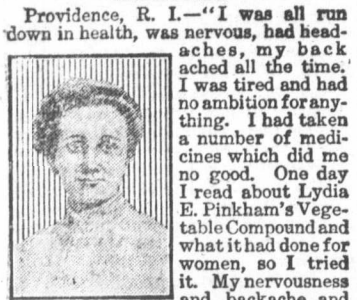


HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.



Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINE E. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment. Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

Guide-Advocate
Watford, Ont.
PUBLISHED EVERY FRIDAY
Subscription \$1.50 per annum in advance. \$2.00 in advance to the United States.

ADVERTISING RATES.
YEARLY CONTRACT
1000 inches 8 cents per inch.
1000 inches 9 cents per inch.
500 inches 10 cents per inch.
Shorter periods 12 cents per running inch.

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday noon.

LOCAL ADVERTISING—1st insertion per line, 10 cents; subsequent insertions 5 cents each time per line. "Extra" measure 14 lines to the inch.

BUSINESS CARDS—One inch and under, per year \$5.00.

ADVERTISERS' CARRIES—\$5.00 a year.

LOCALS—10c per line each insertion. Minimum charge 25 cents.

Advertisements without specific directions will be inserted (if) for a fixed and charged accordingly.

W. C. AVLESWORTH, Publisher.
T. HARRIS, Editor.

Guide-Advocate
WATFORD, OCTOBER 18, 1918

GENERAL NEWS ITEMS

A JUDICIOUS use of the road scraper before the fall rains set in would put many roads in shape to shed the water, and thus prevent much of the cutting up of the roads in the fall of the year.

Corns cause much suffering, but Hollaway's Corn Cure offers a speedy, sure, and satisfactory.

THE DEPARTMENT of Agriculture advises that all land that can possibly be attended to should be plowed this fall in order to destroy the cut-worm which is showing up in such large numbers this year. This also applies to the town as well.

RECENT advices from Ottawa seem to indicate that the Canadian Government may follow the lead of the United States authorities in requiring newspaper and magazine subscriptions to be paid in advance. Conditions affecting the newspaper business may make it necessary to take this step. A 12 per cent increase in the price of paper is the latest.

A pleasant medicine for children is Mother Graves' Worm Exterminator, and there is nothing better for driving worms from the system.

ANOTHER Village weekly has given up the struggle. The Springfield Echo has suspended publication. The two Aylmer papers have amalgamated. There are now only one daily and six weekly newspapers in Elgin County. With the price of newsprint taking another jump the prospects for the smaller papers are not what you might call rosy. And yet people still wonder why country editors can't afford to treat advertising notices as news matter.

State of Ohio, City of Toledo, Lucas County, ss.
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 MEDICINE. FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886. A. W. GLEASON.
(Seal) Notary Public.
Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free.
F. J. CHENEY & Co., Toledo, O.
Sold by all druggists, 75c.
Hall's Family Pills for constipation.

A Proud Son's Letter to His Fond Father

The Guide-Advocate has received several requests to publish the following article which originally appeared in a Kansas newspaper.

The crown prince, whose army made a "glorious retreat" recently for "strategical reasons", sends this letter to his father the Kaiser explaining the situation.

"On the Run Somewhere in France, August 2 Times.

