

## PAINS IN SIDE AND BACK

How Mrs. Kelly Suffered and How She was Cured.

Burlington, Wis.—"I was very irregular, and had pains in my side and back, but after taking Lydia E. Pinkham's Vegetable Compound Tablets and using two bottles of the Sanative Wash I am fully convinced that I am entirely cured of these troubles, and feel better all over. I know your remedies have done me worlds of good and I hope every suffering woman will give them a trial."—Mrs. ANNA KELLY, 710 Chestnut Street, Burlington, Wis.

The many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine they need.

This good old root and herb remedy has proved unequalled for these dreadful ills; it contains what is needed to restore woman's health and strength.

If there is any peculiarity in your case requiring special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for free advice.

## Guide-Advocate

Watford, Ont.  
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HARRIS & CO.  
PROPRIETORS

## Guide-Advocate

HARRIS & CO. PROPRIETORS.  
WATFORD, JUNE 23, 1916

### Too Many Provisional Officers

A halt has been called in the training of provisional officers not absolutely needed for authorized overseas units, and until the present great reserve of unattached lieutenants has been absorbed, which from present indications will not be for some months yet, no more probationers than those whose commanding officers certify that they are required to fill vacancies in existing battalions will be trained. This drastic new regulation has been adopted to prevent the waste of money and time that would follow the training of a larger reserve of junior officers than are now available.

### Deafness Cannot Be Cured

by local applications, as they can 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 Eustachian Tube. When this tube is inflamed 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 and 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 cannot be cured by Hall's Catarrh Cure. Send for circulars, free.  
F. J. CHENEY & CO., Toledo, Ohio.  
Sold by Druggists, 75c.  
Take Hall's Family Pills for constipation.

### Addressing of Mail

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:—

- Regimental Number.
- Rank
- Name.
- Squadron, Battery or Company.
- Battalion, Regiment, (or other unit) Staff appointment or Department.
- CANADIAN CONTINGENT.
- British Expeditionary Force.
- Army Post Office, LONDON England.

## TIRELESS INSECTS.

Built For the Strenuous Life, They Are Never Weary.

In "Insects, Their Life Histories and Habits," Harold Bastin, the entomologist, says that, contrary to popular belief, spiders are not insects. Insects have six legs, neither more nor less, and another peculiarity of the insect is that it has wings, sometimes two, more often four. Spiders have eight legs and no wings; therefore spiders are not insects.

Insects have no backbones and no skeletons, says Mr. Bastin, but skins with a hard, durable surface called chitin, which makes up a light shell of armor that forms the outside of the body, to the inside of which the muscles are attached.

Insects do not breathe through their mouths, but through holes in their bodies, called spiracles. Insects have neither veins nor arteries. The blood is pumped directly from the chambered heart into the body cavity, where it bathes and nourishes the organs. Insects have wonderful and enviable digestive organs and feed upon and digest almost any substance from which nourishment may be extracted.

Because of the way they are built insects are particularly fitted for the strenuous life, and a tired insect is a thing unknown. They are always busy traveling, buzzing, biting or seeking some work to do.

### A "Primitive" Painter.

Henri Rousseau, a man who used to hold a minor government position in France, was for a quarter of a century the joke of artists and art students in Paris. For years in the independent salon he showed daubs which had not the most distant kinship with art. Some of his "famous" pictures were a "Lady on a Sofa in a Jungle," a "Tiger in a Jungle," a "Nigger in a Jungle." He affected jungles, which consisted of innumerable parallel green lines to represent grass; the tiger was a painted wooden toy; the lady looked as if she had come out of Noah's ark. The unfortunate Rousseau went on exhibiting the same sort of work every year, and the painful thing was that he gradually became a celebrity. Sinister humorists told him he had genius, and he took himself quite seriously. "I am a real primitive," he would say. Some practical jokers even went the length of buying his pictures.

### She is Always to Blame.

Of what use is it discussing whether men or women will do the sillier things to maintain a pose? We all know—or ought to, perhaps—that when the woman buys a twelve dollar pair of white kid boots that are unsuitable to wear with anything else that she can afford she is herself to blame; and when a man mortgages his farm to buy an automobile that he cannot afford to run it is the women of the family who are to blame; and there you are!—"As She Sees It."

### Marriage in France.

In France a man under twenty-five and a girl under twenty-one cannot marry without the consent of their parents if they are alive or of the survivor if one is dead. If both are dead the grandparents must be consulted if living. Even the would-be bridegroom over twenty-five and the bride over twenty-one must ask the parental benediction. Over thirty and twenty-five, they must give their parents or their representatives a month's clear notice of their intention to marry.

