

WOMEN OF MIDDLE AGE

Need Help to Pass the Crisis Safely—Proof that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.

Urbana, Ill.—"During Change of Life, in addition to its annoying symptoms, I had an attack of grippe which lasted all winter and left me in a weakened condition. I felt at times that I would never be well again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, so I told my doctor I would try it. I soon began to gain in strength and the annoying symptoms disappeared and your Vegetable Compound has made me a well, strong woman so I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life."—Mrs. FRANK HENSON, 1316 S. Orchard St., Urbana, Ill.

Women who suffer from nervousness, "heat flashes," backache, headaches and "the blues" should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

Guide-Advocate

Watford, Ont.
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W. C. AYLESWORTH, Publisher.
T. HARRIS, Editor.

Guide-Advocate

WATFORD, SEPTEMBER 13, 1918

NOTE AND COMMENT

About the only sure-thing bet in this world of chance is to place your money on the locomotive when it is racing an automobile to a crossing.

The Marne may be a little river, but it has had great floods of bitterness for Germany.—Sydney Record

Satan ought to get busy at once and enlarge his quarters, for a captured German officer says the motto of the Prussians is, "We will win this war or go to hell."

In England they say: "Every shilling wasted stabs a soldier in the back." Substitute the word "quarter" for shilling and the saying can be applied with equal force to Canada.

Aylmer Express: Here is a pointer the Express is asked to give small families who find they do not use a loaf of bread before it becomes dry and hard. Put a cup or other small vessel of boiling water into the bread tin or crock, which later should have a close cover. Renew the boiling water every day. The steam is said to do wonders in keeping fresh both bread and cake. Try it. The experi-

How's This?

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 from 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 for testimonials, free.
F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

ment will at least cost you nothing.

Brantford Expositor: The recent action of the Union Government in securing the creation of a separate Canadian Air-Force, and also in deciding to send a Canadian force to Siberia, would seem to indicate that somebody is steadily on the job and that there is a possible and reasonable explanation of Premier Borden's long sojourn in England.

According to newspaper reports the old time-worn customs of giving indiscriminate Christmas boxes at Yuletide is to be abolished in a good many cities of the United States. The only ones to receive the blessings of Santa Claus will be the children. The money that would otherwise be wasted in the habit of hawking and exchange will go to buy comforts for lads in khaki. It is a good idea, and should be taken up by the whole continent. Christmas giving has grown in a good many cases to be a curse instead of a blessing. If anybody in this universe is deserving of a little remembrance at Christmas it is the boy "over there."

Made the Supreme Sacrifice

WATFORD AND VICINITY
Lt.-Col. R. G. Kelly
Capt. Thos. L. Swift
Sergt.-Major L. G. Newell
Pte. Alfred Woodward
Pte. Percy Mitchell
Pte. R. Whalton
Pte. Thos. Lamb
Pte. 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.
Bandman A. I. Small

MEN WHO ENLISTED IN

149 BATT. AT WATFORD
Lieut. W. H. Smyth, Headquarters Ottawa.
Lieut. R. D. Swift, Scout Officer.
Sergt. W. D. Lamb
Sergt. M. W. Davies
Sergt. S. H. Hawkins
Sergt. E. A. Dodds
Sergt. W. C. McKinnon
Sergt. Geo. Gibbs
Sergt. H. Murphy
Sergt. C. F. Roche
Corp. W. M. Bruce
Corp. J. C. Anderson
Corp. J. Menzies
Corp. S. E. Dodds
Corp. H. Cooper
Corp. C. Killen
Corp. C. E. Sisson.
L. Corp. A. I. Small
E. Q. S.—B. C. Culley
C. S.—C. McCormick
Pte. Frank Wiley.
Pte. A. Banks
Pte. F. Collins
Pte. A. Dempsey
Pte. J. R. Garrett
Pte. H. Jamieson
Pte. C. Lawrence
Pte. R. J. Lawrence
Pte. C. F. Lang
Pte. W. C. Pearce
Pte. T. E. Stillwell
Pte. A. H. Lewis, Band
Pte. G. A. Parker
Pte. A. C. Stillwell
Pte. W. J. Saunders
Pte. Bert Saunders
Pte. A. Armond
Pte. W. C. Aylesworth, Band
Pte. R. Clark, Bugler
Pte. S. L. McClung
Pte. J. McClung
Pte. C. Atchison
Pte. H. J. McFeley
Pte. H. B. Hubbard
Pte. G. Young
Pte. D. Bennett
Pte. F. J. Russell
Pte. E. Mayes
Pte. C. Hawtrett
Pte. S. Graham
Pte. W. Palmer
Pte. H. Thomas
Pte. F. Thomas
Pte. B. Trenouth
Pte. E. A. Shaumessy
Pte. W. Zavitt
Pte. W. J. Sayers
Pte. Lot Nicholls
Pte. John Lamb
Pte. Eston Fowler
Pte. E. Cooper.
Pte. F. A. Conne ly.
Pte. F. Whitman.
Pte. Edgar Oke.
Pte. White.
Pte. McGarrity.
Pte. Wilson.
Pte. Richard Watson, Can. Engineer
Pte. L. H. Aylesworth, Band.

