

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 not rest 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. STOEHL, 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.

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WATFORD, DECEMBER 14, 1917

NOTE AND COMMENT

Brazilian coffee interests are much excited over the extraordinarily large crop this year. It means low prices, they say. That will not sadden the consumer at all.

Germany's peace overtures are as deadly as poison gas. They are no more friendly than submarine attacks. They have the same quality of treachery. The allies would be simple-minded fools if they should suspend for a single second their preparations to demolish Germany, in order to listen to her peace proposals. It is perfectly evident that the robber will not disgorge until forced to do so. The necessary force is now assembling. There is no escape from the avenging hand. Let it be raised in might, and let it strike home!

Prof. Snider, an American almanac maker, prophesies a hard winter, one of the severest ever experienced. He says: "The coming winter will be a long, hard, cold one, for driving sleet storms and heavy snow storms will occur over various sections of the country, followed by great cold waves turning into severe blizzards that will reach far into the south. December will be known as the sharpshooters' month for the cold waves will be so piercing. The coming Christmas will be a white one for many snow storms will occur, all to be followed by a sweeping cold wave that will make man and beast take notice."

War has its compensations as well as its awful sacrifices. Among others a distinguished scientist mentions the knowledge it has given of the physical condition: "The war has given us our first survey of the physical

condition of our young men in the examination of recruits and selected men. It has led to correction of hundreds of physical defects. It has brought about the immunization from typhoid of hundreds of thousands of young men who would otherwise have been carried off by the disease. It has led to the physical training and building up of hundreds of thousands of young men who, as a result, when peace comes, will make better husbands and fathers. It will lead to the training of untold thousands in the future, for this nation will never again permit itself to be unprepared for self-defense."

HALIFAX IS DEVASTATED BY FEARFUL EXPLOSION

Belgian Relief Ship Ioma Rams Munition Ship Mont Blanc, Which Explodes and Wipes Out Large Portion of Nova Scotia Capital, Thousands Being Killed and Injured

About nine o'clock Thursday morning Dec. 6th the munition steamer Mont Blanc was rammed in Halifax Harbor by the Belgian relief steamer Ioma. A quarter of an hour later the Mont Blanc's cargo exploded and a large part of the northern section of Halifax City, two square miles in extent, was laid in ruins, the killed being estimated in last advice at two thousand. Terrible destruction was created on the waterfront, where hundreds of longshoremen and sailors were killed. Two of the crew of H.M.C.S. Niobe and twelve soldiers lost their lives. Many scores of buildings were leveled in the city, occupants and passers-by being buried in the ruins. The blast of the destructive explosion was felt in some of the public schools, where the lives of many little children were snuffed out. Nearly all the dockyard buildings were destroyed, most of the waterfront premises, the railway station and many other public buildings, while the Town of Dartmouth, across the harbor, was also the scene of extensive damage. All Halifax hospitals and most of the existing public buildings are crowded with the injured, while scores of wagon loads of the dead are being brought into the morgues, many of which have been improvised for the sad occasion. The pilot of the destroyed munition ship Mont Blanc says the collision was due to some confusion about the signal whistles.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and this is catarrh. Catarrh being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Catarrh Cure is taken internally and acts through the blood on the mucous surfaces of the system thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hall's Catarrh Cure that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

One Man's Prayer

Out in Kansas there is a man named Homer McKee. He wrote a prayer and it was printed in the State Board of Health Bulletin. The Bulletin fails to identify Mr. McKee further than to publish his name, which is enough in a way, for the prayer speaks for the man, and sums up in a few words the attitude of happiness. The Guelph Herald quotes it as follows:

Teach me that sixty minutes make an hour, sixteen ounces one pound, and 100 cents \$1.

Help me to live that I can lie down at night with a clear conscience, without a gun under my pillow, and unharmed by the faces of those to whom I have brought pain.

Grant, I beseech Thee, that I may earn my meal ticket on the square, and in doing thereby that I may not stick my gaff where it does not belong.

Blind me to the faults of the other fellow, but reveal to me my own.

