

ELDERLY WOMEN SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis.—"I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 45 and had the Change of Life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other ladies."



—Mrs. MARY RIDGWAY, Durand, Wis.
A Massachusetts Woman Writes: Blackstone, Mass.—"My troubles were from my age, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well."

—Mrs. PIERRE COURNOYER, Box 239, Blackstone, Mass.
Such warning symptoms as sense of suffocation, hot flashes, headaches, back-aches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

Guide-Advocate

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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, AUGUST 18, 1916

NOTE AND COMMENT

London Daily News—In a glossary of terms in common use in the British army a German comic paper says that "Tipperary is a comparatively unimportant town in Ireland, interesting only for the peculiarity that it is a long way from every other place on the map."

The problem in Mexico can scarcely be regarded as threatening real war in any event. Mexico can be easily cut off from military supplies, its army cannot put down mere bandit bands, it is bankrupt, weakened by years of want, oppression and bloody turmoil. If intervention should come, the task of the United States army would be similar to the pacification of the Filipinos. There will be few real stand-up battles. Its work will be the performance of a rough kind of police duty.

Captain French, with two sergeants and four constables of the Northwest Mounted Police, is preparing to start on an expedition into the Arctic regions in search of Eskimos who murdered Radford and Street, the explorers, two years ago. The trip, it is expected, will occupy three years, and may be full of danger. The prospects are, nevertheless, that it will be crowned with success. The Mounted Police never let a murderer escape in their territory. The chase is invariably maintained until the shedders of blood are brought to justice or perish in the wilderness. That is why far northern Canada is a pretty safe country to travel in.

One of the features of the Federation of Empire pageant at the Canadian National Exhibition this year will be a living flag, 150 x 100 feet,

which will be unfurled at a moment when it will seemingly put a great loyal seal on "Federation" just prophetically proclaimed from the House of Parliament, which will form part of the background for the patriotic pageant. Several of the Colonies and Overseas Dominions, which will be represented in the Federation procession have sent greetings to Dr. Orr and best wishes for the success of the Exhibition, together with official flags to be carried at the head of the contingent representing them.

Education and Crime

In a recent issue of the Star of Hope, a publication written, printed and published by the convicts of the Sing Sing prison, appears an editorial under the heading of "Illiteracy and Crime," which presents some very pertinent statistics and draws the conclusion that "industrial inefficiency seems to be a primary cause of crime." The conclusion is based upon the theory that the educated man or woman is able to do something which pays better than crime, but rests fundamentally upon the principle that education develops conscience and morality in character which in nearly all cases is an inseparable part of education.

Female munition workers in France average \$1.15 in wages.

The queen of Belgium often visits the men in the trenches.

Gear wheels to be connected to the front wheels of an automobile have been invented to make a car lit its own top whenever the driver desires.

To meet the increasing demand for women to run automobiles, there have been opened in London several schools where the women are taught to run the machines and also to be able to take the engine apart if necessary.

CATARRH CANNOT BE CURED

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

All Sorts of Items

Everybody's business is the gossip's business.

Printers may be fond of cake, but they do not like pi.

It's easy to be a philosopher if you have a good income.

A woman's teeth usurp the functions of her tongue, when they chatter.

It is surprising how much work a man can find to do that he doesn't want to do.

Some men are anxious to earn money—and others are anxious merely to get it.

Keep your hand on your pocket book when a man begins to pat you on the back.

Widows are successful in handling men because they know exactly what not to do.

Many a matrimonial failure is due to the mistaken idea that two can live as cheaply as one.

But a man never has the same interest in life after he loses the principal he has in the bank.

It is easier to elect a good man to office than it is to get him to stay good after he is elected.

It's the easiest thing in the world to become a cynic. All you have to do is to put the lid on your sentiment and nail it down.

Electric lights mounted on a new pool table are switched on as ball drops into a pocket.

What has become of the old fashioned woman who used to open a can of peaches when she had company at tea?

Miss Carlotta Ripley, typist for the Portland (Ore.) chamber of commerce, is claimed to be the best typewriter in the United States.

German women who have replaced the men called to the front are now paid the same rate of pay as the men received for the same work.

The master bakers of Auckland, New Zealand, are now asking the courts to allow women and girls to work in any department of their trade.