If the name of your soldier boy does not appear in this column, kindly notify us and it will be placed there.

'I'M SO SURPRISED!'

Occasion When Etiquette Ordains This Expression.

And Chief Time Is When People Plan a Visit In Force to Some Neighbor Who Is Not Supposed to Expect It.

Following upon the first frost each winter there is a fresh breaking out in the real old rural districts of what is known as the "surprise party fever," the disappearance of which comes only with spring flowers, spring work, spring weather, and spring fever.

Surprise parties have a deeper significance in the country, where they are accompanied by sleigh rides, molasses candy pulls, and other side issues, than they have in the city, but the city neighbor does not escape the surprise party epidemic altogether.

The most surprising feature of the surprise party, to the uninitiated, is usually that it is seldom a "surprise." Some good neighbor, who fears some other good neighbor will steal her thunder, conveys the news of the much-heralded event to the object of the plan, who in turn says nothing but prepares for the occasion—of course, knowing nothing about it—and thus the plot thickens.

The bed is moved from the front room downstairs. The husband may suspect something, but he says nothing. The broom piles its way to the remote corners of the house, propelled by one-woman power, and dust, dirt, and cobwebs disappear from the face of the earth—or at least from that immediate portion of the earth.

Susie's room is fixed up as a place for the women to store their wraps, and the upper spare room has the frost drawn out by an oil stove, so the men will have a place to put their overcoats, overshoes, and hats, and also a place to smoke.

Arriving on the scene, the spokesman and chief instigator beats a tattoo on the front door. The victim throws open the door, takes in the situation, clasps her right hand over her mouth, utters a much-rehearsed gasp, and falls back into the best rocker, murmuring a semiaudible "I'm so surprised!" The party is from that moment a good success and forty-five of the fifty present believe it is.

In half an hour the husband, who is the party of the second part in the scheme, comes down the back stairs, dressed in his best, having finished putting out the horses for the visitors. He now falls in line with the general plan and admits that, although he had a sneaking suspicion there was something up, he still was in the dark as to the time it would happen.

The evening passes and the supper hour arrives, bringing with it the climax of the event. Two or three men are seen to draw toward the door, at the same time wearing an embarrassed grin. They presently return, dragging in a brand-new table, a present, toward the coat of which those present have contributed a dollar each. The minister or the school teacher is called upon to present the gift—not for the mark of friendship it conveys—and this is followed by the recipient making known that she is too affected to reply and the climax of the evening is passed.

When supper is over and it is time to go home you start on the return trip, and on the way are told the party was gotten up by the one who received the gift, and as you ponder over the working out of a well-planned affair you are led to wonder, after all, whose surprise party it really was.—Knickerbocker Press.

German Salute British.
"During my first few days in London I had an experience that was humorous and seemingly anomalous until I got an explanation," said a Red Cross worker who returned recently to the United States. "The mountain republic is filled with interned soldiers from both sides, and I went about a good deal with a British officer in charge of many British prisoners."

"Is he a German?" civilians whispered to one another as we walked to our hotels. The Britisher was literally bombarded with salutes from German soldiers, and at the outset it became embarrassing for him. But his embarrassment could not continue long, as the salutes were too frequent. Soon he was acknowledging them as mechanically as if he had been walking through the streets of London.

"The matter was made plain to me when later I found out that it is the rule in Switzerland that soldiers of all armies salute officers of all armies. German discipline did the rest."

Threshing gangs may use meat every day.
Mr. Robert Morris of Harrington, sold \$85 worth of early harvest potatoes off a quarter an acre of ground.



The Pandora Brings Relief

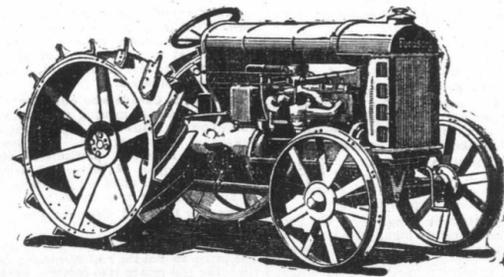
You won't know the relief in store for you, and the new pleasure in life too, until you have a Pandora range set up in your kitchen—daylight oven, thermometer on the oven door that banishes the guess from your baking—a hundred conveniences in cooking and kitchen work all combined in one range—the Pandora.

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McClary's Pandora Range

London Toronto Montreal Winnipeg Vancouver
St. John, N.B. Hamilton Calgary Edmonton Saskatoon

Fordson Tractor



\$975.00

F. O. B., Watford

R. Morningstar
Watford, Ont.

"The Victrola"

Every musical longing is easily satisfied when there is a Victrola in your home.

Finished in various sizes and models and at prices that makes it attainable in every home. You may take your choice of the models, feeling assured that you are securing an instrument that will bring you a perfect rendition of any music you want to hear. If you haven't a Victrola in your home, it is because you don't know how perfectly it will bring you to you all the music you like best.

We will be pleased to demonstrate any of these Victrolas and will gladly play for you any music you wish to hear. Large assortment of Records always kept in stock—and if we haven't the Records you want, we can get them for you very quickly.

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