"Dear Papa:
"I am writing you on the run as the brave and glorious soldiers under my command have not seen the Rhine for so long that they have started that way, and, of course I am going mit dem. Oh papa, dere has been some ofel dings happen here in France.
"First—I started in my big offensive, which was to crush the fool Americans, but dey know so little military tactics dat dey vill not be smashed just like I want 'em. I sent my men in de fight in big waves, and when dey got to de Americans dey all said 'Boo' as loud as dey could holler. 'Eil, according to you haf always told me, dey Americans should have turned and run like blazes. But what you tink? Dem fool Americans don't know anything about war and instead of running de odder vey, dey come right towards. Some of dem was singing something about 've von't come back till it's over over dere,' or some odder foolish song, and some of dem laffing like fools. Dey are so ignorant. But dey are ofel reckless mit der guns and ven dey come towards us it was den dat my men took a notion dey wanted to go back to de dear old Rhine. 'Ve don't like de little old dirty Marne river, anyhow. And Oh, papa, dem Americans use such ofel language. Dey know nothing of kultur and say such ofel dings right before us. And dey talk blasphemy. Vat you tink they said right in front of my face? One big husky from a place dey call Kansas, he said, Oh, papa, I hate to tell you vat ofel ding he said—but I can't help it. He said 'To hell mit der Kaiser!' I don't tink anybody would say such an ofel ting. It made me so mad! I wouldn't stand and hear such an ofel ding, so I turned round and run mit de odder boys. Vas I right, ve? And, Oh, papa, you'd know dem breastplates vat you sent us. Can you send some to put on our backs? You know ve are going the odder way now and breastplates are no good, for the cowardly Americans are shooting us right in de der back. Some of our boys took of der breastplates and put them on earth, but de fool Americans are playing 'De Star Spangled Banner' mit machine guns on dem plates. Can't you help us? You remember in your speech you said nothing could stand before de brave German soldiers. Oh, papa, I don't believe dose ignorant Americans ever read your speech for dey run like just like we vas a lot of rabbits—vat you tink of dat? Can't you send some of your speeches right away. Dey don't know how terrible ve are. Can't you move my army back to Belgium vere ve von all our glory? My men can vip all de vimmen and children dat de Belgians bring up. But de Americans are so rough and ignorant. Ve can't make 'em understand dat ve are de greatest soldiers on earth and ven ve try to sing 'Deutschland Uber Alles' dey laugh like a lot of monkeys. But ve are getting the best of de Americans. Ve can outrun dem, papa, if ve are not de best fighters on earth, ve are sure de best runners. Nobody can keep up mit us ven we tink of der dear old Rhine, and my army never did tink so much of dot dear old river.
"Let me know right away what to do by return post office."

"CROWN PRINCE WILLIE."

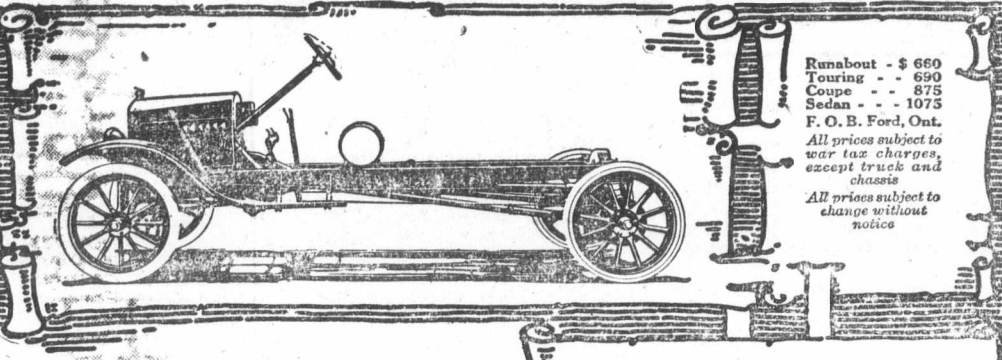
The Sugar Regulations

The Canada Food Board in a statement sent out, says that in families of two not more than one quarter of a level cup should be used a day. This includes for table use and cooking purposes, but the board realizes that much more must be used when preserving fruit. "There will not be sufficient sugar if it is consumed in other ways in the homes to the same extent as in former years, or if people eat up in the homes sugar which has been saved by regulation of manufacture," the statement says. The statement of the board indicates that it is now up to the Canadian housewife to do her share toward the conservation of the sweet stuff. Restrictions have been placed on the manufacture of candy and confectioneries now. It is pointed out that if the housewife wastes it though the amount saved by these restrictions will not count for a great deal.

