TO WOMEN

This Woman's Letter Tells You How To Pass The Crisis Safely.

Lascelles, P.Q.—"During the Change of Life I felt so weak and run down I could hardly do my work. The perspiration would pour over my face so that I couldn't see what I was doing. We live on a farm, so there is lots to do, but many who felt as I did would have been in bed. I took Lydia E. Pinkham's Vegetable Compound and it did me a world of good. I tried other remedies but I put Vegetable Compound ahead of them all, and I tell every one I know how much good it has done me."—Mrs. Duncan Brown, Lascelles, Prov. Quebec.

Quebec. Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timelity, sounds in the ear, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appear, weakness and dizziness should be needed by middle-aged women, and let Lydia E. Pinkham's Vegetable Compound carry them safely through this crisis as it did Mrs. Brown.

You we invited to write for free advice No other medicine has been so successful in relieving woman's suffering as hew hydia E. Pinkham's Vegetable Corafiduid. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass.

西路路路路路路 "Lest We Forget"

Made the Supreme Sacrifice

WATFORD AND VICINITY Capt. Thos. L. Swift
Sergt.-Major L. G. Newell
Pte. Alfred Woodward
Pte. Percy Mitchell
Pte. R. Whalton
Pte. Thos. Lambt

Pte. R. Whalton
Pte. Thos. Lamb;
The J. Ward
Pte. J. Ward
Pte. J. Gordon Patterson
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.
Bandsman A. I. Small
Capt. Ernest W. Lawrence.
Lieut. Leonard Crup
Pte. John Richard Williamson
Lieut. Chas. R. Hillis
Lieut. Gerald I. Taylor.
Pte. Charles Lawrence

Pte. Charles Lawrence Lieut. Basil J. Roche Pte. Alfred Bullough. **股股股股股股股**

State of Ohio, City of Toledo,
Lucas County, ss.
Frank J. Cheuey makes oath that he
is senior partner of the firm of F. 7.
Cheney & Co., doing business in the
City of Toledo, County and State aforesaid, and that said firm will pay the
sum of ONE HUNDRED DOLLARS for
each and every case of Catarrh, that each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE. FRANK J.

CATARRH MEDICINE, FRANK J.
CHENEY
Sworn to before me and subscribed in my presence, this 6th day of December, A. D., 386. A. W. GLEASON, (Seal)
Notary Public, Hall's Catarrh Medicine is taken internally and eats through the Blood on the

ally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free.

F. J. CHENEY & Co., Toledo, O. Sold by all druggists, 75c.

Hell's Family Pills for constipation.

"How do you make such good, wholesome, tasty bread day after day ?"

We are often asked this question. The answer is simple. We use only the very best goods— Five Roses Flour, Fleischmans Yeast, Malt Extract, Granulated Sugar, Fine Salt and Pure Lard, mixed in a mixer by Hydro power, and a knowledge of know how. That's our answer.

Have you tried a Loaf?

F. H. Lovell's

BAKERY & CONFECTIONERY.

As a vermifuge there is nothing so potent as Mother Graves' Worm Exterm-inator, and it can be given to the most delicate child without feat of injury to

Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY ription \$1.50 per annum in advance, \$2.00 in advance to the United States.

ADVERTISING RATES. ison inches within a year to cents per inch.

Changes to suit advertisers if copy of change is in printer's hands by Tuesday noon.

LEGAL ADVERTISING:— 1st insertion per line, to cents, subsequent insertions 5, cents per line. Agate measure 14 lines to the inch.

Short Periods 20 to 25 cents per inch.

Business Cards-One inch and under, year \$2.00. AUCTIONEER CARDS—One inch \$5.00 LOCALS— 10 cents per line each LOCALS— 10 cents per line each insertion Miminum Charge 25 cents.

W. C. AYLESWORTH, Publisher.

T. HARRIS, Editor.

Guide-Advocate

WATFORD, APRIL 30, 1920.

ARE WE INSOLVENT? Startling Statement Made by Prof.

Cudmore. That Canada, at the present moment was, if based on the same footing as a private corporation, insol-

vent, was the statement of Prof. S. A. Cudmore, of the Federal Bureau of Statistics, before the National Council

on Education recently.

The Dominion debt, he said, was larger than that of the United States after the Civil War, and this in spite of the fact that the United States at that time had three times the present population of Canada. The Dominion Government in 1914 sus-Dominion Government in 1914 sus-pended the meeting of Dominion notes in gold, and if asked to-day to meet the obligations it could not do meet the obligations it could not do so. "If a private corporation was in the same position it would be declared bankrupt, but the Government, being the Government, does not have to do this," he said. He quoted statistics showing the huge increase in the national debt, the interest upon which represented \$100 per year for every family in Canada.

