

GULDE－ADVOCATE，WATFORD，FEBRUARY 22， 1918

## TO AIL WOMEN WHo ARE ILI

 This Woman Recommende Lydia E．Pinkham＇s Vege－ Personal Experience．





#### Abstract

Fish in Ontario．  Ing the winter months，althouxh tur－the volume may slighty decrease plansstat that dac     The Canadian food controiter states that an energetic campaisn－to states that an energetic campaign to popuarize Inish is istiomplated． present polan embraces only the Prov－ present plan embraces only the Prov－ free of ouevoe and extunsive adver－ tising will be done with the idea of   probabie th take in th Dominion．

\section*{The fishermen Ber．}


 The fshermen of NowfoundhandLabrador，and the Guif of st．LIaw－
rence
drink
large





 portion of ong gallon to eighteen
gallons a opit of the grounds ot the
last brewing and a few hops，if ait
 filled up with cold water，is left to
ferment．In twenty
becomes it for use．
Dying Soldier Cast Vote．
A Paris cabe to The Mail and
Empire Toronto，tens two Manechotes
of the voting in France． of the votitn in France．
of A pathetic incifent was the casting
of vote by a dying man at a base hospital．HH Hars unable to use his
hands，but retained a clear intellect and gave instructions as follows
fellowese（referring tit to that the these
foposit Yellows（referring to the opposi
tion）will get a alack eye．＂
itterward he expired
Shortly On the lu diderous．side there was
the instance of a well known cavalry unt．They got tinto a a tight corner
in the reent hathting and were bat－
ling against heavy odis．whem the tilng against heary odds，when the the
first message to reach them was the
instructions from the polling oflcen Japan＇s COIonial Policy
Korea is the largest Korea is the largest of Japan＇s
colonies，and since
its accuiremen been pursued that has worked so
vell in Formosa．it is col well in Formosa，It is a colonfal
policy wholly original with the
anese，and the
Empito pubiticts of the
Empire thinks it much superior to
 to imporatates posts of hon horp，sconools
tave been，erected and competens

and | teachers supplied Sanitation has |
| :--- |
| been introduced into all the cities | street rail wasy have been naid down

in Sound and modern hotels have ben
built in the large cities．Loyalty is
tuis assured

 mamma．Why，
dhe sass about me．
Got Monotonous．
＂Wreakers don＇t you call your hotel the more？＂ Breakers any more＂
AW，everybody had to crack an al
Ieged joke as he paid his bill．＂－Louis
ville Courier－Journal． ville Courier－Journal． Being alone when on＇s belie
is not being alone．－A uerbach．
 canses impurities in the blood and the
how the

 prime tuality of th
with the itroninty
most gratifying．

##  <br>  <br> Address a postcard to as now and receive by retura mail a copy of our  Root Seede Grains，Buibs， Fritss Grden SPools，Etc． SPECLAL－We will alo send soe sea packase（volut 15c）of our choien Butterfly Flower     <br>  <br> Send for Catalogue and learn DOMININN SEEDS LIMITED，LonNo CNADN <br>  <br>  <br> CONTRACTS TALKS－－－ <br> T．HIS is not the month for building，but it is the time to get ready．－ business for a dreat ounce and let＇s talk it over．We have been conversant with overy line of it．We have laid up a large stock of lumber and shingles hese have advanced in price this last month；we will give ant Our Aim－ <br> S to supply the public with builders，supplies cheaper，and to give bettor barrows with solid oak frame and handles． <br> G．CHAMBERS ESTATE

NOTHING BUTTHEBEST
I ${ }^{\mathrm{N}}$ HOUSE FURNISHINGS we aim to keep the latest and $I_{\text {most popular goods in our line．Everything for the Parlor，Bed－}}$ room，Dining Room or Kitchen．We are not after Big Profits but aim to supply goods of Elegance，Durability and Good Value．Let
us show you our stock．Any article manufactured obtained on short notice．

Agents for MASON \＆RISCH PIANOS，
 KINDS OF REPAIRS．NEW AND SEC－
OND HAND SEWING MACHINES
our oprioes are right，as low

