

## THE JOY OF MOTHERHOOD

**Came to this Woman after Taking Lydia E. Pinkham's Vegetable Compound to Restore Her Health**

Ellensburg, Wash.—“After I was married I was not well for a long time and a good deal of the time was not able to go about. Our greatest desire was to have a child in our home and one day my husband came back from town with a bottle of Lydia E. Pinkham's Vegetable Compound and wanted me to try it. It brought relief from my troubles. I improved in health so I could do my housework; we now have a little one, all of which I owe to Lydia E. Pinkham's Vegetable Compound.”—Mrs. O. S. JOHNSON, R. No. 3, Ellensburg, Wash.

There are women everywhere who long for children in their homes yet are denied this happiness on account of some functional disorder which in most cases would readily yield to Lydia E. Pinkham's Vegetable Compound. Such women should not give up hope until they have given this wonderful medicine a trial, and for special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of 40 years experience is at your service.

## Guide-Advocate

Watford, Ont.  
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## Guide-Advocate

WATFORD, AUGUST 30, 1918

### NOTE AND COMMENT

The tanks are scoring fresh victories in Europe but the growth of prohibition sentiment means utter defeat for the “tanks” of North America.

New York Sun: The Germans still talk about their colonies in spite of the fact that they haven't any... unless they have some secret colonies somewhere.

Ontario this year will reap one of the heaviest crops of oats in her history. She will consequently “feel her oats” in her pocketbook, says the Brantford Expositor.

Baltimore American: A Swiss lawyer pleaded for leniency for his client accused of robbery, on the ground that he had lived a long time in Germany. That is the way the rest of the world will look at it for a long time to come.

The world could not in centuries have been made to realize so thoroughly the connection between good teeth and good health as it does today because of the steps taken by the medical departments of the army and navy to maintain the teeth of all men in service in the best possible condition. A million men to whom

### 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.

the use of toothbrushes was almost unknown now thoroughly appreciate their value and their children will later be taught a lesson with more vigor than doctor, teacher or dentist could implant it.

Hamilton Spectator. What would not the hungry enemy give at the present moment in exchange for the golden wheat-fields of the western prairies! The Dominion is one of the most favored spots in the world today and we should never be unmindful of our benefits.

The army is not a great soulless machine. This, men who have fought with the colors and been wounded vouch for. They insist that the doctors and nurses fight for the life of every man just as though he was a general or some distinguished person.

Canada with a population of about 8,000,000 persons has lost 27,040 men killed in action. Germany with a population of about 70,000,000 has lost 1,400,000. Canada's percentage is 34 of one per cent and Germany's 2 per cent. There is no question of which is enduring the greater hardship.

Quebec Chronicle: Once Dr. Belland was a liberal; to-day if we may judge from his message, he belongs to no party and follows no leading other than that of his own conscience. What has wrought the change in him? Why is it that his first word to his constituents is not of politics, not of party, but of duty? The answer is simple; he has seen and suffered.

PILLS OF ATTESTED VALUE.—Parmelee's Vegetable Pills are the result of careful study of the properties of certain roots and herbs, and the action of such as sedatives and laxatives on the digestive apparatus. The success the compounders have met with attests the value of their work. These pills have been recognized for many years as the best cleansers of the system that can be got. Their excellence was recognized from the first and they grow more popular daily.

### More Wheat—Less Labor

The growing of wheat produces much more important food for each hour of man-labor put upon it, than do either potatoes or corn. When wheat yields 30 bushels to the acre, reliable figures show that one hour of man-labor produces 1 2-3 bushels of wheat. At prevailing yields one hour of man-labor on potatoes produces about a bushel of that crop, while on corn one hour of man-labor produces about 1 1/2 bushels. It is obviously a matter of labor economy to grow wheat writes Henry G. Ball B. S. A. who adds:

By giving proper attention to all the factors which enter into successful wheat growing much larger yields can be produced. This has been established, times without number by efficient wheat growers of Europe. The average man is disposed to say that Europe had until lately an abundance of cheap labor, which fact in itself accounts for the 30 bushels of wheat per acre which Great Britain harvests, as compared with the 18 to 20 bushels per acre which are gathered in Canada. Cheap labor has its counterpart in our highly efficient farm machinery. By adding a horse to the team and by using wider ploughs, wider harrows, disks, binders etc., it is possible to reduce the man-labor required in raising wheat from 50 to 75 per cent. This is America's answer to European abundant and cheap labor.

### Prussian Strategy

(New York Sun). A careful study of recent writings by German military experts reveals these illuminating details of Prussian strategy: The Kaiser's soldiers retreated in order to improve their lines; they were forced to retreat because traitorous German prisoners had informed General Foch of the crown prince's plans; they are not retreating, they are retreating because their advance proved the allies could be driven back; they abandoned the Marne because it is nothing but a river after all with as much territory on one side as on the other; they withdrew across the Marne because they discovered that there were no Americans on its banks; they retired because the Americans did not know when they were licked; they fell back because an advance is a mere “geographical conception”; Paris is where it can be taken at will, and they don't want Paris.

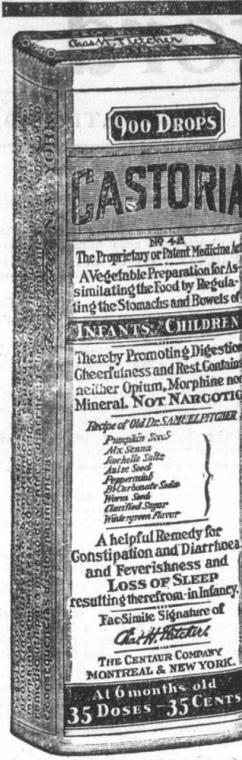
### How to Can Tomatoes

Select fresh, ripe firm tomatoes. Grade for size, ripeness and quality. They will cook better if the same degree of ripeness and quality and will look better. Wash, scald one-half to one and one-half minutes or until the skins loosen but do not break. Scald means to immerse in boiling water. Cold dip, but do not allow them to remain in cold water. Cut out the stem end taking care not to cut into the seed cells or the seed and pulp will later be scattered through the liquid. Remove the skins.