Bishop Richardson, New Bruns-

every family in Canada.

Bishop Richardson, New Brunswick, and Prof. W. H. Vance, Vancouver, both disagreed entirely with Prof. Cudmore, and pointed out that his views were in no way representative of the feelings of the delegates. "You might as well say Great "You might as well say Great

gates. "You might as well say Great Britain is bankrupt because she is suspending the meeting of her treasury notes," said Bishop Richardson. "It is high time the people of Canada realized the position in which they are in. I do not think the extravagance which has prevailed in this country during the last year could be practiced by any private concern if they wanted to go on," said Prof. Cudmore, when the question of publishing his speech was raised. The experts who had dealt The experts who had dealt with the subject since the publication of Prof. Cudmore's sensational speech have mostly agreed that his view was incorrect.

A Picturesque Hon

In contrast to the many charms of Cape Breton's rugged scenery are its placid fresh water ponds, which are separated from the sea by a few yards of beach and low bank. These lonely waters are frequented by wild

ducks, and the fishes are safe from the prowling tourist. Within a few minutes walk of each within a few minutes walk of each other are three of these ponds, all owned by Dr. Alexander Graham Bell and his family. Each pond has a distinct interest of its own. The first is walled by a steep, and densely wooded hill, and the fleecy clouds are reflected in its dark depths, while

in a shady corner is a patch of white water lilies.

On the edge of the middle pond is moored a house boat which is fitted with modern comforts, and is the re-treat of Dr. Bell when he wishes to meditate in seclusion. Here ends a line of telephone which winds through the forest connecting its inventor with his home on the point. On the sea beach, in front of the house boat we saw several harmless brown snakes enjoying the sunny solitude. Round this pond which harbors the boat, a rustic path winds into the woods and up the mountain,

into the woods and up the mountain, sometimes crossed by one of the innumerable rills which feed the ponds. The third pond differs in scenic grandeur from the other two. In the background a lofty white cliff stands like a sentinel over the stillness. It is called Lot's Wife.

Tiny streams of the overflow trickle across the beach into the Great Bras d'Or which is really an arm of the Atlantic, for Cape Breton is an the Atlantic, for Cape Breton is an island into which the ocean drives its great tentacles where they are called lakes. One arm, the Strait of Canso, embraces the island, thus severing it from the mainland of Nova Scotia.

WINTER IN QUEBEC.

A Sporting Centre for Lovers of the

Cold. Quebec is beautiful both in winter and summer, but possibly its charm is greatest when King Winter has spread his ermine over the historic heights and the Citadel and when the great ice fleets flow and ebb each days in the majestic St. Lawrence.

The old city has real winter weather with dry hard snow. On Satur-

The old city has real winter weather, with dry, hard snow. On Saturdays and Sundays particularly thousands of its citizens don their skis or snowshoes and take long trips through the picturesque country or throng the great toboggan slide on bufferin Terrace. Here they enlow nrong the great toboggan slide on Dufferin Terrace. Here they enjoy the wild rush from the top of the slide, near the king's bastion of the famous old fort which Montgomery and Arnold valuity endeavored to capture away back in 1775.

Although the Norwegies ski here

capture away back in 1775.

Although the Norwegian ski has become very popular in Canada during the last few years, the snowshoe still numbers its devotees by thousands. The American Indian is generally credited with having devised the snowshoe; the early Franch. craity credited with naving devised the snowshoe; the early French Canadians were not slow in adopting it as a means of crossing wide stretches of deep snow, and their numerous descendants in Quebec are experts in its use to-day. One of the most flourishing organi-

zations in Quebec devoted to winter sports is the Union Canadienne des Racquetteurs, which was a conspicuous feature of the great parade through the city on February 14, when two thousand snowshoers were in line, and of the church parade

The sport loving people of Quebec, like those of other cities, have their work to do each day, and such big snowshoe parades as that of February 14 are staged at night. On this occasion an army of snowshoers formed in line at the drill hall and, dressed in their picturesque costumes, parad-

ed through the principal streets.