## HARPER BROS

 PHONE 3fine furniture musical instruments underiakers

## TRENOUTH \＆CO．

FLour，Oatmeal，Cormmeal．Wheat Kernells Freed．Grain．Seeds and Boultry Food

We Cariy a Full stock of
ENTHRNATIONAI STOCK FOOD
FOR HORSES，CATTLE，SHEEP，HOGS AND POULTRY
OALDKロL工＇S MOエASSES MEA工 and three different makes of celebraten cale mea
all kinds of grain taken in exchange
Cropping and Rolling Done While You Wai PHONE 39


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GUILL-ALVOCATE, WATFORD, FEBRUARY 22, 1918

Guide-dinnocate Watford, Ont.
 ADVERTISING RATES,







thine=donocate | HaBRIS \& oo. Pnorkamons. |
| :---: |
| LWATFORD, FEBRUARY 22,1918 |

Provincial Threshing Gangs The Ontario Department of Ag.
rteulteare is studying a soheme with a viow to changing the present sys.
tem of threshing in the Province,
Af.the present time the farmers operate and the result is that a good
minnofaimers who have no mbele are obliged to noglect fall plowirig
ando otber important work in ord to give their ne
The thmashing:


 K. Mast N N Nourly $\$ 200,000$ is being asked Sor iin the supplementary estimates
世tion Ontario Government for the
purpose of bringing fish at cost to purpose of bringing fish at cost to
the peoplo of the Provinoe.
For acquiring cold storage accom. modation, providing capital to carry
fish and for transportation, the sum of $\$ 125,000$ is to be voted. A A good
Iy portion of this amount will be Iy portion of this amount will be
nued for the purpose of establishing
cold storage acoommodation in Toronto. Another portion of the appro-
priation will be used for leasing priation will be used for leasing
WTrehouses in Loodon and
Themas as shipping contres
Stor Western Ontario.

The appeal of the Food Cont The anpeal of the Food Controller
to produce large quantitities of maple
sugar and svrup this spring should reocive a ready response from those
who have groves of maple trees. While maple sugar can be made as ment; with very simple apparatus,
the work is greatly reduced and better products made when a mod-
ern equipment is utilized. For the
ins instruction of those not entirely
familiar with advanced methods, the
Publications Branch of the Depart-
 "The Maple Sugar Industry in Can-
ada." By text and illustration it ada." By text and illustration it
makes very clear the operation of a
maple sugar plant. The time to tap, maple sugar plant. The time to tap
the utensils to use, the refining and
handling of the produt handling of the product are arll deal
with. This bulletin is available for with. This bulletin is available for
distribution to those who apply for

## Port Franks Man Won in Nine-Mile

 Race With Death ence Saturday that he will remember till
his ofyir day Martell, who tata dine
of hooks set in the ice about two miles






 Real knowledge
makes us modest.

Rationing in Canada Advocates of compulsory rationing
in Conada may not have considered carefully what they mean by it. In
Great Britain four-fifths of the ulation is urban. These dwellers in in
cities buy thair prow cities buy thair provivioons from weel
to week or day to day at thie shon to week or day to day at the shops
and the system of rationing may b and the gystem of rationing may be
managed, it it is managed at all, by
regulating the purchases. More than regulating the purchases. More than
half the population of Canada ralf the population of Canada is
rural. It is seattered over nine
provinces, most of them provinces, most of them over three nime
the size of the whole United King
the do size of wold whole nited King.
dom. It would require a larger body

of oficials to administer such a sys | tem in one province than in the |
| :--- |
| whole of England. Reports indicate | thate the people of Britain are im.