Keep me young enough to laugh with my children, and to lose myself in their play.

And then, when comes the smell of flowers, and the tread of soft steps and the crunching of the horse's wheels in the gravel out in front of my place, make the ceremony short and the epitaph simple.

New Era for Canada

One of the most distinguished living representatives of the British Empire said, in conversation not many months ago, that in his opinion the time will come when the British Empire will centre in Canada. Whether this be so or not, certain it is that in the new era, on the threshold of which our country now stands, Canada will be called upon to occupy a much more prominent place among the nations of the world. And the fundamental national essential in that new era for Canada will be—or, to speak more truly, is now—an enlightened, alert, patriotic public opinion, burning with the determination to have the right thing done. Thus only can Canada achieve the greatness that may be hers, and become a land in which human life will be at its best. And it is the duty of every true Canadian to give his life for his country if need be in peace time as in war time—to give his life in peace time by making his life help to the full measure of his ability towards the achievement of that ideal.

Texts For The Kaiser

It has often been said that the Kaiser is a person of deep, though perverted, religious sentiment. But when such arrogant declarations as his saying, when he began the war "I will wield the sword and show the nations what it means to provoke Germany!" are considered in connection with even the most pious-sounding of his utterances, it is difficult to see how he can have regarded the Omnipotent presence at the beginning of the war as anything but a frescoed palace ceiling, or a stage decoration of his own fancy, to enhance to supreme greatness of his All-Highest Hohenzollernism. He has in his time quoted rather extensively from the Bible. Here are some texts that might well claim his attention:

"Were they ashamed when they had committed abomination? Nay, they were not at all ashamed, neither could they blush; therefore shall they fall among them that fall."

"For from the least of them unto the greatest of them every one is given unto covetousness; and from the prophet even unto the priest, every one doeth falsely. . . saying, Peace, Peace; when there is no peace."

"Destruction cometh; and they shall seek peace, and there shall be none."

An Appeal to "Eat Less"

The Canadian Food Controller has called upon the people of Canada to eat less of those foods which are urgently needed for shipment overseas to the soldiers, and to substitute other foods which are no so suitable for export. Any attempt to burlesque this appeal can only serve to obscure this imperative need in Europe of more wheat, beef and bacon if the soldiers are to be given the support they must have. Those who today treat lightly the efforts of the Food Controller, and contend that there is an abundance of food, may have to go hungry before another harvest is gathered.

The United States Food Administration, in a colored poster which has been distributed widely, calls upon the people of that country to "EAT LESS wheat, meat, sugar and fats. TO SAVE FOR THE ARMY AND OUR ALLIES," and to "EAT MORE corn, oats and rye products, fish and poultry, fruits, vegetables and potatoes, baked, boiled and broiled food."

To ask the Canadian people to eat less of certain foods in order that the soldiers at the front may not go short is not a matter for ridicule, but one of intense seriousness.

Carrying Cash

It is interesting to note the various methods in which men of different nationalities carry their worldly wealth. The Englishman carries gold, silver and copper all loose in his trousers pocket, pulls out a handful of the mixture, and selects the coin he needs.

The American carries "his wad of bills" in a long, narrow pocketbook, in which the greenbacks lie flat. The Frenchman makes use of a leather purse, with no distinguishing characteristics. The capitalist from some torrid South American city carries his dollars in a belt with cunningly devised pockets to baffle



The low cost per cup

It is hard to believe that a cup of good, rich tea only costs about a fifth of a cent, but, you see, Red Rose consists chiefly of Assam teas—the richest, strongest teas in the world. Red Rose easily yields 250 cups to the pound. And it's a tea of rare economy and flavor.

Kept Good by the Sealed Package



the gentlemen with the light fingers.

The Italian of the poorer classes ties up his little fortune in a gaily-colored handkerchief, secured with many knots, which he secretes in some mysterious manner about his clothes. A similar course has charms for the Spaniards, while the lower-class Russian exhibits a preference for his boots or the lining of his clothes as a hiding place for his savings.

