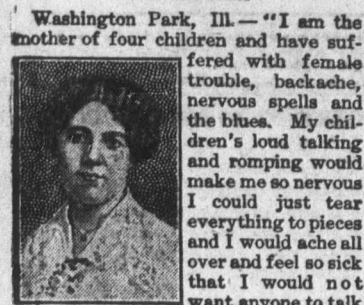


I OWE MY HEALTH

To Lydia E. Pinkham's Vegetable Compound.



Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."

—Mrs. ROBT. STOPIEL, Moore Avenue, Washington Park, Illinois.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

Guide-Advocate

Watford, Ont.
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HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, JULY 13, 1917

NOTE AND COMMENT

Last year in Ontario alone over 600 barns were destroyed, involving loss of more than one million dollars, of which six hundred thousand dollars was in produce, implements and live stock.

An inquiry is being made at Ottawa regarding the waste attendant on the present way of grinding flour, whereby the starchy or finest of the flour is given us for bread, but the most nutritive and healthy portions of the grain is fed to our hogs and cattle.

There's a vast difference in where a "returned soldier" really returns from. The men returning from Borden want the earth. If, by reason of strength, they have got as far as Valcartier and been returned they want the earth with a fence around it. The men returning from England want all there is in it; but the men returning from France, only want their rights, and are not half as loud about demanding them as some of the people who have done their whole fighting from their back yard fence.—The Kinsman.

A person to be of any use should have enough initiative to do something. A fellow you have to tell how, watch him do it, see him do it, and then do it yourself, is a mighty poor article on any kind of job. Rather than have him around, you would be money ahead to roll up your sleeves, spit on your hand, wade in and do the job from the start. There are people who can never see past the end of their own nose, unless it be the clock at quitting time. If such people expect to rise in the world, they'll have to get up and shake themselves. There are lots of them.

Cheaper in England

A strange feature of the high cost of living in Canada is that bread is selling in England at less cost than in this country, although Canadian wheat is shipped about three thousand miles across the ocean, at a big cost, the British getting the finished product, which is bread, at a lower rate than the people in the country where the wheat is grown. Even with the submarine campaign in full blast, and Germany sure she can starve England, the English people are paying 24 cents for a three pound loaf. Much the same condition exists with bacon, eggs and cheese. The hogs are born, fed and raised in Canada, but the Britisher is able to get the finished product, bacon, cheaper than prices in Canada. Cheese has sold two or three cents lower per pound in the old country than in Ingersoll where it is made.—Ex.

THE LAUNDRY OF LIFE

LIFE is a laundry in which we are ironed out or soon or late. Who has not known the irony of fate?

We enter it when we are born. Our colors bright. Full soon they fade. We exit "done up," old and worn and frayed—

Frayed round the edges, worn and thin. Life is a rough old linen sling. Who has not lost a button in Life's wringer?

With other linen we are tubbed. With other linen often tangled. In open court we then are scrubbed and mangled.

Some take a gloss of happiness. The hardest wear cannot diminish; Others, alas, get a "dome" to finish.

—Bert Leston Taylor in "The House Beautiful."

Useless.

"It will be useless," she sadly said, "for you ever to tell me again that I am beautiful."

"Why do you say that?" the young man pleaded.

"I went to four theatrical managers today to get them to hear me read passages from 'Romeo and Juliet,' and not one of them would let me do it!"—Chicago Record-Herald.

Do You Know?

What is a more lonesome sight than the last hair on a bald man's head?—St. Louis Star.

A claim that has accidentally got into a bowl of restaurant clam chowder possibly.—Philadelphia Telegraph.

Dunno unless it's a girl without a rear piazza near hair extension to her head.—Los Angeles Express.

Where She Caught It.

"What's the matter with you this morning, Della?" asked Mrs. Wise.

"Oh, ma'am," replied the servant girl, "it's the terrible earache I have this mornin'!"

"Ah, you should be careful, Della! All the keyholes in this house are very drafty."—Catholic Standard and Times.

Unexpected Success.

Young Architect—This is a deuce of a profession. Here I drew up plans for a conservatory of music, and they used it for a cheese factory.

Old Architect—Don't let that fret you, my boy. You simply builded stronger than you knew.—Pittsburg Press.

Force of Habit.

"Why did you break your engagement with that schoolteacher?" asked the friend.

"If I failed to show up at her home every evening she expected me to bring a written excuse signed by my mother."—Woman's Home Companion.

Hospitality.

"I say, Jones, dine with me at the house tonight, will you?"

"Certainly, with pleasure. Will your wife expect me?"

"No; that's the beauty of it. We had a quarrel this morning, and I want to make her mad."—Peekskill Palladium.

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts thru the Blood on the Mucous Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catarrh Cure fails to cure. Send for circulars and testimonials.

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

A little colored iodine can be rubbed into the scratches on oak furniture and the whole then gone over with furniture polish. You will hardly be able to find the spot.

FEMININE FASHIONS.

Men Are Always Helpless in Their Efforts to Control Them.

It is interesting to note that while men have always railed, and railed in vain, against the excesses of fashion, they take swift alarm when women show any disposition to appropriate a portion of their own sensible and sanitary clothing.

