

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, headache, 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. STOEPL, Moore Avenue, Washington Park, Illinois.

We wish every woman who suffers from female troubles, nervousness, headache 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

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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, JULY 14, 1916

NOTE AND COMMENT

The German high fleet is not just now engaged in any northward enterprise, nor is it scouring the North Sea looking for the British grand fleet.

The Paris Temps in summing up the military situation, says: "It is now the turn of the Germans to be harried ceaselessly with the explosive shell. To-day they are no longer masters."

When thousands of women living in Scotland, the home of the distilling industry, urge prohibition, the world will likely sit up and take notice. Slowly but surely the domination of King Alcohol is passing.

A majority of the Berlin newspaper proprietors have decided to reduce the size of their publications from July 1 owing to the increasing cost of paper. Several of the newspapers have also determined to increase their subscription price for the same cause.

Victoria Colonist: Mr. John U. Smith has established a claim to fame by suggesting that all babies shall be tattooed with name and date and place of birth. He does not say where the mark ought to be placed. You remember the story of the young lady who told her partner at a dance that she had just been vaccinated. He looked at her spotless arms and said: "Where were you vaccinated?" to which she replied: "In Boston."

The Financial Post says that if the government wants to reach the farmer it must use the newspapers. Pamphlets, blue-books and public meetings do not get them. All the farmers can be reached by the methods pursued by modern merchants and manufacturers. They talk to the people they

want to reach in the papers closely read by them. There are no worthwhile farmers anywhere in Canada who are not readers of their local, town or village newspaper.

The term "no man's land" has sprung into prominence during the present war. It means, of course, the "dead" ground between any two lines of advanced trenches, the enemy's and ours; a region of death and desolation, studded all over with shell craters and mine craters, where corpses lie about for days unburied, and even for weeks, and into whose confines, by day-time at all events, none may venture and live.

Many a tribute is being paid Canadian valour on the bloody fields of France and Belgium. While this may be deserved and highly valued, it does not atone for the great toll of human life by the over-weening ambition of a military despot who has set out to conquer the world. Many a home in this Dominion will have a vacant chair because the Kaiser revelled in war. No terms of peace should be thought of that will not smash militarism to atoms. Nothing short of this will suffice.

On the day that Russia raised a loan of \$50,000,000 in the United States, it ordered 200,000 tons of barbed wire. The Philadelphia Record says that the Russian purchases from the States are enormous and promise to continue large for a long time. It is not only war supplies, but railroad material, it is buying there, and the money borrowed in the American money market will be used in paying for supplies produced by the mills and factories in the States.

A news item says, "Canada is to put heroes on farm." Another item in comment on it asks if the heroes are not already there. At 4 a.m. the farmer feeds the horses, chops wood, fixes the fence, plows awhile, does some harrowing, weeds the truck patches and gets through in time to do "the evening chores." Does it take a hero for that? But the farmer needs no sympathy. Health is his. He doesn't have to keep up the steam-engine pace of modern business. He just works. He doesn't have to worry. As one has well said, "Life, liberty and the pursuit of happiness are his."—The Bee Hive.

State of Ohio, City of Toledo, ss.
Lucas County,
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. 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 cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY.
Sworn to before me and subscribed in my presence this 6th day of December, A. D. 1886.

A. W. GLEASON,
Notary Public.

Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials, free.
F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

Latest Perfume is Scented Sea Breeze

Promise of the capture of the fugitive fragrance of the sea breeze and its reduction to perfume was made before the convention of the American Chemical Society at the University of Washington. Dr. Edward T. Beiser, perfumery expert, gave this assurance in a paper read before the delegates.

"Just as the chemist has been able to compound the different chemicals to produce the delightful fragrance of the new mown hay," he said, "so in time will he make perfume that will have the refreshing odor of the sea breeze, the exhilarating fragrance abounding within the forest after a warm rain and the many charming odors which prevail at the various seasons in the fields."

No better protection against worms can be got than Miller's Worm Powders. They consume worms and render the stomach and intestines untenable to them. They heal the surfaces that have become inflamed by the attacks of the parasites and serve to restore the strength of the child that has been undermined by the draughts that the worms have made upon it, and that their operation is altogether health-giving.

