

## NERVOUS PROSTRATION

May be Overcome by Lydia E. Pinkham's Vegetable Compound—This Letter Proves It.

West Philadelphia, Pa.—“During the thirty years I have been married, I have been in bad health and had several attacks of nervous prostration until it seemed as if the organs in my whole body were worn out. I was finally persuaded to try Lydia E. Pinkham's Vegetable Compound and it made a well woman of me. I can now do all my housework and advise all ailing women to try Lydia E. Pinkham's Vegetable Compound and I will guarantee they will derive great benefit from it.”—Mrs. FRANK FITZGERALD, 25 N. 41st Street, West Philadelphia, Pa.

There are thousands of women everywhere in Mrs. Fitzgerald's condition, suffering from nervousness, backache, headaches, and other symptoms of a functional derangement. It was a grateful spirit for health restored which led her to write this letter so that other women may benefit from her experience and find health as she has done. For suggestions in regard to your condition write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their 40 years experience is at your service.

**Guide-Advocate**  
Watford, Ont.  
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**ADVERTISING RATES.**  
YEARLY CONTRACT  
1500 inches 8 cents per inch.  
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500 inches 10 cents per inch.  
Shorter periods 12 cents per running inch.  
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Advertisements without specific directions will be inserted in the form and charged accordingly.  
**HARRIS & CO.**  
PROPRIETORS

**Guide-Advocate**  
HARRIS & CO. PROPRIETORS.  
WATFORD, MAY 24, 1918  
NOTE AND COMMENT

The bulk of the young men residing in urban centres and coming within the application of the amended Military Service Act are now reporting throughout Canada and in another 10 days many thousands will be in khaki. Making allowance for those who will be exempted on the few grounds, such as physical disability or where the rest of the sons of the family are overseas, it is estimated that about 35,000 will be secured from the ages of 20 to 22 inclusive. The call to those of 19 to register is a preliminary measure, the time when they will be summoned being indefinite. All the reports that have come to the department indicate a prompt response to the call. The situation in Quebec is stated to have improved vastly and little difficulty is anticipated there just at present. There is more of it in Ontario, where the farmers are holding out for the exemption of their sons.

Philadelphia Leger—It would not be a bad thing if the innumerable government officials, all able and conspicuous personages, no doubt, but some a little too new to be known to everyone the country over, would sign their letters whether “dictated and not read,” or other-

**How's This?**  
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Medicine.  
Hall's Catarrh Medicine has been taken by catarrh sufferers for the past thirty-five years and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Medicine acts through the Blood of the Mucous surfaces, expelling the Poison from the Blood and healing the diseased portions.  
After you have taken Hall's Catarrh Medicine for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Medicine at once and get rid of catarrh.  
Send for testimonials, free.  
F. J. CHENEY & CO., Toledo, Ohio.  
Sold by all Druggists, 75¢.

wise, with their full name spelled accurately on the typewriter, to which they might add the personal touch of the written signature, no matter how characteristically illegible it might be. This rule of a type-written signature also might be applied to all the volunteer helpers who are forced to a large correspondence on war issues, and it might be applied generally in the business world at large for the benefit of all who have to read and rely to letters which contain everything else, even the useless and elaborate official and business headings, but the one thing needful—a signature which can be read, so that a letter in return may be properly addressed.

**The Origin of the Salute**  
“It was ever the custom of brave and gallant knights, upon meeting, to raise their vizors and look each other squarely and fearlessly in the eye. On the road or in the arena before the tilting-match, clicking up of the vizor was an indispensable courtesy. This custom has come down to us in the form of the salute. We no longer wear vizors covering our faces, but we raise our hands to the vizors of our caps and look squarely and fearlessly at the person saluted. The salute is a sign manual of a proud fellowship in arms, and not the subservient acknowledgement of a superior officer. Our military regulations require all officers and soldiers to salute each other upon meeting and, it is courteous for the junior in rank to salute first. Courtesy is an indispensable quality of pride. No one can be discourteous and be proud of it.”

**At Pool of Bethesda**  
An English reservist, who was living near Sudbury, Ont., before the war writes to his old neighbors from the pool of Bethesda, Palestine: “I tasted the water—not too clean!—and in order to do it had to descend lots of steps, as the well is deep down in the ground. At the entrance one may, if one wishes, read in seventy-seven different languages the account of the healing described in the fifth chapter of John—a quite sufficient choice, one would imagine, but ‘Taffy’ thought differently, and not finding his mother-tongue represented, promptly wrote it all out in Welsh from his own Testament. So now there are seventy-eight different versions for visitors to choose from.”

**Britain's "Baby Army"**  
When the British troops reached Italy they were nicknamed ‘The Baby Army.’ The Italians were so surprised at the smart appearance of the new comers—differing so materially as it did from the picture presented by the home troops whom they passed—that, in the belief that they had come straight from England, they were called ‘The Baby Army.’ As a matter of fact the British soldiers were war-worn veterans from the Ypres salient.

**Married a Johnny**  
Many a young woman who deserves a good man for a life companion, has jumped in at a tender age and married a Johnny, and gone through life embarrassed and rest of her days. Johnny is all right as an ice cream boy and as a slot machine with which to get chewing gum and bon bons, but when it comes to measuring up in after years with the men who do things, and whose wives make up the budget of satisfied ones, he is down and out before the race starts. Girls, if you must marry, or you must, if you would be happy, be sure and marry a man, or at least what is going to be a man.

