

THE CHARM OF MOTHERHOOD

Enhanced By Perfect Physical Health.

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, and with ample time in which to prepare, women will persist in going blindly to the trial.

Every woman at this time should rely upon Lydia E. Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



Guide-Advocate

Watford, Ont.
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HARRIS & CO.
 PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
 WATFORD, AUGUST 20, 1915.

NOTE AND COMMENT

Ten million men in the German army and navy service to-day! Should we wonder why more recruits are needed in Canada?

Anybody who proposes peace at the present moment is classified by the act as a pro-German. It is only the Germans who have anything to gain at the present time by peace. Those who are busy insinuating peace proposals had better consider their position if they wish to retain the confidence of the allies.

The saner element in the German nation is beginning to assert itself. There is a campaign going on to suppress the "Hymn of Hate," of which decent Germans have always been rather ashamed. The whole sane section of the socialist party is campaigning against the policy of annexation which the militarists swear by. A prodigal nation may come to its senses amid swine and the husks as well as a prodigal son.

A reduction of \$200,000 in the outlay on road construction in Ontario under the Good Roads Act this season, is indicated by the estimates submitted to W. A. McLean, provincial engineer of highways, by the score of counties interested. Last year the actual expenditure on road construction was \$847,000, of which the Government contributed one-third. The estimates this year provide an outlay of only \$640,000. This amount may be exceeded, but the department puts the limit under \$700,000.

Westminster Gazette.—Our young men are not falling in the field, and our workmen will not fall in the factory. We are not in a state of alarm and discouragement because the Germans have got to Lemberg; we are not wringing our hands because temporarily there is a deadlock in the western arena. We are doing our utmost to make ourselves as we are a naval power, and, though no other nation has ever accomplished that feat in the history of Europe, we mean to do it. Of course we make mistakes, and, of course, our accomplishments fall short as yet of our hopes and expectations. But we set no limit to our effort except what is enough, and we shall not weary until in concert with our allies we have achieved our purpose.

A correspondent of the Toronto Globe writes: I read an article in the Globe on Monday last deploring the apathy of a large number of young men and those the best fitted in every sense of the word toward enlistment. This crass indifference to the critical condition in which our Empire finds itself at the present moment is indicative to me of something far more alarming and much deeper than appears on the surface; it is to my thinking a sort of dry rot, deadness of soul, the result of having things come too easily, and their acceptance as the merest matter of course. The freedom and prosperity which these same young men enjoy and hold in such slight esteem were won by young men who had not a tithes of their advantages in civilization or education, nor in sport, but who valued the liberty which has made these things possible in our day as something worth dying for, and who did not count the cost. Is there any way of awakening these young men to a sense of their attitude?

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.
 F. J. CHENEY & CO., Toledo, O.
 We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.
NATIONAL BANK OF COMMERCE,
 Toledo, O.
 Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.
 Take Hall's Family Pills for constipation.

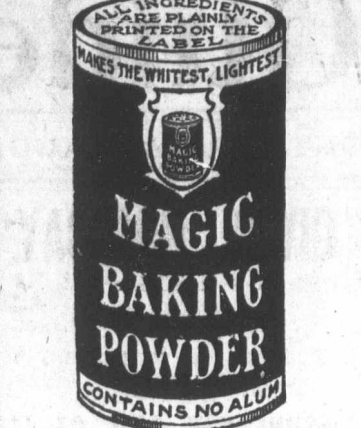
HOME HINTS

Few people realize how wholesome grape fruit is. The Americans in Ohio and Michigan use them almost as much as oranges. In them we get the natural quinine that our system often requires. A friend of mine (a doctor's wife) uses the rind in this way: cut it into a pitcher; pour water in it, and after standing a few days, take it before meals as a healthful tonic. The way I like grape fruit, and I think it very pleasant to taste, is to quarter and cut to get the rind off easier; then cut inside in small pieces in glass dish, sprinkled to taste with sugar. Let stand one hour or so, then pour about a coffee cup of cold water over; stir well and set away until wanted to serve either as a dessert or sauce.

Make your rural house beautiful. Lay out spacious grounds around the farm house, plant shade trees, lay gravel roads and plant flowers. Don't lay up all your net earnings for the benefit of your heirs and lawyers, but spend some of it in beautifying your home. The farmer who always shuts his eyes to the aesthetic features of his life and screws himself down to the task of making money, loses a large portion, and the biggest portion too, of his existence. His home should be an attraction to himself, to his wife, and above all to his children. Unpleasant homes in too many instances drive the sons of farmers to the towns, to excitement and dissipation and to wreck. Such sons do not generally leave pleasant homes.