patient, not so much over the patient, not so much over the reduc
ed allowanceas over the trouble an
delay in gettion anything. whi those in gethe tike sufficient trouble an
time are able to ellude the people of Canada woulude be btill mor
pmpatient if they were obliged impatient if they were obliged
gtand in a long line waiting the
turn to buy meat, butter and More than malf the people of Canada
Mo not buy mait do not buy meat in town shops and as
great many raise their own supply or reat many raise their own supply
obtain it from their neighbors. The
time may sho may come when rationing
se undertaken in Canada, but
it will require a it will require a good deal of consic
oration to devisa a practioal and fair
system. If there is spocial system. If there is special need of
baoon for the army the simplost
course would be to commandeer the bacon for the army the simples
course orould be to commandeer the
whole supply. Most Canadians can do without bacon. It might be be
necessary to reserve some for the
use of surveving and prospecting partios and for similar purposes, but
or nearly the for nearly the whole of the bacon
consumed in Canada a substitutue oan
be obtained without eausing any be obtained without eausing any
suffering.-Vancouver Province.

> LOOK AT THE LABEL ON YOUR GUIDE-ADVOCATE


Entitled to the Right of Way (From The Municipal World). A horse-drawn vehicle must turn
to the right of the beaten apath or
road way and permit a motor car comway and permit a motor car
coming from behind to pass. Failure
to do this makes the driver of to do th1s makes the driver of the
former vehiele guilty of negligence, in the opinion of a jury composed This verdict was reached after a trial
lasting three days. Mrs. Florence
as Lant Stevens, Harvard, demanding 5,000 damages for personal injuries
received in a runaway, caused, received in a. runaway, caused, as
she avered, whon Stevens drove his
car into her buggy when she ignored his repeated siggals to turn out and
hive part of the road give part of the road. As Stevens
drove past the buggy, collided with the wheels of the for-
mer vehicle, the crash frightening the horse, which ran away, throwing
the oceupants of the buggy out.
Mrs. Mrs. Reid received injuries which she
claims are fought trial the jury decited in in aror
of the defendant, claiming that the plaintiff was negligent in not sur-
rendering one-half of the rosd rendering one-half of the road. The
decision establishes an important
precedent, and one that will be of decision establishes an important
precedent, and one that will be of
interest to every driver, whether of a motor
vehicle.

CHOP STUFF Harrow grocers have cut out ant
deliveries except one daily, at 10 a.m. Rddean Hell is is ing g a war bread made
of 50 per cent: wheat flout and the rest
ree, poter In Orillia there is 8 sours.00. outstanding
for taxes, this smount being the accumu-
otion
 medicininu with guitt of of hisensenn practised
the Ontario Medical Act. The late Mrs. John Taylor of Sarn
who died at the age of 90, a couple
 SJonh Clarke, of Bothwell was awarded
Waboash han costs from the G.T.R. and
 One lighted gas jet


A Money-Making Opportunity in the Ordered Clothing Department,

We purchased thirteen months ago from a manufacturer's agent 26 pieces of Tweeds and Coatings. They run from two to four suits to the end. These goods to-day would cost from 50 to 75 per cent. more. The goods are now in stock and are as hine a lot goods as prices. We want all intended clothing buyers to see this showing of prices. We want all intended clothing buts
Fine Materials for SuITs and OvERcOATS

Prices of Suits
$\$ 20.00$ to $\$ 30.0$ Prices of Overcoats... $\quad 17.50$ to 22.5 CUT, STYLE AND FINISH CORRECT
Get in your orders-as orders will be filled as they come in.
SPECIAL FOR LADIES' SUITS-in plain shading-
Also a Very Special in Tweed Mixtures in Heather and Green

## SWIFT, SONS \& Co.


 The Watford Dranch of the Parmers'
Co-operative sasointion are agents
Gunns will be to your advantage to commun
ate with us betore buving. Apply to $\xlongequal[\text { W. J. Mitchell Breaks Leg }]{\substack{\text { fompl }}}$
 Friday, atternoon at his warehoos
sidan car had been placed on the
siding to the warehouse loadee when passing into the
car toingpect it the board that was haid
from the platorm to the car broke as Trom the platorm to the car broke as
he was just stepin iato the car He He
was thrown forward and his leg came
 were sereral men at hand who assisted
him into a sleigh and convered him
home, atter attention
 shie as possible ender the circumstances
It will be several weeks before he will Me Mr Mud. Mitchell is a brother of Mr. T.
Mitchell, Wattord.

