

# A Woman's Problem

How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. Read these letters:—



Philadelphia, Pa.—"I started the Change of Life five years ago. I always had a headache and backache with bearing down pains and I would have heat flashes very bad at times with dizzy spells and nervous feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my friends for I cannot praise it enough."—MRS. MARGARET GRASSMAN, 759 N. Ringgold St., Philadelphia, Pa.

Beverly, Mass.—"I took Lydia E. Pinkham's Vegetable Compound, for nervousness and dyspepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who suffer as I did and have had them try it and they also have received good results from it."—MRS. GEORGE A. DUNBAR, 17 Roundy St., Beverly, Mass.

Erie, Pa.—"I was in poor health when the Change of Life started with me and I took Lydia E. Pinkham's Vegetable Compound, or I think I should not have got over it as easy as I did. Even now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—MRS. E. KISSLING, 931 East 24th St., Erie, Pa.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.



## The Guide-Advocate JOB PRINTING DEPARTMENT

YOUR ORDER SOLICITED  
ALL WORK SATISFACTORILY DONE  
PRICE REASONABLE

## SECRETS OF A GUN

The Famous French 75 and Its Wonderful Mechanism.

IT HAS TWO HIDDEN DEVICES.

These Are the Fuse Setter and the Recoil Absorber, and They Make This Monster Weapon a Most Fearful Engine of Death and Destruction.

What is a 75? By this is conversationally understood a French field gun, the caliber, or interior diameter of the bore, of which is seventy-five millimeters. Incidentally it is the finest man killing machine the world has yet known.

In 1898 France surprised the armies of the world by the introduction of an artillery weapon which till then had only existed in the dreams of experts.

Till this period the slowness of artillery fire was due to the fact that after the gun was laid and fired the shock of discharge so upset the aim that the gun had to be relaid for a second shot. The rapidity of fire thereupon became a matter of how quickly and accurately a gun could be laid by the personal skill of the layer. The French, seeking artillery progress and confronted with the inexorable shortness of their conscripts' period of training, sought to improve in mechanism what they could not improve in personal skill.

Briefly, the new French field gun of 1898 ceased to be attached to its axle-tree, but was attached instead to a buffer in a cradle, which not only absorbed the shock of recoil, but ran back the gun so exactly into its former position that no second laying was necessary.

The primary trouble of laying having been got over, rapidity of fire appeared to have been attained. Experiments then proved that, though a rapid rate of fire was possible, this rate was only as fast as that at which the gunners could adjust the fuses of the shells.

How now improve the rate of fuse setting? This task was and is a matter of meticulous accuracy, needing careful training to be done correctly. Moreover, it could not be hurried, since a shell badly fused by ever so little was not only innocuous to the enemy, but was a danger to one's own side. Once more the French put aside any idea of bristling up the personnel and invented a machine to set the fuse. The details of this fuse setter are still a secret. Let it suffice that it is simple, accurate and very rapid in its work. Thanks to it and to the steadiness of the gun after each discharge, the French field gun is easily capable of twenty-five aimed rounds a minute.

One more word about the recoil absorber and the secret thereof. The recoil is taken up by a cylinder beneath the gun, which contains a combination of glycerin, compressed air and springs. It is this combination and the exact proportions thereof which make the secret of the gun. It is not even ascertainable from a captured gun, since if you take a cold chisel to it and try to examine the works by opening the buffer the compressed air escapes, and the secret which lies in its density evaporates with it.

Having solved the question of the rate of fire you would have thought that the French would have been content. Not they! Range and accuracy were successively taken in hand. Muzzle velocity, which, after all, means range, was increased not by increasing the charge and with it the thickness of the gun that withstood it, but by lengthening the gun to a hitherto unheard of extent and giving it a slow burning propellant.

The temptation to put in a lighter shell and so get it farther on the same bang was successfully resisted. The designers never lost sight of the fact that the primary object of the gun was to deliver death to its enemies at the greatest speed, range and effectiveness possible. So they concentrated their energies on a man killing shrapnel which in the end weighed sixteen pounds and left the gun on its long journey at the unprecedented pace of 1,730 foot-seconds.

And there you have the present shrapnel.

Tactics here began to get mixed up with mechanics and ballistics. It was pointed out that troops would not always remain in the open to be whiffed out of existence by shrapnel. Rather would they get under cover at what speed they might. So a shell to deal with entrenchments, buildings and fortifications was indicated. Here again careful thought showed the need of accurate gunnery and a still higher velocity in the shell which, being more local in its effects, could not be allowed the same latitude in its action as its shrapnel confrere.

So a high explosive shell weighing only 11.65 pounds was introduced. Thanks to the chemists this time, its contents were of such a startling nature that its weight became a second-

ary consideration. It raced away on its mission at a velocity at that time unequalled even by the latest small bore rifle, and when it exploded its minute charge blew great holes in the scenery. — Pousse Cailloux in Blackwood's Magazine.

### Are You Saving?

The little savings bank in the home means more for the future of the children of a family almost than all of the advice in the world. It gives them the right start. — William McKinley.

Duty and pleasure make a bad team to manage.

### The Scotch of It.

The famous scientist, Sir Archibald Geikie, although a Scotsman, is not above thoroughly enjoying a joke even though it is against his countrymen. One he tells himself is about an Englishman and a Scotsman who went to Egypt together and paid a visit to the Pyramids. The Englishman was lost in admiration at the wonderful sight, and presently asked his companion for his opinion. The Scotsman shook his head sorrowfully. "Ah, mon," he said with a sigh, "what a lot of mason work not to be bringin' in any rent!"