Pack the tomatoes whole in jars, doing one jar from the beginning to placing in sterilizer before starting on another. Shake down well, hitting the base of the jar with palm of hand and also press with a tablespoon to avoid crushing.

Do not add water. Hot tomato pulp may be added, otherwise add no liquid whatever. Tomatoes are an exception to the general rule of hot water for vegetables and hot water or hot syrups for fruits. A large part of the tomato is water. It is not necessary to add anything but one level teaspoonful of salt to each quart and if liked one-half teaspoonful of sugar. The tomato pulp for home canning made from large and broken tomatoes cooked and strained should have one teaspoonful of salt to each quart, and should be poured hot into the filled jars, allowing it to enter the spaces.

Put on rubber and top, adjust top ball or screw top on with thumb and little finger. Sterilize 22 minutes in hot water bath, or 16 minutes under five or ten pounds of steam pressure. Remove, tighten, seal and cool.



## CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

*Chas. H. Fletcher*

In Use For Over Thirty Years

## CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

## What Will You Do For Help?

**F**ARM help is scarce, but this condition can be relieved to a marked degree by using machines that accomplish more work in a given time with less man power.

Why should the farmer cling to horses—a slow, expensive means of power—when every other business is adopting the truck and thereby reducing the cost of hauling, speeding up deliveries, and saving for human needs the food that the horses would otherwise consume?

The motor driven truck can work constantly at maximum load under the burning summer sun, or in the coldest weather. Unlike the horse it needs no rests while working, it eats only while in actual use, and when the day's work is done it requires very little attention, and leaves you free for other “chores” about the place. Then, it can be housed in one-quarter the space of the horses, wagon and harness it replaces.

It is a mistaken idea that a truck is useful only for driving upon paved roads. The Ford can be driven all over the farm, and used for hauling grain, potatoes, fruit, roots, fertilizer, wood, stock, milk or any other product. The speed it travels, the time it saves, and its low upkeep cost appeal very strongly to all users of the Ford Truck. If you need help, order your Ford One Ton Truck today.

All prices subject to war tax charges, except trucks and chassis

THE UNIVERSAL CAR

One-Ton Truck	\$750
Runabout	660
Touring	690
Coupe	875
Sedan	1,075
Chassis	625

F. O. E. Ford, Ont.

## Ray Morningstar

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“The Guide-Advocate” can supply you with any kind of Printed Stationery you may require. Investigate!

## ACUTE NERVO EXHAUSTION

All Treatments Proved Useless He Tried “FRUIT-A-LIVES”



MR. JAS. S. DELGATY.

R.R. No. 4, Gilbert Plains, “In the year 1910, I had N. Prostration in its worst form reduced in weight from 170 lb to 115 pounds.

The doctors had no hope of recovery, and every medicine I proved useless until a friend induced me to take “Fruit-a-lives”.

I began to mend almost at once and after using this fruit me for 3 or 4 months, I was back normal state of health.

I never had such good health twenty years as I have enjoyed past six years. We are never without a box of “Fruit-a-lives” in the house.

JAS. S. DELGATY.  
50c. a box, 6 for \$2.50, trial size At all dealers or sent postpaid receipt of price by Fruit-a-Limited, Ottawa.

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**J. F. ELLIOT,**  
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For the County of Lambton.  
PROMPT attention to all orders, re terms. Orders may be left at the Advocate office.

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Corner County of Lambton,  
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**C. W. SAWERS, M.**  
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FORMERLY OF NAPIER) OFFICE  
13 A. Street, formerly occupied by Dr. Kelly.  
13 A. Street—Ontario Street, opp  
A. McDonnell's. Night calls Phone 151

**W. G. SIDDALL, M.**  
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**GEORGE HICKS**  
D. D. S., TRINITY UNIVERSITY,  
Royal College of Dental Surgeons, Post  
of Bridge and Crown work. Orthodontic  
work. The best methods employed  
to preserve the natural teeth.  
OFFICE—Opposite Taylor & Son's drug  
store, MAIN ST., Watford.  
At Queen's Hotel, Arkansas, 1st and 3rd  
floors, of each month.

**G. N. HOWDEN**  
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GRADUATE of the Royal College of  
Surgeons, of Ontario, and the Univ.  
Toronto. Only the Latest and Most  
Appliances and Methods used. Special  
to Crown and Bridge Work. Office—  
Kelly's Surgery, MAIN ST.—WATFORD

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**J. McILLICUDDY**  
Veterinary Surgeon  
HONOR GRADUATE ONTARIO VET  
College, Dentistry a Special  
diseases of domestic animals treated on  
principles.  
Office—Two doors south of the Guide-  
Advocate office. Residence—Main Street, one door  
of Dr. Siddle's office.

Waxed paper drinking cups can  
be an emergency as a little gelatine  
AN OIL THAT IS PRIZED  
WHERE—Dr. Thomas' Eclectic  
put upon the market without any  
over thirty years ago. It was  
meant the wants of a small section  
soon as its merits became known  
a whole continent for a field, at  
now known and prized throughout  
Hemisphere. There is nothing to