The spreading hoops of our sainted grandmothers were to our unregenerate grandfathers a source of measureless annoyance. The general effect produced by a corset was an absence of space for anything but itself and an absence of concern for anybody but its wearer.

Engulfed by their wives' tempestuous petticoats, men lost their last vestige of supereminence. They remonstrated in fear and wrath. They exhausted themselves in ridicule, not understanding that women can never be laughed out of a folly. They appealed to art, they appealed to economics, they appealed to reason. They would gladly have appealed to religion had it been of any use.

The hoopskirt, having reached the greatest possible magnitude compatible with human intercourse, went slowly out of fashion. It died literally by inches, growing smaller and smaller every season and refusing to be hurried in its decline by the importunities of men.

But the bloomer, the comfortable, economical, symbolic bloomer, lived its brief life in vain, blighted—not by the uneasy prejudices of men, but by the contemptuous disregard of women, who in the supreme matter of dress have never permitted any appeal from their own court. The failure of sumptuary laws in all countries and in all ages proves the perpetual impotence of men.—Agnes Repplier in Harper's Magazine.

FIERY DRAGONS.

They Spat Out Fury From Tongues Barbed With Flame.

Dragons were important animals in ancient and medieval natural history. Until comparatively recent time no scientist ever thought of questioning the existence of this most formidable of beasts. The annals of Winchester for 1177 gravely state that "in this year dragons were seen of many in England." Gesner, professor of natural history at Zurich, gave a detailed description of the dragon, while Aldrovandus in his "History of Serpents and Dragons," published in 1640, devoted fifty pages to the monster.

A good specimen of a dragon would seem to have been a beast about the size of a sheep, incased in a coat of scales which shone like silver. Its back was serrated like a saw. It possessed a long tail, a pair of batlike wings, four heavily clawed feet and a wolfish head, the jaws of which were armed with very formidable teeth. The tongue was barbed with fire, and fury issued from the monster's mouth, and the head bore a crest. Dragons were the most wicked and vindictive of creatures. They seem always to have been in a towering rage and spent the greater portion of their time in rushing up and down the earth destroying everything that came in their path.

The origin of dragons was a disputed point among medieval naturalists. Some maintained that these animals were generated by the heat of India. Others were of opinion that the volcanoes of Ethiopia used to belch forth the monsters. One scientist, John Leo by name, declared the dragon to be a hybrid, a cross between an eagle and a wolf.

Curious Forms of Tea.

There are some score or more different forms of compressed teas available, from button sized tablets in vest pocket containers to bars of delectable fragrance and from granite-like slabs of two or five kilograms (still in use as money in the interior of China) to the more lightly compressed disks and oblongs in split rattan baskets. The method of preparation of these last is curious. The leaves, in a state of wilt, are compacted by the bare feet of Chinese girls. These teas are esteemed by the orientals for their earthy flavors.—L. Lodian in Scientific American.

Critical Ignorance.

Alfred Noyes, the English poet, complained rather bitterly at a bohemian luncheon about certain adverse criticisms of his poetry.

"I attribute these criticisms to ignorance," he said. "These critics are like the chap who was asked by his little son what hexameters were.

"Why," the man said reproachfully, "surely you're old enough, Willie, to know that a hexameter is a public automobile."

No Foolishness.

"My boy,"

"Yes, dad?"

"In wooing success—"

"Yes, dad?"

"Remember that's a girl you gotta sit up nights with."—Kansas City

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—and does please you because it offers that rare combination of service, satisfaction and economy. Ask our local dealer to show you the "Sunshine," or write for free, illustrated, descriptive booklet.

McClary's SUNSHINE FURNACE

LONDON TORONTO MONTREAL WINNIPEG VANCOUVER
ST. JOHN, N.B. HAMILTON CALGARY
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When you build your new cottage or bungalow or fix up the old one—even if it's nothing more than a job in the attic—it will pay you to look into Beaver Board.

If you want better walls and ceilings—warmer in winter, cooler in summer, sanitary, durable, beautiful in their decorative effects and free from cracks—nothing will satisfy you so well as the original, pure-wood-fibre Beaver Board.

Be sure it's Beaver Board. Look for the Beaver trade-mark on the back of every panel.

BEAVER BOARD

In new work, Beaver Board is nailed direct to the studding, joists and "headers." In remodeling it is nailed right over the old plaster.

MADE IN CANADA



A Beaver Board room is finished by painting, after the board is on the walls. Then decorative wood strips are applied over joints in a pleasing panel design.



Est. 1870.

G. CHAMBERS EST.

Spring House-cleaning Days

These days are near at hand, and no doubt you will be adding a few pieces of Furniture to your home. Perhaps it will be some Chairs, a Table, a Buffet, a Bedroom Suite, a Spring and Mattress, or something for your parlor.

When you are making these purchases be sure to come to this store and see our Complete Stock, bought before the advance in prices.

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

A T on the Hour FREE

Wooler's that tells many of afflictions how to fix
KEN SPA is a safe cure Ring enlargement remedy for and Lam and at Mr. Carl City, Alta copy of 3

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