Keep on going ahead; let others look for footprints.  
People who cast reflections usually stand in their own light.  
Night is not dark to the good; nor is day bright to the wicked.  
Hardly any man is clever enough to know how important he isn't.  
Happiness and a bite always come after we have quit expecting them.  
Hustle for what you can get and do not worry about what you cannot have.  
AN OIL OF MERIT.—Dr. Thomas' Electric Oil is not a jumble of medicinal substances thrown together and pushed by advertising, but the results of the careful investigation of the curative qualities of certain oils as applied to the human body. It is a rare combination and it won and kept public favor from the first. A trial of it will carry conviction to any who doubt its power to repair and heal.

**Trade Barriers.**  
As part of the “formula for peace,” Courtenay de Kalb, writing in the current issue of “The Atlantic Magazine,” would have careful consideration given to trade restrictions—tariffs, schemes for commercial war, and so forth, with a view to eliminating such artificial barriers. For such he considers them. Part of the scheme for a league to enforce peace would, in his opinion, “introduce the principle of the natural trade by taking steps to eliminate the fostering devices on which national aggrandizement depends. It might not be possible to reach every scheme for artificial trade-development which will lift its head, but the tariff can be stripped off and the granting of ship subsidies and bounties and all the cruder forms of industrial protectionism. This would at least go far toward the organization of the sisterhood of nations on the true competition basis of relative inherent skill, knowledge and ability. In that direction lies the open road to peace and progress. The world may not delude itself; it must take that highway or accept the principle of the trade-war which goes hand in hand with Mars.”

**Shellfish.**  
Among the oldest life forms on the globe is the shellfish, known as the Lingula, a specimen of which was taken from Manila Bay several years ago. The genus, according to scientists, has remained practically unaltered for more than 100,000,000 years. With the extraordinary changes of climate and environment since the world began most forms of life with which science is familiar have been transformed or have altogether disappeared since the geologic ages. “That the genus Lingula,” says the Journal of Heredity, “should have survived for all these ages, and undergone virtually no change, is striking evidence of the fact that the germ plasma, which under some conditions, as in the case of the horse and the dog, is capable of extraordinary variation, is under other conditions remarkably constant.”

One of the commonest complaints of infants is worms, and the most effective application for them is Mother Graves' Worm Exterminator.  
Did it ever occur to you how miserable you can make yourself by wanting the things you have not, and by dwelling upon the things that effort has failed to secure?

**Children Cry for Fletcher's**

# CASTORIA

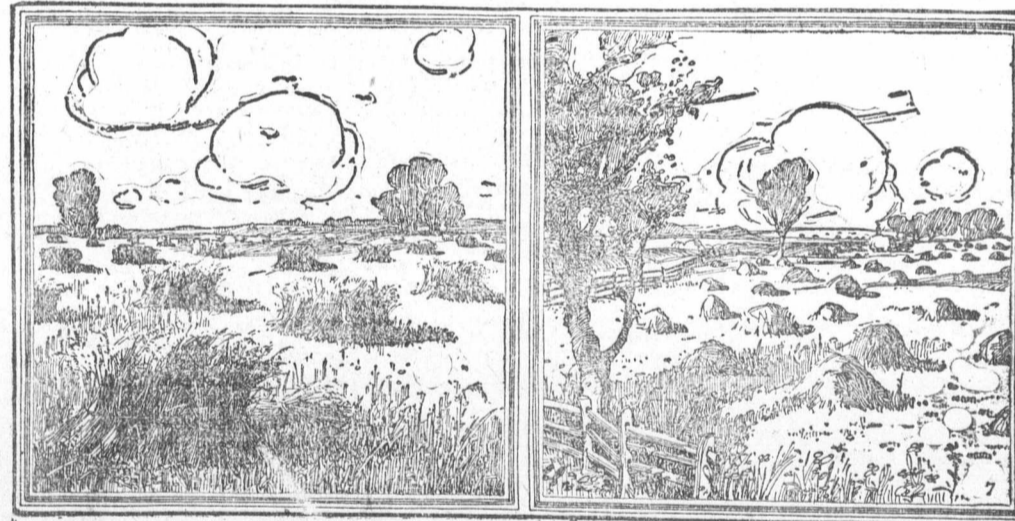
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and “Just-as-good” are but Experiments 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. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**  
Bears the Signature of *Chas. H. Fletcher*  
**In Use For Over 30 Years**  
The Kind You Have Always Bought  
THE CENTAUR COMPANY, NEW YORK CITY.

The Guide-Advocate “Want Column” is consulted by everyone. The cheapest form of advertising.



## The Ford Saves the Hay and Oats the Horses Eat

IT HAS been estimated that five acres of land are required to maintain one horse for a year, and that the same five acres would produce nearly enough food for two people. If 50,000 Canadian farmers each replaced one horse with a Ford, 250,000 acres would be added to the Nation's source of food supply and enough extra food made available to feed 100,000 people.

Just think what a great service this means to the country at the present time and the benefit to the farmers from the sale of food produced on this acreage.

A Ford car also saves the farmer a week or more of valuable time each year, which can be used for further productive work. The Ford travels three times as fast as a horse and rig—costs less to run and keep, and is far easier to take care of. With labor so scarce and high priced, time means money, so do not delay in getting your Ford.

**Ford**

Touring	\$595
Runabout	\$575
Coupe	\$770
Sedan	\$970
Chassis	\$535
One-ton Truck	\$750

E. O. B. FORD, ONT.

**RAY MORNINGSTAR - Dealer - Watford.**

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- 63RD B  
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67th B
- Edgar Prentis
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