 \$1..50 tose weres stror w. wt. Sheep and lamb
hela steady, with onily a handful offering held steady, with only h handul offeriug
There wast but light run of hots, the
market holding firmat at last weeks's. clos marker holding firm at last week's clos-
not
nat prices
19.25 off cars, and $\$ 18$ f.o.b.


As fresh as summer roses in early dew.

Such are the groceries sold at this store. The delicate aroma of the coffee, the delicious taste of the butterall the appetizing points of good, sweet, clean food are carefully preserved at this grocəry. Even our canned
and carton goods are kept in lowest quantities-so that and carton goods are kept in lowest quantities-so that
they may be constantly renewed. Everything is pure they may be constantly renewed. Everything
and clean--cleanliness is next to godliness here.

All our groceries are as delightfully fresh as a
wild roses sparkling with dew on an oarly summer
morning. Let a trial convince vout Send or wild rose sparkling with dew on an early summer
morning Let Lrial convince you. Send or
come with an order, or ponone, and it will. be promptly delivered.

Some specials this week
-everything beautifully fresh-
TURNIPS PARSNIPS
APPLES ONIONS CELERY

## P. DODDS \& SON



| MARKETS <br> watrord | VEGETACLES AND FRUTT- Potatoes, per bag......... MTSCELLANEOUS-- Wood |  |
| :---: | :---: | :---: |
| SERD | Tallow... |  |
| Wheat, fall, per bush.. $\$ 210$ @ \$2 10 |  |  |
| s, per bush |  |  |
| Timothy............... 300400 | pourtry- |  |
| Clover Seed........... $1200{ }^{15} 000$ | Chirke |  |
| Alsike................ $1000 \quad 1200$ |  |  |
|  |  |  |
| Lard, per ${ }_{\text {L }}$ |  |  |
|  |  |  |
| Plour, per cwt......... $5^{590} 9680$ | Oats, |  |
| er ton.... | Butter............... - 45 to |  |
| Middlings, per ton .......44 40048 | gis |  |



GUIDE-ADVOCATE, WATHCKD, FEBRUARY 22, 1918

## HOW TO GEI RID

 OF RHEUMATISM"Fruit-a-dives" Point the Way to Quick Rellef
$\qquad$ in my Side and Back, cavised by atrains and heary lifting
When I had given up being well again, a friend recommended 'Fruita-a.tives' to me and
after using the first bo I felt so
much bettier that I continued to
 wonderful fruit medicine" $\mathrm{W}, \mathrm{M}, \mathrm{B}$ MPson. "Fruit-a.tives" atre sold by ail
dealers at 500 a a box, 6 for ${ }^{2} 2.50$, trial size 250.- or sent postpaid by
 GEORGE HICKS.



## C. N. HOWDEN




## Totexinaxy Euxgeon.

## J. McGILLICUDDY

Ho inor gradu


## You Can succeed \$i Lusimess-ollege. HONTARIO'S LEADNG COMMRR- CIAL SCHOOL makes success eas     <br> w. J. Presiliottent. $\quad \begin{gathered}\text { D.A. M. McLachlan, } \\ \text { Principal. }\end{gathered}$

## Restoring Returned Soldiers

With commendable enterprise
and foresight, Canada is oorrying on an extensive work in restoring of the year there were
tions (of whieh the Military
Hospita tals Commission condueted 71) car
ing for conyalescent soldiers. ing for conyalescent soldiors.
these, there were 11,395 beds, it addition to 2,500 beds used in clear-
ing depots. There were 10,00 Ing depots. There were 10,000
under treatment, $3,00 \mathrm{men}$ menrolled
for;vocational training and 869 men boing taught now trades. These
numbers are oonstanl increasing
nund the Milltary Hospitals Commis. and the Miltary Hospitals Commis
sion is expanding its antivities to
eio