Escaped on a Raft

Rev. and Mrs. Charlton, of Glencoe, had all doubts and anxieties as to the fate of their son who was on the torpedoed "Galway Castle" set at rest yesterday when they received a letter from him written at Borden Camp, England, on September 15th. The letter says in part: "Here I am again in Borden after having been since the 9th inst. at sea. Everything went well while we had the escort with us, but the night they left us was to our sorrow, for the next morning at seven o'clock they torpedoed us in the Atlantic right in the centre and broke the Galway Castle's back. Luckily we stayed afloat. The sea was very rough and it was pitiful to see little children being drowned and women floating away to eternity. After all boats had gone a naval officer, an old man from our medical corps and myself got hold of a raft and tied it to a rope and threw it over the side. We three men got into the sea and onto the raft, and wishing ourselves good luck set off wherever the waves would take us. We had 24 hours of being beaten about by the waves, when a destroyer picked us up. My legs were gone quite stiff; otherwise I was not too bad."—Glencoe Transcript.

Bar Barbarism by buying Victory Bonds!



More Satisfied Customers and Increased Profits

MANY storekeepers extend their business by taking advantage of the uses to which a motor truck can be put.

Those who use the horse and wagon for delivery are restricted to a limited area. But the merchant who owns a truck can cover many times the area possible by horse and wagon. He is able to increase his list of customers without interfering with the service he renders nearby customers. A rural delivery route can be added or lengthened. His loads can be increased. His service is improved while his costs are reduced.

The Ford One-Ton Truck Chassis fitted with a stake, express, or closed body will fill every requirement of the merchant. The Ford Truck is of service in all weathers.

Price (chassis only) \$750
F. O. B. Ford, Ontario

RAY MORNINGSTAR - Dealer - WATFORD

CHOP STUFF

Silo filling time has rolled around again for the farmers. The price of milk has advanced another cent in Windsor. It is now 15c per quart. Thamesville streets are scaped with a Fordson tractor.

The recent rains are said to have done considerable damage to the bean crops. Miller's Worm Powders never fail. They immediately attack the worms and expell them from the system. They are complete in themselves not only as a worm destroyer, but as a highly beneficial medicine, correcting weak digestion and restoring debilitated system to healthfulness, without which the growth of the child will be retarded and its constitution weakened.

James Hughes, a farmer near Kent Bridge, treshed 250 bushels of alfalfa clover seed, which he marketed at \$12 a bushel, making a total of \$3,000.

Factories where employees start work at 7 a.m. have in most cases gone back to the old time, the mornings being too dark at that hour to start work without artificial light.

Peter Johnson, an Aldborough farmer, was fined \$200 and costs at St. Thomas on pleading guilty to a charge of forging weigh scale checks at West Lorne a year ago.

A BOON FOR THE BILIOUS.—The liver is a very sensitive organ and easily deranged. When this occurs there is undue secretion of bile and the acid liquid flows into the stomach and sours it. It is a most distressing ailment, and many are prone to it. In this condition a man finds the best remedy in Parmelee's Vegetable Pills, which are warranted to speedily correct the disorder. There is no better medicine in the entire list of pill preparations.



good range should do. It is the lung system of the range.

For Sale by T. DODDS & SON

McClary's Pandora Range

London Toronto Montreal Winnipeg Vancouver
St. John, N.B. Hamilton Calgary Edmonton Saskatoon

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Ernest I
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Sid Bro
Thomas
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Wm Me
J Tomli
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T A Bra
Norma
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Basil G
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Alfred
Clayto
18th
R R A
R H
8th,
Murra
Ambr
Lieut.
Austri
Russ C
John
Frede
Elgin
Capt.
Frank
Arth
Roy I
C F I
Roma
Walt
Clare
Edge
Ches
Lieut
J. C.
Lieu
Regi
Jame
Russ
Leo
John
Mel.
Tom
Well
Lloy
Vern
Basi
Nels