One of the favorite resorts is the Dufferin Terrace toboggan slide. The big slide is a beautiful spectacle at night, when it is thronged with pic-turesquely costumed tobogganists of both sexes and when the brilliant lights are reflected from snow and ice. The total length of the slide from high up on the shoulder of the Citadel to the snow embankment terminus near the Chateau is a quarter of a mile. There are three tracks, between which are partitions of ice six inches high, so that no matter if the tobogganist does the quarter of a mile in twenty seconds there is no danger of collision or of being thrown out of the particular groove in which he is sliding. Every day eighteen barrels of water are sprinkled upon the tracks, so that each one is a glare of ice, and very swift. The toboggans line up three abreast at the top of the slide, where they are held by steel triggers. When all are ready the triggers are released, and down the steen descent the three todown the steep descent the three to-boggans rush at forty miles an hour. Because of its hilly character Que-

bec is an ideal place for ski running and jumping. The glacis of the old Citadel is high and steep, and on Saturday afternoons and Sundays is a favorite rendezvous for lovers of this thrilling sport. The pretty, red-cheeked French-Canadian girls are clever and daring skiers. Four of them abreast, holding hands and looking like colored paper dolls against the white snow, glide down the long slope of the glacis at high speed without mishap. Now and then they get tangled up at the bottom of the slope and tumble in a heap, but this only adds to the fun. The only really difficult thing about skiing is getting up after a spill into the deep snow, for skis are very long and unwieldy, and in the language of the old song

When you're up, you're up, And when you're down, you're down. But when you're only half-way up You're neither up nor down!

Envied by all the other enthusiasts are the ski jumpers, who make long and hazardous flights through the air from some high take-off and even loop the loop on some slide par-ticularly fitted for this thrilling per-

Canadian Tobacco.

In order to investigate the possibilities of overseas tobacco markets, Mr. F. Charlan, chief of the tobacco Mr. F. Charlan, chief of the tobacco division, is being sent to England and France by the Department of Agriculture, to interview tobacco manufacturers there. His object is to find out exactly what quality of tobacco would be most suitable to British and French requirements, and what quantities could be absorbed by those countries. This information will it is expected be of great value to Canadian tobacco growers in determining the acreage and character termining the acreage and character of their crop this year.

Quite Safe.

its great tentacles where they are called lakes. One arm, the Strait of Canso, embraces the island, thus severing it from the mainland of Nova Scotia.

Por Asthma and Catarri.—It is one of the chief recommendations of Dr. Thomas' Relectric Oil that it can be used internally with as much success as it can outwardly. Sufferers from asthma and catarrh will find that the Oil when used according to directions will give immediate relief. Many sufferers from these ailments have found relief in the Oil and have sent testimonials.

Quite Safe.

An old lady was going down a coal mine for the first time in her life. As the cage slowly descended she noticed how she and the rest of the party were dependent upon a single rope for safety. "Do you think it is quite safe?" she asked a brawny miner, who was accompanying the rope: "Don't you fear, mum," was the reply. "You're quite safe. These actly twelve months, and this one tin't due to be renewed till to-morrow."

We have a splendid range of Singer sewing machines—all priced most reasonably. You probably need a new machine this spring-come in this week and see ours.

Have you Hydro or Delco in your home?

See our Special Electric Sewing Machine. It's so pleasing and handy, attaches to any light socket and consumes very little current. Same price as other models. Come in and see it—it's worth while.

A couple of Second-hand Machines in excellent repair rill be sold at a bargain to an immediate buyer

HARPER BROS

Funeral Directors

Fine Furniture

PLUMBING and TINSMITHING

I have moved my Plumbing and Tinsmithing business from T. Dodds & Son's hardware store to more convenient premises 3 doors south. Your orders are solicited and will receive my best attention.

EDWARD MACKNESS

Phone 105

WATFORD

A permanent roof at a moderate cost

you are going to erect a home, store, factory, garage or other building with a slanting roof upon which an attractive, permanent covering is desired at a moderate cost you will find that Brantford Crystal Roofing meets your requirements.

This roofing is comprised of felt, asphalt and crushed crystals of quarry slate and weighs 80 to 85 lbs. per square. Its extra weight will give you an idea of its durability and permanency.

Brantford Crystal Roofing is sold in reddish brown and dark green, which are the natural, unfadeable colors of its crushed slate surface. This roofing adds beauty to any roof covered with it. Being in rolls and pliable it is very easily and quickly laid, which is an advantage when the need is urgent, labor so scarce and wages so

Brantford Crystal Roofing

is non-absorbent and therefore completely water-proof. It makes a solid, permanent roof which is proof against rain, snow, frost and heat. Flying embers and clouds of sparks may fall on its crush-ed slate surface but they harmlessly die out without ed slate surface but they harmlessly die out without injuring the roofing.

For further information, prices, etc., apply to our

Brantford Roofing Co.Limited

Head Office and Factory, Brantford, Canada , Branches at Toronto, Montreal, Halifax

For Sale by Geo. Chambers Estate

USE THE GUIDE-ADVOCATE "WANT COLUMN"