## A Needless Deception By LILLAN HALLCROWLEY

 simply must fix up the horrid house
some ways I can't have some way. Man
see such a place."
"Why make preat "Why make pretense, daughter? This
is the way we have Ilved for the last is the way
fou y years,"
" "es, $I$ kn
 It isn't really our way of living. We
are only wadting intu fathers. peach
crop is a suceess. But to an outsder crop Ls a success. But to an ontsider
-this place looks as if it belonged to a this place looks as if it belonged to
aimy. It would class us with a
them forever.,
"Doesn't. she "Doesn't she Mke you for yourself,
Janer" asked her mother anxiously,
arer 'Yect dear over course, she has been a per
 coleze the brightess of all for me",
"Well, dear, what could we do to thls room ?

 Is in town to be gone all day. 1 kknow
he wouldant have any sympathy with
the ho wouart have any sympanu it will
the way fel about this and
all be over by the time he gets back." all be over by the time he gets back.
Mra, Wilson and her daughter were
gittrig earily one summer morntig in

 Iel WHison had thrested ail he had in
a peach orchard in the Ozarks, where
one crop with favorable weather con-
 to a state of perfection, but always
some unfavorable occurrence hindered some unfavorable occurrence hindered
the long-ooked-for bumper crop.
When his wife had protested against When his wife had protested against
their going to tho farm, because Jane's their going to the Parm, becaus Janes
edacation might be hindered, he had
assured her that there was a goed ualassured her the town a few milles ayay
登sity
and that thane should have every advantage. He had been able to keep
his word and Jane, who had jout fin-
tshed high school in Penhsylvanta, entered the college. She was now gradu-
ated and again home for the summer-
 made all the clothes for the family,
put up frult, cooked, and even helped
her fatter her father out of doors. She had
learned many things in college, about
 of which practic
fal on the place.
During her last year of college Hfe
love had come knocking at the door or
her heart in the person of Ted Somerville. He belonged to one of the wealthy familles of the town and his
mothe was a socal leade. Theey had
boen very happy in their love, and their joy was complete when Teed's
mother showed instant fondness for
the the young girl her son had chosen.
ITverything had gone along smoothly Hiverything had gone aliong smoothly
untu now, when Jane realized what an impression her miserable 1ittle thome
might make or Mrs. Somervile. The
one large room was kitchen, dining pight make on Mrs, Somervile. Mhe
one larggo room was ktthen, dning
room and living room, while upstairs Were house, with a few pleces of fur-
ntitue, had been on the farm when Mr.
Whe niture, had been on the farm when Mr.
Wilson had bought the fith finy had
brought no furniture with them except


 or her own appearance, and her hus-
band was too busy to notice. Now here was her daughter stirting
ner out of her usual calm letharty.
Jane havied out a carpet that had been packed around one of the pree
clous picee since reposed, folded, on the floor of
the cloze the closet, under the staircase.
" "Come." sald Jane peremptorily,
"let "let's put down this carpet"
cBut-Jane, I never theked down a carpet before! ! Mo, but you haven them atter
they were put doww. Come, mother they were put down. Come, mother
dear. Lets Atter the cearpet hha been put down
Jane looked around with satisfation antel her gaze took in the windows.
uno
Uno "Tve never had the heart to make irtailis for a room like this," replled
Ura. Wilson foriloraly Jane ran to esn old chest of drawers,
relic or betfier days, and took out a
Lolt of white material belonging to her edding outat material belonging to her tins for all these windows. The view
over the mountain will be lovely and Jane had have lots of flowers
Jane had called in a couple of the
men working in the orcharat to carry
the litchen stove out to the back of
the honse

