

## WIFE TOO ILL TO WORK

IN BED MOST OF TIME

Her Health Restored by Lydia E. Pinkham's Vegetable Compound.

Indianapolis, Indiana. — "My health was so poor and my constitution so run down that I could not work. I was thin, pale and weak, weighed but 109 pounds and was in bed most of the time. I began taking Lydia E. Pinkham's Vegetable Compound and five months later I weighed 183 pounds. I do all the housework and washing for eleven and I can truthfully say Lydia E. Pinkham's Vegetable Compound has been a godsend to me for I would have been in my grave today but for it. I would tell all women suffering as I was to try your valuable remedy." — Mrs. Wm. GREEN, 332 S. Addison Street, Indianapolis, Indiana.



There is hardly a neighborhood in this country, wherein some woman has not found health by using this good old-fashioned root and herb remedy. If there is anything about which you would like special advice, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

### Guide-Advocate

Watford, Ont.  
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HARRIS & CO.  
PROPRIETORS

### Guide-Advocate

HARRIS & CO. PROPRIETORS.  
WATFORD, JUNE 1, 1917

#### NOTE AND COMMENT

In the opinion of the New York World, "one reason for the slowness of American recruiting is that absurdly high standards of physical perfection are still set up by the military authorities."

People of the United States have been warned by a Chicago pork packer that meatless days will soon arrive unless adequate measures are taken to conserve and increase the live stock throughout the country. With the markets such as they are many a producer is selling off his best cattle to catch the figure, when he should be retaining them.

One of the noticeable changes from 25 years ago is the disappearance of the wayside blacksmith shops. One reason is said to be the increase of farm machinery, and the keeping of parts of these at convenient places, so that repairs can be made in short order. With light

conveyance, or motors the question of driving an additional 5 or 10 miles does not come into account, hence the mission of the local blacksmith is no longer a pressing necessity. It is said shops have reduced from 4,000 to 2,500 in the past five years in Ontario.

One true hearted soldier who stands in his place and heroically fights for King and Country is worth 10,000 slackers who can tell you how smashing blows should be dealt to the enemy while Mr. Wiseacre sits in an arm chair at home. It takes more than talk to put a dent in the Hendenburg line.

The Dominion Agricultural Department has issued the following advice: "The enthusiasm displayed generally in the matter of planting potatoes is only equalled by the enthusiasm with which potato prices are climbing up. It now costs from \$45 to \$50 for seed to plant an acre of potatoes. It is obvious that at these prices potatoes do not give a sufficient food value. Housekeepers could well eliminate the potato and turn to more economic foods, and, by such elimination, leave that much more seed to be planted for the much-needed crop this year. In the scarcity of potatoes it would be well for planters to turn to the question of beans. The same money that will plant an acre of potatoes, if invested in beans, will provide seed for more than ten acres. They are not only an excellent and nutritious form of food, but it looks as if they will continue to be in strong demand for army supplies, and companies, with army contracts, are offering as high as \$5 a bushel for this year's crop. Soil that is suitable for potatoes is generally also suitable for beans."

Some of the church societies will banish refreshments from their evening's program until the world is on its feet again. Why something to eat should be one of the factors to bring a party of old and young people to seek spiritual refreshments is a soul-lifting problem which I never could understand. Probably because I was not there to experience what a good cup of tea or a layer of cake might have in influencing my mortal body towards reaching out for heavenly food for my immortal soul. Fasting and praying are enjoined by the good book in getting of a body in shape for life everlasting. The doctors also enjoin the fasting end of the saving clause as good for a man's health. I have never heard it prescribed by scriptural scribes, that prayer, tea and a layer of cake are a few of the chief incidents of salvation. Beyond the economic side of dispensing with refreshments at the meetings of church organizations, which appears to be the object of good church people, there is satisfaction in knowing that in keeping a cup of tea and a layer of cake out of the peoples' manifestations unto the Most High, they are helping both the spiritual and worldly ends of our creation.—The Crank,

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 CURE. 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 Cure 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.

#### Lo, Here the Gentle Hen

There is no more irresponsible trespasser than the hen, unless it be perhaps the owner of the hen. You rise with sun and joy and gladness are in your heart, but as you peep out of your back window to gaze fondly upon the garden that claimed your labors so late the night before, and lo, your neighbor's hens are there before you. If you shoot the hens there is a family feud that will last till the crack of doom. The women folk of the two houses connected with the tragedy will never borrow anything from each other again. If you take less stern measures and go over to reason with the gentleman whose hens have cost you ten dollars in as many

minutes, he will tell you his time is too valuable to be taken up by such trifles. If you hesitate but a moment he will be insulted and tell you not to be standing on his grass. So it is hard for one to know what to do. The only hope seems to be to improve the morals of the people who own hens, and, frankly, that is the purpose of this article. You hen men, cut it out. Have a heart. Maybe the neighbor with a garden will throw you over a fine bunch of radishes one of these days.