Cheerful One (to newcomer, on being asked what the trenches are like)—If yer stands up yer gets sniped; if yer keeps down yer gets drowned; if yer moves about yer gets shelled; and if yer stands still yer gets court-martialed for frost-bite.

An editor is a man who carries a pair of scissors in his vest pocket, a lead pencil in his breast pocket and a memorandum book in his coat pocket, and his wealth in somebody else's pocket.

CLASS OF 1916.

Graduation Gown For This Year's Valedictorian.

Irish lace is coming into vogue again. This graduation frock is trimmed with it down the front and about the cuffs.



A PENSIVE MAIDEN.

White voile is the material, the skirt having its double flounce corded twice. A surplice waist takes a crushed girde of wide white velvet ribbon.

YOUR RAINY DAISY.

Dress as Well For Storms as You Would For the Opera.

The up to date business woman refuses to work in unbecoming garments, no matter what the weather may be. Rain or shine, she insists upon looking well dressed, knowing that her appearance is no small part of her success. The time has passed when the efficient worker was content to wear any sort of clothes. She dresses herself for the office just as immaculately as for a drawing room.

An essential to a neat, attractive appearance on a rainy day is some sort of waterproof coat. This need not be a hideous affair of rubber, drab in color, shapeless as to fit. Really smart waterproof coats are to be found in these enlightened times, one seen recently being in pewter gray waterproof tweed, designed to withstand the wildest weather. It was lined with a lovely wedgwood blue shade of silk. The coat buttoned at the top with two large tweed covered buttons, or it could be worn open. It had two capacious pockets at the sides, and the garb was completed by a jaunty and sensible little hat in blue straw, with a gray ribbon and untarnishable steel buckle, and a pair of high waterproof boots.

The whole was a judicious mixture of the picturesque and the practical and proved that we can wear the most perfectly weather resisting garments and still look quite charming on a wet day. The idea that "any old clothes" will do for bad days is quite exploded nowadays.

Bulbous Plants.

Many amateur gardeners when their bulbous plants are through blooming are in great haste to let the bulbs dry out and pull them up. This is a mistake. As soon as crocuses, hyacinths, tulips and narcissuses are through flowering remove blooms and begin a systematic preparation for next season's flowers. It must be known that just after a bulb has finished flowering is the time when it stores up nourishment for the next season, and if the flowers are not to degenerate in a few years the bulbs should be given attention. Give doses of liquid manure once a week for at least a month after the flowering is done and do not neglect to water the dry stocks. In this way one can materially help them to store up food. Rich soil is not necessary for very young plants, as they derive most of their sustenance from the air and moisture. The soil should, however, be kept light and porous.

No warping, bulging or breaking at the centre of heat—the strain is taken up by the two-piece fire-pot which permits no ashes to cling or clog.

McClary's Sunshine Furnace

Let me show you the special features of the Sunshine that help to effect that economy in fuel for which it is noted.
Sold by T. Dodds & Son, Watford, Ont.

TAKAKE

The Harmless but Efficient remedy for Headache, Neuralgia, Anæmia, Sleeplessness, Nervous Exhaustion, &c.

11250 Mark Register 500 AT ALL DRUGGISTS, or by mail from GEORGIAN MFG. CO., COLLINGWOOD, ONT.

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Car 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

Crapping and Rolling Done While You Wait
PHONE 39

HANDSOME, LUXURIOUS FURNITURE

Buffets	Extension Tables	Brass Beds	Iron Beds
Sideboard	Parlor Tables	Walnut Beds	Oak Beds
China Cabinet	Card Tables	Pedestals	Dresser
Chiffonier	Magazine Stands	Child's Rockers	Book Cases
Dressing Table	Jardinere Stands	Bed-Room Chair	Secretaries
Hall Seats	Umbrella Stands	Rocking Chairs	Desks
Morris Chairs	Hall Mirrors	Kitchen Cabinets	Hall Racks
Music Cabinets	Living Room Chairs	Felt Mattresses	Dining Chairs
Parlor Sets	Library tables	Couches	Pictures
Davenport, and anything kept in a first-class furniture store.			

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

Preserving Preparedness!

Everything Necessary for Preserving Season



Preserving Kettles from 15c to \$1.50
Let us show you.

WATFORD'S BUSY HARDWARE STORE

T. DODDS & SON