WOMAN AVOIDS

Medicine Which Made Surgeon's Work Unnecessary.

Astoria, N. Y.—"For two years I was feeling ill and took all kinds of tonics. I was geting worse everyday. I had chills, my head would ache, I was always tired. I could not walk straicht. not walk straight because of the pain in myback and I had pains in my stom-ach. I went to a doctor and he said I must go under an operation, but I did

I read in

not go. I read in the paper about the paper ab

Every one dreads the surgeon's knife and the operating table. Sometimes nothing else will do; but many times doctors say they are necessary when they are not. Letter after letter comes to the Pinkham Laboratory, telling how operations were advised and were not performed; or, if performed, did no good, but Lydia E. Pinkham's Vegetable Compoundwas used and good health followed.

If you want advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

Guide-Advocate

Watford, Ont. PUBLISHED EVERY FRIDAY in advance to the United States.

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WATFORD, JUNE 30, 1916

NOTE AND COMMENT

New York Sun: No doubt the reports of a German food shortage are exaggerated in the Scandinavian countries where they originate and it may be supposed that the reports lose nothing in the telling in London. But one has only to make a rough calculation of the amount of blockade to realize that after nearly two years of conflict the pinch of hunger is beginning to be felt in Ger-It seems inhuman as to the many. dire want imposed on beleaguered Paris in 1871 was inhuman. The end was capitulation when the straits to which its people were reduced were too harrowing to describe. Germany might be able to hold out for years with elaborate organization, but only a great victory in the field will save her from cumulative suffering.

Thamesville Herald: Some portions of The Assessment Act, are certainly not very fair. The business tax is particularly unfair. A man in a cheap, frame building may do twice the business and make twice the profits of his neighbor, who is in a good brick building, yet his business assessment will not be near as high as that of his brick store neighbor. One would think the Legislature could improve on that. If we remember rightly the objection taken (when the Act was before the House a dozen or so years ago) to basing the assessment on the business turnover or profits, was that it would be awkward getting at correct figures. The Workmen's Compensation Board seem to have no difficulty in getting correct statements re wages.

For years Mother Graves' Worm ex-terminator has ranked as the most effec-tive preparation manufactured, and it always maintains its reputation. m

Not Another Winter Campaign

The situation may be summed up at the present timeas follows: The German reserves are nearing the limit of exhaustion; the Allies' total output of shells is increasing; greater attention is being paid to the manu facture of big guns; the Russian army has been re-formed and wellequipped and is proving the truth of that fact victoriously in the field; finally, a hundred and fifty thousand Serbians had been landed at Salonika, thoroughly refreshed after the terrible retreat across the mountains in the winter and adequately supplied ! with all the necessaries of war.

No expert will be deceived when the German Chancellor pits his "conquered territory" against the new position of the Allies. The Russian and and British and Italian armies are increasing daily, Verdun has magnificently proved the skill and valor of the French, and in finance Great Britain is still supreme in the world. The Central Empires have reached their apogee and are now rapidly declining. It is no idle hazard to predict that the beginning of the end is in sight and that we shall not experience another winter campaign, unless something very unexpected happens.

Deafness Cannot Be Cured

by local applications, as they canno reach the diseased portion of the ear There is only one way to cure deafness and that is by constitutional remedies Deafness is caused by an inflamed condition of the mucous lining of the Eu stachian Tube. When this tube is in flamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out less the inflammation can be taken out end this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that caunot be cured by Hall's Catarrh J. CHENEY & CO., Toledo, Ohio.

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Should be a Lesson.

On Sunday night last what might have been a fatal accident on con. 13, Two Ford car owners thought they would try their mettle on a level piece of road. One car was owned by John Carr of Euphemia, and besides himself he had two ladies with him. The other car was owned by Bob Leeson, and with him was his brother Irwin and a man named Johnston. When they were both going at a terrible clip-some say 50 miles an hour, if that is possible with any car—the Leeson auto got too close to a ditch eight feet deep, and in it went. The two side wheels were broken off, and the car was otherwise badly smashed. Irwin sustained a broken leg at the knee, and his brother Bob and the man Johnson were badly shaken up. This should certainly be a lesson to drivers of cars; but if such men are bound to provisions for which the German be foolish, why they should be alone population is deprived by the British in the cars, and not endanger the lives of others.-Dresden Times.

> The ease with which corns and warts can be removed by Holloway's Corn Cure strongest recommendation. seldom fails.

Such An Intelligent Dog!

There was, once upon a time an old lady who rented a furnished villa for the summer, and with the villa a large dog also went.

In the sitting room of the villa there was a comfortable armchair. The old lady liked this chair better than any other in the house. always made for it the first thing But, alas! she nearly always found the chair occupied by the large dog.

Being afraid of the dog, she never dared bid it harshly to get out of the chair, as she feared that it might bite her, but instead she would go to the window and call "cats

window and bark and the old lady weuld slip into the vacant chair quietly.

One day the dog entered the room and found the old lady in possession of the chair. He strolled over to the window, and, looking out, appeared much excited and set up a tremendous barking.

The old lady arose and hastened to the window to see what was the matter, and the dog quietly climbed The Clucking Hen

The old grey hen has thirteen chicks and round the yard she claws and picks, and toils the whole day long; I lean upon the garden fence, and watch that hen of little sense, whose intellect is wrong. She is the most important hen that ever in the haunts of men a waste effort made; she thinks if she should cease her toil the whole blamed universe would spoil, its institutions fade. Yet vain and trifling in her task; she might as profitably bask and loaf throughout the year; one incubator from the store would bring forth better chicks and more than fifty hens could rear. She ought to rest her scratching legs, get down to tasks and lay some eggs, which bring the valued bucks; but, in her vain perverted way, she says, "I'm derned if I will lay," and hands out foolish chicks. And many men are just the same; they play some idle, trifling game and think they're sawing wood; they hate the work that's in demand, the jobs that count they cannot stand, and all their toil's no good.-Walt. Mason.

Vienna scientists in testing the effort on the human system of food plants con-taining iron have succeeded in making vegetables absorb more iron from the soil than normally.

German textile experts have succeeded in treating wool yarns by a process similar to that of the mercerization of cotton, the wool being given a bath of bisulphite of soda at high temperature.

To protect engineers' eyes as they look ahead from locomotives a shield has been invented that deflects air and dust past an opening so that no glass, easily blurred by ice or water, is needed.

For sifting and removing ashes at the same time there has been invented a scoop with a double screen in the bottom, one portion of which is agitated by an attachment on the handle.

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In order to facilitate the handling of mail at the front and to insure prompt delivery it is requested that all mail be addressed as follows:—

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Battalion, Regiment, (or other Staff appointment or Department. CANADIAN CONTINGENT.

British Expeditionary Force.

Army Post Office, London Eng-

Honor Roll, C Company 149 Batt

(Corrected to date by Capt. Stapleford)

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