#### Cheap Food

I know not what this uproar means, about the cost of living; I'm eating dandelion greens, and much delight they're giving. The dandelions around, in yellow-blooming splendor, wherever they can find the ground, and they are nice and tender. You'll find them growing on your lot, as on your lawn you potter; you put the blamed things in a pot, together with some water. You boil them with a piece of meat, then at the table rally, and dine, and what you cannot eat, you throw out in the alley. Such diet at this season means the cure of ailments chronic, for all physicians hold that greens are quite a helpful tonic. They heal the nerves, all torn to shreds, your blood and bones they nourish, they bring new hair to old bald heads, and make the whiskers flourish. But dandelions grow at large, and do not cost a penny; we want the things for which they charge, or else we won't have any. If peaches grew on every shrub, if every weed bore honey, we'd say: "They aren't fit for grub, or they would cost us money."—Walt. Mason.

Pills That Have Benefited Thousands.—Known far and near as a sure remedy in the treatment of indigestion and all derangements of the stomach, liver and kidneys, Parmelee's Vegetable Pills have brought relief to thousands when other specifics have failed. Innumerable testimonial can be produced to establish the truth of this assertion. Once tried they will be found superior to all other pills in treatment of the ailments for which they are prescribed.

#### Shortage of Swede Turnip Seed

Swede turnip growers are urged this spring to endeavour to secure and transplant a few sound roots to produce seed for themselves and their neighbours. Owing to the abnormal conditions now prevailing there will likely be very little swede seed for planting in the spring of 1918 unless our Canadian swede turnip growers make provisions for their own supplies by growing the seed themselves. Canadian supplies of swede and most other field root and garden seed formerly came from Europe but this source is now practically cut off. The prospects for home grown seed have been reduced by the present price of swede turnips for food purposes, as it would now take nearly two hundred dollars' worth of full grown swede turnips to transplant an acre for seed purposes. This factor has had the unfortunate effect of reducing the area in the eastern provinces that would otherwise have been planted for the production of swede seeds.—Seed Branch, Ottawa.

No kind of fish is good to eat unless the flesh is firm.  
Brown bread will make good bread pudding.

All raw foodstuffs should be washed before eating.

A few raisins added to the brown bread give it a new flavor.

For testing the dangers of mine gases an Englishman has invented apparatus that photographically measures the duration of flashes of explosions.

Wireless messages are being sent and received at a speed of more than 100 words a minute by an English inventor's apparatus.

To foil automobile thieves an inventor has patented a steering wheel that can be removed from a car when its owner leaves it.

A territorial government in Hungary has formed a company that will build a factory for the extraction of oil from pumpkin seeds.

The free ends of a new English detachable rim for automobile wheels overlap and can be drawn together with a jack to permit a tire to be easily removed.

In connection with a canal system France recently completed one of the world's greatest tunnels 4½ miles long by 72 feet wide and 52 feet high.

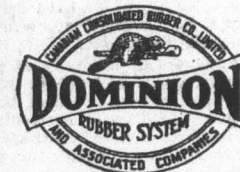
Asthma Victims. The man or woman subject to asthma is indeed a victim. What can be more terrifying than to suddenly be seized with paroxysms of choking which seem to fairly threaten the existence of life itself. From such a condition Dr. J. D. Kellogg's Asthma Remedy has brought many to completely restored health and happiness. It is known and prized in every section of this broad land.



HOLIDAY TIME CALLS FOR

## FLEET FOOT SUMMER SHOES

CAN'T trust yourself to slippery leather, in canoe, sail boat or yacht. And, of course, you have to have Fleet Foot Shoes for tennis, baseball, golf and lacrosse. Fleet Foot Pumps or low shoes are the proper accompaniment of Summer apparel. And Fleet Foot Summer Shoes cost so much less than leather, that it is real economy to wear them.



Look trim and neat—enjoy yourself—and save money, by wearing Fleet Foot this summer.

When you build your new cottage or bungalow or fix up the old one—even if it's nothing more than a job in the attic—it will pay you to look into Beaver Board.

If you want better walls and ceilings—warmer in winter, cooler in summer, sanitary, durable, beautiful in their decorative effects and free from cracks—nothing will satisfy you so well as the original, pure-wood-fibre Beaver Board.

Be sure it's Beaver Board. Look for the Beaver trade-mark on the back of every panel.

## BEAVER BOARD

In new work, Beaver Board is nailed direct to the studding, joists and "headers." In remodeling it is nailed right over the old plaster.

MADE IN CANADA



A Beaver Board room is finished by painting, after the board is on the walls. Then decorative wood strips are applied over joints in a pleasing panel design.



Est. 1870.

G. CHAMBERS EST.

## Spring House-cleaning Days

These days are near at hand, and no doubt you will be adding a few pieces of Furniture to your home. Perhaps it will be some Chairs, a Table, a Buffet, a Bedroom Suite, a Spring and Mattress, or something for your parlor.

When you are making these purchases be sure to come to this store and see our Complete Stock, bought before the advance in prices.

Agents for Mason & Risch 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

Guide-Advocate Want Ads. Get Quick Results.

**Be Safe!**  
Don't take too many chances with sports, business, or pleasure. Buy Kendall's Spavin Cure. It's the only reliable remedy for spavin, sore shins, and all other ailments of the horse. In the hands of horsemen, veterinarians, and farmers for 35 years it has proved its worth in hundreds of thousands of cases.  
St. Francis, Dec. 4th, 1913.  
Will you please mail to my address a copy of your *Treatise on the Horse*. I have been using your valuable remedies for some time, and found them safe and reliable.  
JOSEPH L. RATZINGER.  
\$1 a bottle—6 for \$5, at druggists—or write for copy of our book "Treatise on the Horse" free.  
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