B.S.A., O. A. Col-
 lege, Guelph.

Shall I Rear Dairy Calves in 1919?
 In brief, raise all the heifer calves
 for which there is feed, labor, and
 stable-room. More and better cows
 are needed in Ontario. The number
 of milk-cows in the province has re-
 mained stationary at about one mil-
 lion, for a good many years. There
 is no good reason why this number
 should not be doubled in the next ten
 years, but it can be done only by
 rearing or buying. Buying cows is
 expensive and risky. It is a far bet-
 ter plan to raise cows. This means
 that all the best heifer calves should
 be saved for future cows. As it re-
 quires from three to four years to
 change calves into cows, in order to
 double the cow population in ten
 years, making allowances for neces-
 sary discards, we need to begin right
 away, in order to attain the desired
 object.

The average number of cows per
 100 acres of farm land in Canada is
 but two, whereas in Denmark it is
 fourteen, and in Holland sixteen. We
 have a long way to go in rearing
 cows, before we have anywhere near
 the number which are found in the
 best European dairy countries.
 There is but one economical way to
 attain this result, and that is by
 raising practically all the heifer
 calves dropped during the next ten
 years and as many pure-bred calves
 of excellent ancestry, as may be re-
 quired for breeding purposes.

Shall I Sell Milk or Cream?
 This will be determined to a large
 extent by the character of the farm-
 ing operations. If the need for
 direct, quick cash in largest amount,
 is great, then selling milk will best
 "fill the bill." On the other hand,
 if the dairy farmer can afford to wait
 for the slower returns from cream

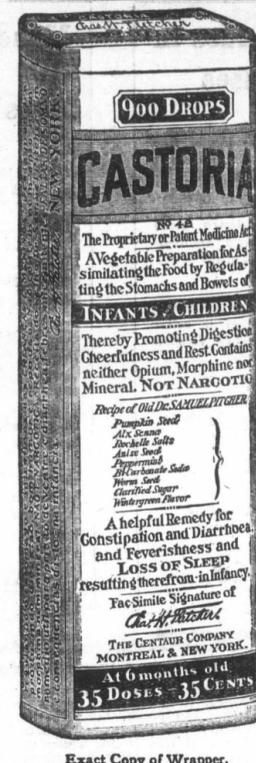
and live-stock, and particularly if he
 desires to improve or maintain soil
 fertility, then selling cream is to be
 recommended.

Nearness to market is another
 factor. Where the dairyman is near
 a small town and had the time to
 "peddle" milk, he can make more
 money out of his cows than by any
 other system. At ten to twelve cents
 a quart, a good cow will return from
 \$250 to \$300 per year for her milk.
 When this is compared with \$100 to
 \$150 per cow, where cream is sold,
 or milk sent to a cheese factory or
 condensery, we see what a decided
 money advantage there is in selling
 milk to customers direct. — Prof.
 H. H. Dean, O. A. College, Guelph.

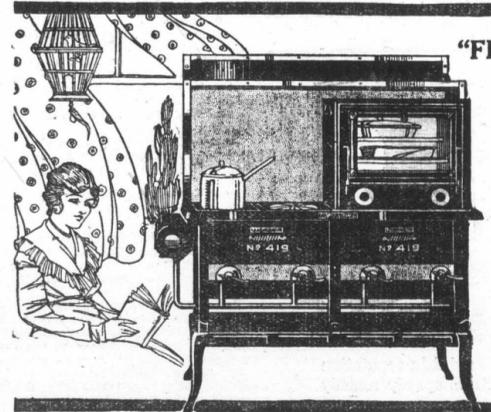
A Safe Pill for Suffering Women.—The
 secluded life of women which permits of
 little healthful exercise, is a fruitful cause
 of derangements of the stomach and liver
 and is accountable for the pains and lassi-
 tude that so many of them experience.
 Parmelee's Vegetable Pills will correct
 irregularities of the digestive organs and
 restore health and vigor. The most
 delicate woman can use them with safety
 because their action, while effective, is
 mild and soothing.

Extravagant Use of Straw.
 The use of at least a limited
 amount of bedding for beef cattle is
 advisable, but the extravagant use of
 straw, coarse hay, etc., for this pur-
 pose should be discouraged. All such
 roughages that are to be used for
 bedding, either for fattening or
 breeding animals, should first be of-
 fered them in the hay rack and that
 which is refused used for bedding.
 If stover is fed the stalks, while
 somewhat difficult to handle, make
 satisfactory bedding material and
 should be used for this purpose
 rather than burned or otherwise dis-
 posed of.

Mother Graves' Worm Exterminator
 will drive worms from the system without
 injury to the child, because its action
 while fully effective, is mild.
 J. E. Roome, a prominent merchant of
 Glencoe for many years, died this week.
 He was a member of the 1919 town
 council.



CASTORIA
For Infants and Children.
Mothers Know That
Genuine Castoria
Always
Bears the
Signature
of
Dr. J. C. Hathorn
In
Use
For Over
Thirty Years
CASTORIA
 THE CENTAUR COMPANY, NEW YORK CITY.



**"FLORENCE AUTOMATIC"
 OIL COOK STOVES**

HAVE a cool kitchen this
 summer—save yourself the
 labor of attending to a coal or
 wood fire—use the cheapest of
 fuels—kerosene.
 And don't bother with wicks or
 slow heating burners.
 Let us show you this fine cook
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For spring cleaning **The strongest cleanser known**

Splendid for sinks and drains **All grocers** **Ask for it to-day**