Of French invention is a sliding buffer for the end of railroad tracks that has stopped a 200-ton train running at a speed of seven miles an hour within 25ft.

As a rule, toast-eating is less expensive than toast-baking.

Production and Thrift

Following are a few extracts from the parliamentary war saving pamphlet:—

Thrift is a national duty, so that the money thus saved may be invested with the government.

The more goods we buy at home and the more we make and send abroad the richer the country becomes.

Every dollar borrowed abroad that might be obtained at home means money going out of the country.

By devoting all our energies to producing things useful and abandoning the purely ornamental and the luxurious we are helping the country.

Women are the main power in the campaign for thrift. As leaders of the home they can best foster economy in food and clothing.

Cheese is one of the best and most wholesome substitutes for meat.

Economy and good digestion are aided by never eating bread that is not at least 24 hours old. Ten per cent of the cost of bread would be saved by rightly adhering to this simple practice.

Fewer courses at dinner would not mean any wearing on the health, but less work and more saving.

Excessive expenditure on weddings and funerals should be avoided.

Presents and gifts might take the form of war-loan vouchers.

Much money might be saved by spending less on hobbies.

Economy to-day means riches in the future.

The Germans Were Angry

An old gardener told me how, after the chateaux retreated beyond the town, the Germans reduced over a thousand of their original number, by the activities of the day—swept over the barricades of the bridge and into the town. Yes, the old woman I had talked with was right about it. They were very angry. They were ferociously angry at being held eight hours at that bridge by a force so ridiculously small.

The first civilians they met they killed, and then they began to fire the houses. One young man, half-witted, came out of one of the houses near the bridge. They hanged him in the garden behind the house. Then they called his mother to see. A mob of soldiers came piling into the gun-wrecked chateau headed by four officers. All the furniture and valuables that were not destroyed they piled into a wagon and sent back to Luneville.

The gardener who was telling me the story they demanded the keys of the wine cellars. No, they did not injure him. They just held him by the arms while several dozen of the soldiers spat in his face.

Cincinnati washerwomen have a union. The empress of Russia is 45 years old. Women in China are not permitted to be photographed.

Two women have been nominated for parliament in Denmark. Only four to six divorces are granted in Canada annually.

Paper dust exploded with fatal results when workmen carried lighted lanterns into a room filled with it in a paper-tube factory in France.

A semicircular top for automobiles that drops down out of sight behind the seat when not in use has been patented by a Colorado inventor.

Russia is the home of nearly one half of the world's Jews and is the only country with a larger Jewish population than the United States.

Holloway's Corn Cure takes the corn out by the roots. Try it and prove it.

In the last fifteen years electric street railways in the United States have increased at a very nearly steady rate of about 3,000 miles a year.

The world's largest stone statue, a figure of a patron saint that will be 240 feet long, is being carved from a rock on an island in Japan.

Every woman that lives in any other state than Georgia, West Virginia and Arkansas can be admitted to the bar of the United States' supreme court and plead and practice there.

To have the children sound and healthy is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Exterminator.

Mme. Melba possesses such a retentive memory that she can learn an entire opera within a week. She does much of her studying in bed, and the airs are chiefly mastered when she is walking or driving.

The Duchess of Connaught has knitted many pairs of socks for Canadian soldiers at the front. She devotes several hours each day to knitting.

By a series of interesting experiments with chickens, beginning before they are hatched, a Paris scientist has demonstrated that bacilli are not necessary to the life of vertebrates.

Children Cry FOR FLETCHER'S CASTORIA

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

11750 Mark Register
GEORGIAN MFG. CO., COLLINGWOOD, ONT.

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

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, 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

Chopping 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

BROCKVILLE LAWN MOWERS

Are The Best in The Market And We Want to Show You Before

You Buy

14 inch cut	3 knife	9in. wheel	\$3.75
16 "	3 "	9 "	4.00
16 "	4 "	9 "	4.50
16 "	4 "	10 1/2 "	6.00

Every Mower Guaranteed Satisfactory and can Refer you to Over a Hundred Owners Right Here.

The N. B. Howden Est.