

HEAT FLASHES, DIZZY, NERVOUS

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 Compound I feel like a new woman. I always had a headache during the Change of Life and was also 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 critical 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, 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.
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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, JULY 7, 1916

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 Canada, and in occasional years little known species become enormously abundant causing losses of importance equal to those effected by regularly-occurring 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 investigation 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 bulletin may be had free of charge on

application to the Chief of the Publications Branch, Department of Agriculture, Ottawa. This Officer distributes all publications of the department. Farmers, however, desiring to send specimens of injurious insects for determination etc., should 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 jelly 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 the fire. Roll briskly fifteen minutes with constant stirring. Take from the fire, measure and allow a pound 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, } 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.

(Seal) 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.

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 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 commission 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 Secretary in answer to general advertisements and descriptions of Lambton which have been published in various newspapers in Canada and 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.

It Makes New Friends Every Day.—Not a day goes by that Dr. Thomas Electric Oil does not widen the circle of its friends. Orders for it come from the most unlikely places in the west and far north, for its fame has travelled far and deserves this attention, for no oil has done so much humanity. Its moderate cost makes it easy to get.

Miracle 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 miracle—an army created in twenty 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 that the English possessed not only a feeling heart which brought them to the help of the robbed and assassinated Belgians, but the implacable 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, Kitchener's 'contemptible little army' became a terrible army necessitating the accumulation 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" movement, 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 exceeded that of the orchard variety last year. The industrious hen added \$30,000,000 to the national wealth.

The daylight saving movement is spreading. The trouble with many people is that they spend their daylight savings after the sun goes down.

An American Presidential campaign without Colonel Roosevelt in the forefront would be about as exciting as a meeting of the Ladies' Aid. It is safe 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 sewer, 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 breakfast, a handful of porridge will be enough for the average person.

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

Don't fret. A poached egg inadvertently 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 Extirminator.

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 windows 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 medium-sized fowl can be made to go round twenty-nine persons simply by chasing it. To make a pint of peapoop satiating to the above number of guests, add just before serving, a few drops of oil of castor.

A Sure Thing. Bill—Are we downhearted? 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.

You can feed the fire with utmost ease owing to the generous double feed doors—no scattering of fuel and room to insert big chunks of wood.

McClary's Sunshine Furnace

If you have five or ten minutes to spare come in and I'll show you the other advantages of this splendid furnace.

Sold by T. Dodds & Son, Watford, Ont.

TAKAKE

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 Baxey, 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 & RISEH PIANOS

Agents for Mason & Riseh 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

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.