Fresh Supplies in Demand.—Wherever Dr. Thomas' Electric Oil has been introduced increased supplies have been ordered, showing that wherever it goes this excellent Oil impresses its power on the people. No matter in what latitude it may be found its potency is never impaired. It is put up in most portable shape in bottles and can be carried without fear of breakage.

### Sensibility.

Two highly respectable citizens of Brooklyn were strolling past the old Kings county penitentiary, now nothing but a memory. They noticed a gang of convicts working on the road and paused to watch the prisoners, who appeared to be harder than the stones they were breaking. The guard, a tough looking man, came along and said: "Beg pardon, gentlemen. You will have to move on. It embarrasses the boys to have their friends see them in such a predicament." — New York Post.

### Fine Scorn.

"Lady," said Plodding Pete, "could you spare a hungry man a meal of victuals?" "You go away from here, or I'll call my husband." "Is that there stoop shouldered man plowin' corn in the next field your husband?" "Yes, it is." "I take back what I said. I've got a heart in me, I have. If you've got a meal of victuals for a poor starvin' man give it to your husband." — Washington Star.

### The Woodshed Test.

A city man, familiar with life in the country, uses the "woodshed test" to determine whether it is safe to lend a farmer money. If he finds a good stock of wood on hand, with plenty of it split and neatly piled and some split very fine, so that it will kindle easily, he concludes that the man is forehand, looks out for his wife's comfort, does not spend his rainy days at the store and is a good risk. If the woodshed shows shiftlessness he refuses to lend. — Youth's Companion.

### When Wagner Fled.

Richard Wagner, the composer, was an ardent republican in 1849. In the archives of Dresden there is a document setting forth a case of high treason against the musician. He was accused of having written to a friend a letter proposing to turn Saxony into a republic. "But whom shall we make president?" he asked. "I see nobody competent for the office except our present sovereign, Frederick Augustus II." Frederick Augustus does not seem to have appreciated the humor of the suggestion that he should doff the crown and content himself with the dignity of a republican president. For this flash of unconscious fun Wagner had to bolt to Switzerland.

### Cottage Bedspread.

Nothing is more appropriate for the summer cottage than a bedspread decorated with colonial applique embroidery, which is nothing more or less than patchwork in a glorified state. Unbleached muslin is used for the spread, and it is bound with an inch and a half border of blue chambray. A design in vines and flowers is cleverly carried out, with blue and yellow chambray for the flowers and green for the vines. A long sham to cover both pillows may be worked out in the same manner.

The Best Liver Pill.—The action of the liver is easily disarranged. A sudden chill, undue exposure to the elements, over-indulgence in some favorite food, excess in drinking, are a few of the causes. But whatever may be the cause, Parmer's Vegetable Pills can be relied upon as the best corrective that can be taken. They are the leading liver pills and they have no superiors among such preparations.

WHEN USING  
**WILSON'S FLY PADS**  
READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

Far more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

## ROLL OF HONOR

Men From Watford and Vicinity Serving the Empire

### 27TH REGT.—1ST BATTALION

Thos. L. Swift, reported missing since June 15, 1915, Rich. H. Stapleford, Bury C. Binks, L. Gunn Newell, killed in action, Arthur Owens, F. C. N. Newell, T. Ward, Sid Welsh, Alf Woodward, killed in action, M. Cunningham, M. Blondel, W. Blunt, R. W. Bailey, A. L. Johnston, R. A. Johnston, G. Mathews, C. Manning, W. G. Nichol, F. Phelps, H. F. Small, E. W. Smith, C. Toop, C. Ward, J. Ward, killed in action, F. Wakelin, D. C. M., killed in action, T. Wakelin, wounded—missing, H. Whitsett, B. Hardy.

### PRINCESS PATRICIA'S C.L.I.

Gerald H. Brown

### 18TH BATTALION

C. W. Barnes, Geo. Ferris, Edmund Watson, G. Shanks, C. Jamieson, J. Burns, F. Burns, C. Blunt, Wm. Auttersson, S. P. Shanks.

### 2ND DIVISIONAL CAVALRY

Lorne Lucas, Frank Yerks, Chas. Potter, Rus. G. Clark.

### 33RD BATTALION

Percy Mitchell, Lloyd Howden, Geo. Fountain, Gordon H. Patterson, died in Victoria Hospital, London.

### 34TH BATTALION

E. C. Crohn, S. Newell, Stanley Rogers, Macklin Hagle, Henry Holmes, Wm. Manning, Leonard Lees.

### 70TH BATTALION

Ernest Lawrence, — Emmerson, C. H. Loveday, A. Banks, S. R. Wholton, Thos. Meyers, Jos. M. Wardman, Vern Brown, Sid Brown, Alf. Bullough.

### 71ST BATTALION

R. H. Trenouth.

### 28TH BATTALION

Thomas Lamb, killed in Action.

### — MOUNTED RIFLES

Fred A. Taylor

### 29TH BATTERY

Wm. Mitchell, John Howard.

### ANTI-AIRCRAFT

Gunner Woolvet.

### PIONEERS

Wm. McNally, W. F. Goodman.

### ENGINEERS

J. Tomlin

### ARMY MEDICAL CORPS

T. A. Brandon, M. D., Capt. W. J. McKenzie, M. D., Norman McKenzie, Jerrold W. Snell.

### 135TH BATTALION

N. McLachlan.

3RD RESERVE BATTERY, C.F.A.

Alfred Levi

### 116TH BATTALION

Clayton Fuller.

### CONSTRUCTION UNIT

Arthur McKorcher

### 196TH BATT.

R. R. Annett.

Children Cry  
FOR FLETCHER'S  
**GASTORIA**