### Everlasting Bricks.

Once made a brick is practically indestructible. Nearly every brick that has ever been made by man from the beginning of time is still in existence on this earth. The men who made and laid them and who directed these operations have long since been gathered into dust. Some of them have doubtless contributed in their bodies to the making of more bricks. But the steadfast and enduring square of baked clay persists and will until the heavens and earth are shriveled like a scroll.—Exchange.

### Portuguese Burial Custom.

They have an unusual mode of burial in Portugal. Instead of the headstones and monuments of the graveyards of other countries the cemetery of Lisbon shows rows and rows of tiny chapels ranged in long avenues bordered by cypress trees. The Portuguese are reluctant to bury their dead out of sight, and these chapels serve as mortuaries for the coffins, which are placed on the shelves within. Through the iron grills the eye discerns small altars and flowers gleaming through the subdued light of the interiors.

### In Its Grateful Shade.

"I have aimed at health and happiness. When confronted with a formidable obstacle," said Sir George Reid on his seventieth birthday. "I have always first tried to knock it over. Failing this, I try to get around it; failing that, to get over it or under it. If I did

not then succeed I have been content to lie down in its grateful shade, praising the obstacle as a blessing in disguise."—London Standard.

### Unfair Suggestion.

Wife—Do you think Tommy disturbs our neighbor with his drum? Husband—I'm afraid so. The man next door made him a present of a nice new knife today and suggested that Tommy should cut open the drum and spend the money that is inside.

Would they could sell us experience, though at diamond prices! But then, no one would use the article second-hand.—Balzac.

### His Golf Prize.

When the Duke of York was living in Edinburgh in 1681 he was told that a certain shoemaker named Paterson was the best golfer player in Scotland, and him, the duke, later James II, chose as partner in a foursome, winning a huge stake. He promptly turned over the money to Paterson, who forthwith built a house in which the duke placed a stone with a Paterson crest bearing the motto, "Far and Sure."

### Always Wrong.

Manager—I'm disgusted with the mistakes that new man makes! He gets everything balled up. Assistant Manager—Oh, well, some of the best ones are that way at the beginning. He may bring home the bacon yet. Manager—He won't unless we send him for ham.

### His Motive.

Judge—Why did you commit a second theft after you had just been acquitted of the first one? Prisoner—I had to pay my lawyer, your honor.

### Their Work.

"What a noisy clatter children do keep up at the table!"  
"They certainly do put the din in dinner."

### How he Hated Publicity

Some people hate publicity, like the young musical comedy actor. He was dressed in a tight-fitting suit of the latest cut, and his whole costume was a dream of sartorial refinement. And he was plainly embarrassed as he entered the editor's office.  
"I was intensely shocked to read a notice in your paper of my engagement," he began. "I cannot tell you how shocked I was. I was positively chagrined. My fiancée was chagrined; we were all chagrined. How much for fifty copies of the paper?"

### HAVE YOU A BAD SORE?

If so, remember these facts—Zam-Buk is by far the most widely used balm in Canada! Why has it become so popular? Because it heals sores, cures skin diseases, and does what is claimed for it. Why not let it heal YOUR sore?

Remember that Zam-Buk is altogether different to the ordinary ointments. Most of these consist of animal fats. Zam-Buk contains no trace of any animal fat, or any mineral matter. It is absolutely herbal.

Remember that Zam-Buk is at the same time healing, soothing, and antiseptic. Kills poison instantly, and all harmful germs. It is suitable alike for recent injuries and diseases, and for chronic sores, ulcers, etc. Test how different and superior Zam-Buk really is. All druggists and stores at 50c. box. Use also Zam-Buk Soap. Relieves sunburn and prevents freckles. Best for baby's bath. 25c. tablet.

### Mail for Lambtons 149

All mail for soldiers in the 149th Battalion should be addressed in care of the Field Post Office, London, Ontario. To avoid confusion and to ensure prompt delivery the address should contain the following information: Regimental No., Rank, Name and Company to which the soldier belongs. Example:

Pte. James Peterson,  
No. 844345, A Co.,  
149th Os. Bn., C.E.F.,  
Field Post Office,  
London, Ontario.

### OUR CLUBBING LIST

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## Children Cry for Fletcher's

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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PHONE 39

## HANDSOME, LUXURIOUS FURNITURE

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|----------------|--------------------|------------------|---------------|
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| 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 |
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- Davenport, and anything kept in a first-class furniture store.

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