go n and out for the tea thinss it wil
look as though we had a kitithen out
there, besides keepling this room percere, besi",
fectys, 1 I see."
rn fin mother, you run up statrs and
 ness sake, put on a corset! Get out
the one you bought a thousand years
 strings, but get into it somehow,
sears. haven't had one on for over twe
s. "Tou slmply have to get into one
now and you must pull it tight enough to get into that walte musiln dreas 1 made for you last summer and which
you never wore" you never wore," Mrs. Wison smlied at
"Very well.,
ber daughter's enthuslasman and tried her dayghter's enthuslasm and tried
to catch the same spirit. Jane had arranged the flowers to her
own satisfaction when her mother came downstairs.
II am sure $I$
 "Never mind, you won't need. any
breath. I am going to do everything Breater 1 am going to do everything,
There you are. Now sit down while I
fasten these earrings. There- poul loolt fasten these earrings. There-pou look
just like a has-been-lady." "I feel as if I I were going to be pre-
sented at court.".
"Yo sented at court." Jane. "Now, moth-
"."ou are" sald
er, you must keep that chair because it er, you must keep that chair because it
in the most compotrable one. I have
placed the best placed the best one here for. Ted's
mother, so that her back will be to
the back door. the back door. Then this charl for
Bessie - Bessle is so young and happy,
she won't know she
 painted yesterday. They ought to bo
dry now." "Thaw. is such a lot of trouble, Jane."
"Yes "Yes, but once in a life time. Now,
if You should want something. TN get
it, because if you get out of your chatr you'Il forget which one you sat in, and
if ou get into one of the others-all
will be lost t" will be lost !"
The stage was all set for the play, The stage was all set for the plas,
when
drod drove up to the door. The room had
gone through a transformation. The
carpet gone enrough a transformation. The
carpet and dainty whtte curtats, the
freshly-painted chairs, the tables ar-freshly-painted chairs, the tables ar
ranged with books and flowers,
and calm and happy mother and, best of all, a
radtint Jane, presented a beantiful plcture to even the most critical ese.
Jane noticed a puzzled look on the
 Looked at her mother. As she was
warmy greetng Treds's sister Ressio at
the time, Mrs. Wilson was obstious
to then
Fo this a moment Jane was dismayes Tor anmoment Jane was dismaged
asked herselt is the the earrings? she asked herself, but she ald not have
time to worry zoout th, as she had to
go out and make the tea. Everythting was going on splendidity, and she was
eated wth her success. "Just the thing to do." thought she.
When JJane came in for the last tume she hearr Mane came Somerville oask her
mether, "From what part of Penngylmother, "From what part of Pennsyl-
vanian ddd you come trom, Mrs. Wit
son? "From Eluctittown," Mrs, Whisos
 ""rrace Tomplins," answered Mrse Wlison with a surprised look,
"Grace Tomplis, I was sure had
seen you before. I am Theo Alexan"Theo!" exclaimed the astonished
Mrs. Whison. "Is it possible? I had Mrs. Whison. "Is is possible? I had
lost track of yon entirely. Why we
haven't seen eack other since the high sctool graduation." that. Father died there and we fust
stanyed on untll I met Dlick Somerville in Paris. He was there for a year's
study. Then we were marriled and come to Hive in Saylorvilue, and have
been here ever stice. You are the first persson from home I have met
since we came." since we came. so glad to see you, Treo.
Isn't it wonderful that our childrea
 cuttown, sidid Mrse somervile, "so the
name did not inpress me."
"My husbandp people moved thero several lears anter yout left, Theo. Nso
thaniel found work in the bank to chanile found work in the bank toJ
confingn and we came here four yeara
 bewildered surprise.
cetre you nour ; yourd hot have tried to toed mother anyway! Ted sprang to her side and put a
proteeting arm around her.
"What is it, deari?" he tenderis, inquired.
und know yqul all despise me. I
made mother pretend we had more made mother pretend we had more
rooms and the stove ous out of doort
-and we would be taken for Hil Bil Ted took the teapot
ed and weeplag teapot firlom the exction seated her in a charr. Turning to Mrs. Wrison, ha asked:


