

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va. - "After taking seven bottles of Lydia E. Pinkham's Vegetable Com-pound I feel like a

new woman. I al-ways had a headache during the Change of Life and was also T troubled with other bad feelings common at that time-dizzy spells, nervous feelings and heat flashes. Now I am

in better health than I ever was and recommend your remedies to all my friends. "-Mrs. LENA WYNN, 2812 E. O Street, Richmond, Va. While Change of Life is a most crit-

ical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E, Pinkham's Vegetable Compound.

Such warning symptoms, are a sense of suffocation, hot flashes, headaches, or sunocation, not hasnes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.

For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

Guide=Advocate Watford, Ont. PUBLISHED EVERY FRIDAY scription \$1.00 per annun in advance, \$1.50 in advance to the United States. ADVERTISING RATES.

One Yea. . Half Year 3 Month One column \$38 \$8 Half column 55 22 1 One fourth column 22 1 Shorter period 9 12 cents per ruaning inch. 822 12 7

Advertisers will be allowed a change of matter very two weeks. Weekly changes can be bad at a slight extra cost. Copy of change must be in printer's hands by Taesday at leavoor. Lasatt Apremustras :--First insertion per line, 10 cents; subsequebl insertions 5 cents sach hime per line. Acade measure 14 lines to the inch. Bygruss Canze-One inch and under, per year 8000.

0.00. AUGMENTER CARDE-35.00 a year. Locals-10c, per line such insertion. Mimimum harge 35 beats. Advertisements without specific directions will be evrice Mill forbid and charged accordingly.

HARRIS & CO. PROPRIETORS



WATFORD, JULY 7 16

The Army Cutworm

Ravages from cutworms never cease. Every year some of the commoner known kinds devastate garden and field crops in various parts of ional years lif and in known species become enormously abundant causing losses of importance equal to those effected by regularlyoccurring cutworms. Such was the case in 1915 when the Army Cutworm appeared in large numbers in Alberta infesting a territory of about 3,000 square miles. No previous record of injury in grain field was known in Western Canada. The problem of controlling this cutworm pest was, therefore, a new one and the outbreak was immediately investigated by Mr. E. H. Strickland, The Field Officer in charge of the Dominion Entomological Laboratory at Lethbridge, Alta. As a result of such investigagation the Entomological Branch of the Department of Agriculture has issued Bulletin No. 13, entitled. "The Army Cutworm," which has been prepared by Mr. Strickland. This bulletin comprising 31 pages describes the insect in its various stages the habits of the cutworms as well as the habits of the adult moths which deposit the eggs from which the cutworms hatch, the natural enemies of the insect, and from the farmer's standpoint, the most effective methods of control. These latter consist of clean summer fallow poisoned baits, trap furrows, etc. The bulletin has 15 illustrations, showing the insect in its different stages, as well as some of its parasites and the measures to be adopted to control it. This cutworm does not occur in eastern Canada and differs from the army worm. Farmers living in Alberta and Saskatchewan should become familiar with the remedies for the Army Cutworm in the event of it again increasing in injurious numbers. Copies of the builetin may be had free of charge on

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application to the Chief of the Publications Branch, Department of Agriculture, Ottawa. This Officer distributes all publications of the de-partment. Farmers, however, desiring to send specimens of injurious insects for determination etc., should miracle-an army created in twenty direct the same to the Dominion Entomologist, Department of Agriculture, Ottawa.

Strawberry Jelly

Strawberry jelly may be made of strawberry juice alone, if the berries are only partly ripened; but if sweet or fully ripe, red currant juice or lemon juice in the proportion of a half cupful of red currant juice or the juice of a small lemon to a pint of strained strawberry juice should be added. To each pint of the mixed juice a pound of sugar is allowed. English housewives make a delicate ielly of the berries alone before they are fully ripe in this way. Put the carefully picked and cleaned berries into the preserving kettle over a slow fire. Crush slightly with a wooden spoon until the juice flows freely. Simmer gently for half an hour, strain through a bag and return to to the fire. Roll briskly fifteen minpound of sugar to every pint of juice. add the sugar, a cupful at a time, stirring until thoroughly dissolved. Put back on the stove and boil briskly until the liquid jells.

State of Ohio, City of Toledo, 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 To-ledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarth that cannot be cured by the use of HALL'S CATARRH CURE. FRANK L.CHENEY.

FRANK J. CHENEY. Sworn to before me and subscribed in my presence this 6th day of December. A. D. 1886. (Seal) A. W. GLEASON. FRANK J. CHENEY.

Notary Public. Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucons surfaces of the system. Send

for testimonials, free. F. J. CHENEY & CO., Toledo, O. Sola by Druggists, 75c. Take Hall's Family Pills for constipation.

Lambton Farms Wanted

A seventh list of farms for sale in Lambton County will be published by the Lambton Publicity Association on the 5th of August, 1916. Farms that appeared in the last list will reappear in the forthcoming list if request be sent to the Secretary before above date and present price of farm stated. These lists will have wide circulation at the Canadian National Exposition, Toronto, and other places of concourse.

Those who have farms for sale will please send a full description, the price and post office address of owner

Muracle of the War A Spanish journalist, who has been visiting the British front, gives his impressions in the Petit Journal. He remarks that he has seen a months! And after enumerating all that he saw, the masses of troops,

guns and munitions, he adds : When you have seen the colossal machine working, when you have heard the song of thousands of guns and the calm words of confidence from officers and men, you believe England invincible and well worthy of such an ally as France.

