

## HOW MRS. BEAN MET THE CRISIS

Carried Safely Through Change of Life by Lydia E. Pinkham's Vegetable Compound.

Nashville, Tenn.—"When I was going through the Change of Life I had a tumor as large as a child's head. The doctor said it was three years coming and gave me medicine for it until I was called a way from the city for some time. Of course I could not go to him then, so my sister-in-law told me that she thought Lydia E. Pinkham's Vegetable Compound would cure it. It helped both the Change of Life and the tumor and when I got home I did not need the doctor. I took the Pinkham remedies until the tumor was gone, the doctor said, and I have not felt it since. I tell every one how I was cured. If this letter will help others you are welcome to use it."



—Mrs. E. H. BEAN, 525 Joseph Avenue, Nashville, Tenn.

Lydia E. Pinkham's Vegetable Compound, a pure remedy containing the extractive properties of good old-fashioned roots and herbs, meets the needs of woman's system at this critical period of her life. Try it.

If there is any symptom in your case which puzzles you, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

### Guide-Advocate

Watford, Ont.  
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HARRIS & CO.  
PROPRIETORS

### Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, AUGUST 11, 1916

#### NOTE AND COMMENT

Kinoardine Review—Not yet included in the casualties—the man who calls it "casualties."

In Germany, British civilians are herded together in horse stalls. In the British empire, plenty of Germans whose sympathy is far from being with the Allies, are allowed all the privileges and liberties usual in times of peace.

Boys and girls are the most valuable crop the farm produces. Would that the farm could hold more of those who drift from country to city. The boy who takes an interest in farming and farm practice is soon a young farmer, and all such boys have ideas which other boys would like to get, seeing that they have so much in common. The boys are sometimes called young farmers, junior farmers, etc., and are the most valuable asset of Canadian agriculture.

The possibility that the fly, and probably more particularly the stable fly, has something to do with the spread of that dreaded disease, infantile paralysis, makes it doubly important that piles of manure be not allowed to remain exposed within the municipality. The Provincial regulations require that the keeper of every stable shall permit not more than two wagon-loads of manure to accumulate, and shall keep such manure in a properly covered receptacle. The Provincial Board of Health are insisting that the above regulations be carried out.

It is a splendid message of cheer that Mr. Lloyd George gives the empire. "Victory in a few months," the secretary for war declares, "British resourcefulness and British in-

telligence are going to snatch success." The advantages of numbers and materials are now with the Allies. They have the men, the money and the equipment, but, best of all, they have a righteous cause which cannot fail. The Prussian policy of "might is right" cannot survive. Victory is within our grasp. Let us bend our backs to the wheel with a renewed determination and a renewed vigor.

People often wonder why mosquitoes do not bother them in the daytime, but are the pest of their lives in the evening and at night. The explanation of this is that the wings of the mosquitoes are so constructed that they will not stand the rays of the sun. Immediately on being exposed to the sun, their wings become useless, consequently they cannot move about. The only condition under which we are likely to be troubled with mosquitoes in the daytime is on a dark day when the atmosphere is over-charged with moisture, or when we go into the woods, particularly in swampy districts, especially after a rain, when the atmosphere is well laden with moisture.

It is expected that the forthcoming Dominion war loan, which is to be issued in September, will meet with an even greater degree of success than the first, which was floated in November of last year. Out of this loan of one hundred million dollars, fifty million was advanced in the Imperial Treasury for the purpose of munitions and supplies in Canada. In addition to this fifty millions, the Minister of Finance was able to arrange with the chartered banks for further advances aggregating one hundred million dollars as an Imperial credit to be availed of for similar purposes. The result of this total credit of one hundred and fifty millions has been that since the date of the first Dominion war loan new orders to an aggregate of a hundred and fifty million dollars have been placed in Canada by the Imperial Munitions Board.

#### 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 surface. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and in 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.

#### Interesting News Items

Patience is the virtue that is made of necessity.  
Pretense is never natural for Nature never pretends.

Water on the brain is never caused by quenching a thirst for knowledge.  
Most people wear glasses because they cannot believe their own eyes.

It is a mistake to imagine that opportunity will waste time looking for the knocker.  
Sympathy is all right in its proper place, but it's a poor substitute for a steak-and-kidney pudding when you're hungry.

Scrubwomen in the office buildings of the United States number over 26,000.  
Miss Marie Peary, daughter of the discoverer of the North Pole, is now taking up aviation.

Takake (pronounced take-ache) is the surest and safest cure for sleeplessness, lumbago, rheumatism, sciatica, and all forms of nervous exhaustion. Takake pills are fifty cents a box at your druggist, or by mail from the Georgian Mfg. Co., Collingwood, Ont.

Nearly 5,000 women are employed in the munition factories in the U. S.  
Girls who patronize the Cleveland dance halls are compelled to show birth certificates.