What are you doing to build up your own town? Are you doing anything? "Honest Injun," now what are you doing? Your property is here, your business probably is here, your heart even is here, when you come to think of it. Every dollar added to the value of the town adds something to what you personally are worth. If there is a town

NO ALUM



in Canada worthy of the pride and interest of its citizens it surely is this town. What are you doing towards making it grow larger, to grow better, to grow more beautiful or more desirable as a place of residence? Are you doing the slightest thing? Are you as much as restraining from abusing those of your neighbors who are working, one way or another, in it's best interest? Do you even make it a point to buy your goods at home where competition is keen, stocks large and prices low? Finally, do you ever think about this matter at all? The village's interests are your interests; it's property is your prosperity, and it's pride ought to be your pride. Is it? And, if not, is it simply because you have never thought about the matter in this light? Think now. Straight and honest thought on this matter is not merely important, it is vital.

WATFORD PEOPLE PRAISE SIMPLE MIXTURE

Many in Watford praise the simple mixture of buckthorn bark, glycerine, etc., known as Adler-I-ka. This remedy is the most THOROUGH bowel cleanser ever sold being even used successfully in appendicitis. ONE SPOONFUL relieves almost ANY CASE of constipation, sour or gassy stomach. ONE MINUTE after you take it the gasses rumble and pass out. Adler-I-ka cannot gripe and the INSTANT action is surprising. Taylor & Son, druggists.

What Britain is Doing

A striking tribute is paid to the part Great Britain has played in the war, which shows how she is bending her energies to the colossal task, by the Chicago Daily News. It enumerates these things:
 1—Holding the seas for the ships of her Allies as well as for her own.
 2—Protecting the coasts of her Allies as well as her own.
 3—Struggling in co-operation with the French to smash the Turks and win the Balkans for the Allied cause.
 4—The rendering of great aid to the French and Belgian troops in resisting the terrible onslaughts of the Germans on the Allied left wing.
 5—Making loans and supplying munitions to nearly all her partners in the war.
 6—Pursuing a financial policy in Southeastern Europe likely to promote the cause of the nationalities.
 7—Putting into the field more than ten times as many men as she ever promised.
 8—Guarding her own soil and people against an invasion, which, if it came—and it is believed to be far from impossible—doubtless would be the most savage, the most unsparring, ever known. With how many men? Well, with enough. To hear some people talk one would suppose that upon Britain was laid the duty of defending every land but her own."
 There are those in Britain and Canada who are disposed to find fault because more has not been accomplished. Independent testimony like the foregoing ought to be convincing evidence that Britain is doing her part well.

The Pill That Brings Relief.—When, after one has partaken of a meal he is oppressed by feelings of fullness and pains in the stomach he suffers from dyspepsia, which will persist if it be not dealt with. Parmelee's Vegetable Pills are the very best medicine that can be taken to bring relief. These pills are specially compounded to deal with dyspepsia, and their sterling qualities in this respect can be vouched for by legions of users.
 At the present time over 80 per cent. of the women in Great Britain are engaged either in voluntary work or in professional or industrial work.

Furniture That Satisfies

Is our hobby, and we know that our showing will please you, no matter how exacting your taste may be. We have the very NEWEST DESIGNS in

BUFFETS, SIDEBOARDS, CABINETS, N PARLOR, DINING AND BEDROOM GOODS

If you need a new piece of furniture kindly call and see our spring stock.
 PORCH AND LAWN CHAIRS are now required. Let us show you what we can do in this line.

Our Furniture is a delight to those who admire good goods.
 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 UNDERTAKERS

'DETROIT' VAPOR GASOLINE STOVES

WORK LIKE CITY GAS

\$32.00 \$17.00

SEE THESE BEFORE YOU BUY

THE N. B. HOWDEN ESTATE
 "NEW PERFECTION" AND CLARK'S "JEWEL" OIL STOVES

WESTERN FAIR LONDON CANADA

SEPT. 10th - 18th 1915

\$30,000 IN PRIZES and Attractions

Prizes increased this year by \$3,000.00.
 Excellent Program of Attractions Twice Daily.
 Two Speed Events Daily.
 Fireworks Every Night.
 New Steel Grandstand.
 Midway Better Than Ever.

MUSIC BY THE BEST AVAILABLE BANDS

SINGLE FARE OVER ALL RAILWAYS WEST of Toronto, and Fare and One-Third from outside points.

Prize Lists, Entry Forms, and all information from the Secretary.
 W. J. REID, President. A. M. HUNT, Secretary.

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, 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 range with pure reservoir stamped

McCormick

Panoramic

Range reservoir enough and preserving. See SOLD BY T.

SEE THE RANGE

It has many found on the

THE CLIMAX steel range of t is more like silver and the steel is a remain that color

IT IS A PLEASURE TO SHO

T. DODD

The Guide

JOB P DEPAR

YOUR ORD

ALL WORK SATI

PRICE R

Business men and others should order now, thus securing work during the slack season.

SOCIETIES.

Court Lorne, No. 17 C.O.F.

Regular meetings on Second and Fourth Mondays of each month at 8 o'clock Court Room of Stapleton's store, Main street, Watford.
 B. Smith, C. R.
 J. H. R. Sec., J. K. Collier, F. Sec.