Command of the Sea

The loss of the old battleship Drake is a reminder to the navy that it is still possible for a German submarine to fulfil its original purpose and sink a warship. It was the first time for over a year that the Germans succeeded in sinking a warship, apart from one or two destroyers. The Drake was of the same type as the class, a very unsatisfactory class, so badly constructed for heavy weather that it could never make proper use of its gun power. The fact that she was able to reach shallow water before she sank, and that only one officer and 18 men were killed, shows what command of the seas means. The German submarine was unable to pursue her advantage further, and, of course, no German above-water boat could appear in the open sea to finish a lame duck.

Smokers and Fires

Carelessness in using cigars, cigarettes and smoking-pipes, according to an official report, was responsible for most of the fires that occurred in New York City last year, 1,606 fires being so caused. Next came carelessness in setting bonfires, burning rubbish, etc.—1,573 fires being caused in this way. Careless use of matches caused 1,475 fires; vapors of benzene, gasoline, etc., 545; defective chimneys and flues, 824; and kerosene oil used to start the kitchen range, 9. Seventy-five per cent. of all fires occurred in homes.

Worms feed on the vitality of children anger their lives. A simple and effective cure is Mother Graves' Worm Exterminator.

A friend in need is a surprise indeed.

When all is lost save honor some men get on their dignity.

Many a so-called self-made man is the handiwork of his wife.

Nearly all beautiful things are expensive, including women.

Trouble likes to avoid a man who is able to keep his mouth shut.

A man may convince a woman that she is in the wrong by agreeing with her.

Life would be worth the living if it were a continuous succession of pudding and ice cream.

"Woman, lovely woman," seems to be proper, but "Man, lovely man," doesn't sound good to us.

Nothing gives the average woman more pleasure than to have the street car conductor miss her.

A considerate wife will not insist upon her husband's housework more than two-thirds of the doing.

Probably Delilah's hair was getting thin and she became enraged at Samson because he refused to name the brand of hair tonic he used.

To provide a new food product the United States bureau of fisheries will experiment with canning and corning seal meat.

Camphor production from leaves having passed the experimental stage in Formosa, the government has planted large areas in trees.

TEACHER WANTED

For School Section No. 5, Watford. Fully qualified. State experience. Duties to commence after Christmas holidays. Apply to JOHN HALL, Secretary-Treasurer, R. R. No. 8, Watford.

TEACHER WANTED

For School Section No. 12, Watford. Fully qualified. Duties to commence after Christmas holidays. State salary and experience. Apply to ALEX. WESTGATE, Secretary-Treasurer, R. R. No. 4, Watford.

TEACHER WANTED

For S. S. No. 1 and 12, Brooke and Watford. Fully qualified teacher. Duties to commence after the Christmas holidays. State salary. Apply to ERNEST A. COWAN, Secretary-Treasurer, R. R. No. 7, Watford.

TEACHER WANTED

For Union Section 7 and 2, Watford and Brooke. Fully qualified. State salary and experience. Duties to commence after the holidays. Apply to ALEX. BRUCE, Secretary-Treasurer, R. R. 3, Watford.

PREPARE FOR CHRISTMAS NOW

ONLY TEN DAYS MORE

—and Many Lines Hard to Replace

Old Colony Silverware
Carving Sets and Cutlery
Electric Irons, Toasters and Grills
Mahogany and Brass Trays
Rayo Hanging and Table Lamps
Fancy China and Glassware
New Designs in English Dinnerware
Gillette, Auto Strop, Gem
and EverReady Razors

THE N. B. HOWDEN ESTATE

NOTICE TO

IN THE MATTER OF

THOMAS MATT

of Watford, in t

Gentleman, decea

Notice is hereby

Revised Statutes of C

that all persons havin

against the estate of T

Matthews, who died c

May A. D. 1917, at the

County of Lambton, a

The first day of Janua

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for John Hazel

Executors of the last

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Solicitor

Dated at Tillsonburg

day of November, 191

Mr. Wm. Wight,

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Tom Jones, who

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near London.