But what is most astonishing is that all that one sees now did not exist fifteen months ago; that all these smart, polite and chivalrous officers are fighting outside their own country to defend the soil of their allies. And in this they acted spontaneously under no compulsion. "It is difficult to explain this transformation, but the miracle is above all due to moral factors. The social body, and the national machine have been transformed because the heart and spirit of England had undergone a prior change. The lack of scruple by the 'scrap of paper' men showed utes with constant stirring. Take that the English possessed not only from the fire, measure and allow a a feeling heart which brought them a feeling heart which brought them to the help of the robbed and assaeinated Belgians, but the implaceable will to impose the final decision upon the vandals of Europe. And when the women intervened, when the delightful blondes of Great Britain joined in the campaign, Kitchenor's 'contemptible little army' became a terrible army necessitating the ac-

cumulation of forty German divisions. And that is only the beginning?

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.

Chinook Breezes

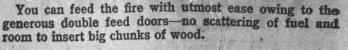
("Dad" in Victoria Standard) Even the barber shops are beginning to realize the value of advertising. They are not boosting the "Safety first" move-ment, however.

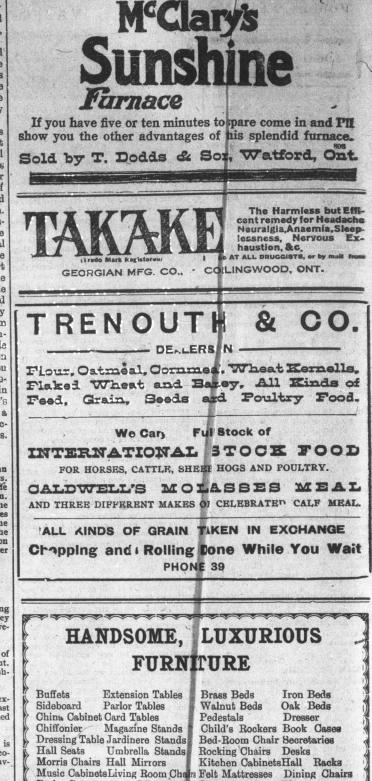
It is estimated that the percentage of lying increases twenty-seven per cent. over the normal average during the fishing season.

Canada's production of hen fruit ex-celled that of the orchard variety last year. The industrious hen added \$35,000,000 to the national wealth.

The daylight saving movement is spreading. The trouble with many peo-ple is that they spend their daylight sav-ings after the sun goes down.

An American Presidental campaign without Colonel Roosevelt in the fore-front would be about as exciting as a meeting of the Ladies' Aid. It is safe betting that the Big Buil Magne miles is safe





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Parlor Sets Library tallesCouches Pictures Davenports, and anything kept in a first-class furniture store. MASON & BISCH PIANOS

Agents for Mason & Risch Pianos, Gramaphones, String Instruments, Sheet Musić, 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 UNDERFAKERS

to the undersigned, in order that the parties enquiring may be brought into personal touch with those who have land to sell.

There will be no charge or com-mission of any kind, and the parties furnishing descriptions are not bound in any way. Give details as to situation, acreage, roads, improvements, soil, distance from churches, schools, towns, railways, telephone service, etc., etc., that would be of interest to prospective purchasers at a distance. When sale of farm takes place, please notify the Secretary so that it may be struck off the list. Parties offering large farms, suitable for fruit growing, would do well to offer them in lots of 15 to 50 acres. The Publicity Association exists for the purpose of advertising Lambton County and for no other purpose. It consists largely of the members of the County Council and the expense of the advertising is paid by the County. The information is wanted for the

purpose of placing a list of farms in the hands of those who wish to buy and who have written to the Secre tary in answer to general advertis-ments and descriptions of Lambton which have been published in various newspapers in Canada the United States and Britain.

The description may be sent by mail to R. Stirrett, Secretary of the Association, not later than Saturday, August 5th, 1916.

betting that the Big Bull Moose will prod somebody with his horns before the fight is over.

It must have been a touching sight to witness the Seattle policemen pouring perfectly good confiscated liquor into a sever, when they well knew another place where it could be snugly stored.

The friction between the Aldermen and the School Trustees as to which is the dominating body recalls another unsettled case of disputed control. Does the dog wag its tail or does the tail wag the dog

The best way to prevent a fountain-pen leaking is to forget to put ink into it.

For breaktast, a handful of porridge will be enough for the average perso

In most districts, at this season, the beapest soup is mock chicken. One cheapest soup is mock chicken. ordinary egg will be ample.

Don't fret. 'A poached egg inadvert-ently dropped on the carpet provides a fascinating plaything for baby.

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.

To make a dime go as far as a dollar take a suite of rooms on the fifth floor of a high-class hotel, open one of the win-dows and drop over both coins.

To enable one to enjoy the nourishing qualities of orange pips, date stones, birdseed, etc., it is only necessary to have one's appendix removed,

It is not generally known that a med-jum-sized fowl can be made to go round twenty-nine persons simply by chasing it. To make a pint of peasoup satifying 'to the above number of guests, add just be-for serving, a few drops of oil of castor.

for serving, a few drops of oil of castor. A Sure Thing. Bill—Are we down-hearted? Tom—No, but I'm fearfully tired. It's nervous exhaustion. I guess. Bill—Well, there's no need to stay tired, Tom., Go and get a box of Takake pills. They'll fix you up. Fifty cents a box at your druggists, or by mail from the Georgian Mfg. Co.: Collingwood, Ont. 3



14 inch cut		3 knife	9in. wheel	\$3.75
16	"	· · · · · · · · · · · · · · · · ·	9	4.00
16	66	4 "	9	4.50
16	"	4 "	10½ "	6.00

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

The N. B. Howden Est.