Mrs. Winson, Detwoen sinnes ana
tears, tota of Janes strugzles of the monrang and of her frears lest beting
found in the old shack with scant
furniture, he pa fooud in the oid shack weth scant
funniture, her parents wooth be looked
down
poon by the great Mrss. Somer At this everybody leoghed and Ted loadest of ally. thats, pluck, Jane. By
George, but you're plecky. Let's have aeorge, but yourre plucky. Let's have
alook at the kitchen that isn't a
kitchen, By tist time Jane was lavghtng witi
the rest
 "anything coolle make Grace Tomplins Then putting her arms around Jane
and pressing a fisso
and the gri's teari
 hosse we lived in our frrst yoar. Is ami
proud of you for Teeds sake.
He will have a helpmeet In one who will not
he balked by obstacles. Come, do be balked by obstacles. Come, do give
mie some more tea ${ }^{\text {P }}$ Practics at Driving.
"FHe is pretty, good at driving atati

 suffering from ravages of worms. They
immediately alter the stomach1 condi.
tions under which the worms subsist and and unive them from the symstem, sata and at
the same time, they are torical in their
eff sut
ent
 suring imm inuaty from furather disorders
from such a cause.

FOOD FOR THE AGED.

## Some Diot Rules For Those Who Are

 Libraries have been written on dietsfor business men and actresses, but Ror business men and actresses, but
itttle thought tas been given what aged
poople shonld eat. "Syperintendents of homes for that aged shormantansoltate
ignorance of the diet that senile ignorance of the diet that senile
changes neeessitate, write
Nasher It It L
In the Medical Review of ReWith advancing age there is less strength and activitt. Fore these reeas
sons the amount of food should be $d$ minished. The loss of teeth in old age
is naturess signal that an aged person
and is nature's signal that an aged person
shoonl no longer eat meat the only
food that needs to be thoroughly masticated. "It is not necessary suddenly
to discontinue the use of meat. There should be a \& gradual reduction, and
only the light meat of yount animals
ond only the light meat or you,
and fowl should be taken."
There is no There is no definitely prescribed diet
for ord age, but there are a pew rules
that can , be followed: The total that can be followed: The total
amount of food must be diminished. ct must be thoroughly cooked and fine moch cellolose should be freely ussed.
Foods shoold be given in a liquiu, semi. Higuid or mush form, and dry foods
shoold be avoldeed Foooss shoula not be given at s.
or five hours.

Children Cry
CASTAORIA

## ROLL OF HONOR

Men From Watford
and Vicinity Serving Vicinity Serv
The Empire
 Phos. . Switt reported Missing ord, Brary B Binks, L Gann Nowell.
Eilled in sation, Arthur Owens, $\mathbb{P}$




 Hardy.

Gerald H Brown ${ }_{18 \text { Br }}$ BATTALIOM







 Wm. Mitchell, Jotrink Howard


 Sopt. 15, 1916, Alf. Bullouhb.
A., Corp. V. W. Willoughys.


 J. Tomin ${ }^{\text {ENGINRERS }}$


 3RD RESRRER Battiery, c.p,A Alfred Leori Clagton O. Funler, killed in action
pril 18th, 1917 . 196тн Batт.
 R. H. Trenoutb, billed in actiod
no May 8th, 1917 ; Murray M. Mor 142xd battanion Austin Potter. GUNNER Russ. G. Clark. John J Brown . ... .v. R.

 Roy E. Actop. ${ }^{98 \text { trin }}$ battahon
 Harold D. Robinson Waltor A. Restorick. Lieut. M. R. J. James

 TTNE TABLE
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GUIDE-ADVOCATE, W ATFORD, FEBRUARY 22, 191


Made the Supreme Sacrifice Watroord and Vicisnty
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WATFORD, ONT., BRANCH
F. A. MacLEAN, Manager.
 with other papers in in Ontario, now makes a ocharge for all notiocos insert ed of Coming Events, whother à Under this head comes all noticices ol Churras.
Lodge and Socioty Meetings and

Women' Instituto
Ohristmas Creos
Farmers' Clubs
Marmerr
Rod Croses meeting
Any Coming Event.
Wive cantse per line. Minimum oharge

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4 Rogal Reception by Epvorth League







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 HARD ON BABY
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 Total expenititer
 Petrolia Boy Writes of Food Scarcity






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 COMES HAVING THESE THNGS ONO HAND MAY

J. W. McLAREN
drugaist thósexall stane stationer

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