Women are better than men when working on difficult work of blading the turbine engines.  
Among the 172 persons who will be granted diplomas to practice law in Saint Louis are three women.

Among the Austrians captured by the Russians was an actress who was dressed in a magnificent silk dress.  
The Best Liver Pill.—The action of the liver is easily disarranged. A sudden chill, undue exposure to the elements, over-indulgence in some favorite food, excess in drinking, are a few of the causes. But whatever may be the cause, Par-melee's Vegetable Pills can be relied upon as the best corrective that can be taken. They are the leading liver pills and they have no superiors among such preparations.

#### LAND FOR EX-SOLDIERS.

Jesse Collings Discusses Future of Men After the War.

That indefatigable friend of British farmers, Mr. Jesse Collings, in a letter to The London Times regarding the meeting at the Colonial Institute to consider the future of soldiers after the war, says:  
"Sir Rider Haggard as the representative of the Institute is about to investigate the means by which our soldiers who return after the war can be settled in the Dominions overseas. Lord Curzon rightly stated that at the end of the war the men, after their military experience and life in the open air, will not be inclined to return to the factory, workshop or the office stool, and that it was the duty of the Government to provide an outlet for the employment of such men."  
"These sentiments are excellent and true, but the conclusion which Lord Curzon arrives at is very disappointing. It contains a suggestion that the returned soldiers should be sent overseas and settled on Colonial lands. It is certain that there will be no sufficient employment for them in the industrial world in England. The only outlet for them is on the land."

"If an investigation similar to that about to be made by Sir Rider Haggard were made with regard to the situation at home, it would be found that there is profitable employment for all the returned soldiers in cultivating the uncultivated and waste lands in our own country. There is something repulsive in the idea that after these men have fought so bravely in defence of the nation they are to be deported overseas, while the land of their own country is crying aloud for their service."  
"The immense outlay required for sending these men away would be largely, if not quite, sufficient to pay the expenses of settling them at home."  
"On these land settlements returned soldiers and their womenfolk would be engaged in rearing strong and healthy families, and, what is most important, would be solving the question of our food supplies and adding to the economic and industrial strength of the country."

"Lord Curzon rightly states that after the war there will have to be a readjustment of the basic principles on which our public life now rests. That readjustment will, no doubt, involve an industrial and a social revolution, of which no one can foresee the nature and extent."  
"It is certain, however, that our effete land system will be overhauled. That system, which exists in no other country in Europe, gives the control of nearly all the land—a prime necessary of life—into the hands of a comparatively small number of persons. It permits the land to be held up and put to inferior uses or to no use at all. No thinking man, with any foresight, can conclude that such a system, in view of the needs of the nation can continue for long."  
"In view of the action, which is certain to take place, by bodies of men who hold extreme views with regard to the land—nationalists, Socialists, and others—it becomes more than ever wise and necessary to create a numerous rural population, which at all times and in all countries has proved itself to be an element for safety and restraint in the economy of a nation. Our rural districts are already enough depleted without taking steps to turn them into a desert."

#### Fleets in the Baltic.

The correspondents of the Petrograd Telegraph Agency has forwarded an account of the visit to the British Grand Fleet of a party of Russian publicists, from which the following is an extract:  
At the luncheon on the Iron Duke Sir John Jellicoe, after proposing the health of the Emperor of Russia, made the following speech: "It is a great pleasure to me to welcome you to the Grand Fleet. I am sure we are very obliged to you for coming so far at such a season, and I hope you will take away pleasant memories of your visit. We know and appreciate the great work done by the Russian army. It saved us at the beginning of the war. It is saving us now. I need only refer to the splendid victory of the Caucasus army at Erzerum."  
"The Russian navy, too, has won our admiration by its efficiency. Nothing would give us greater pleasure than to be able to fight side by side with Russian sailors against our common foe. It would be difficult for us to go to the Baltic, but not impossible, and I hope the day may come when our ships will engage the enemy together. Let me raise my glass to the health of our Russian guests, associating with it that of the Russian army and the great Russian fleet."

Worms in children, if they be not attended to, cause convulsions, and often death. Mother Graves' Worm Exterminator will protect the children from these distressing afflictions.

Thrice the capacity of ordinary grates is given because the Sunshine grates are three-sided, one side at a time meeting the fire. Bulldog teeth smash clinkers easily.

## McClary's Sunshine Furnace

Wouldn't you like to know the cost of installing a Sunshine in your home? I'll gladly give you particulars without obligation.  
Sold by T. Dodds & Son, Watford, Ont.

## TAKAKE

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

GEORGIAN MFG. CO., COLLINGWOOD, ONT.

## TRENOUTH & CO.

DEALERS IN

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

We Carry 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.

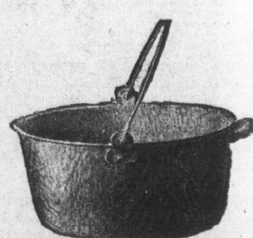
PHONE 31.

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