

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.



Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

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W. C. AVLESWORTH, Publisher.
T. HARRIS, Editor.

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WATFORD, AUGUST 23, 1918

NOTE AND COMMENT

Would King George mind confiding to us the address of the place where he found that \$14 suit?—Kansas City Star.

And to think that in a few weeks all of us will be paying so much per ton for heat.—Brantford Courier.

Four years ago the Kaiser began his war against civilization, his vassal Austria attacking Serbia. To-day he is reaping the reward of his perfidy and baseness, face to face with the might of right.

But just wait, some of you war-brides until the glamour of the war is over, and you see your husband in civilian clothes with derby hats and wrinkly shirts and unpressed trousers.—Kansas City Star.

The Guelph Mercury says—"Putting a stamp on matches is probably the first step to get after the smokers who are the chief users and little by little the small luxuries of men are being eliminated. But what we want to know is why the stamp says 'paid by the manufacturer' when the consumer has to put up for it? Everybody but the consumer

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, 75c.

knows how to get rid of the peak load, while he gets stuck every way."

The spirit of Jealousy which seems to be on the increase between the different classes of the population of Canada to-day is most unfortunate. If Canada is going to prosper there must be a spirit of co-operation among all classes. Every member of the community who is engaged in a useful occupation is essential to the happiness and welfare of the other. The spirit of jealousy and suspicion is chiefly due to the want of knowledge. It is said that one half the world does not know how the other half lives and this statement is true even when applied to the different classes in the same country or even in the same community. The true ideal of national happiness is equal service, equal sacrifice and equal privileges and rewards and this ideal can only be obtained by the faithful co-operation of every Canadian, each in his own sphere.—Picton Gazette.

After four years of war Paris is in the hands of the French and surer now than ever of staying there

Montreal Gazette: By March 31 next Canadian war pensions will have reached the total of \$17,000,000 annually, points out Chairman J. K. L. Ross. The amount is great and will be greater in time but there will be no objection on the part of the public. The pensions are earned by the man who goes to the front.

The Old Girl is Game
(From the Kansas City Star).

We owe England a cheer for this. The old girl is game. She has in the nautical phrase of one of her own favourites—and ourslaid a point closer to the wind for us than a man could expect of his own married wife. She has stood by at every crisis from the start. Her destroyer fleet took the seas before ours was ready and battled the submarine at a time when it seemed that monster might dispute our passage. She sent us coal last winter when thousands of tons of ships were tied up in our harbors for want of fuel. Lets not forget it. England's been a good neighbor and a good ally right through the time when most of the flowers we were sending down to the footlights were marked for her co-star that she never failed to join her voice to ours in acclaiming that wonderful people—and kept right on doing hard, practical handy jobs for us.

PILLS OF ATTESTED VALUE.—Parmelec's Vegetable Pills are the result of careful study of the properties of certain roots and herbs, and the action of such as sedatives and laxatives on the digestive apparatus. The success the compounders have met with attests the value of their work. These pills have been recognized for many years as the best cleansers of the system that can be got. Their excellence was recognized from the first and they grow more popular daily.

Dispose of Old Hens and Breeding Stock Early

As soon as the breeding season is over, get rid of all male birds used in the breeding pens. When the egg yield drops in the early summer, or when the egg yield does not pay for the feed, sell off all hens over two years old and even the year-old cull pretty well. Poultry at this time of the year will bring a better price than later and feed and space will be saved for the best of the year-olds and the growing chicks. Old hens as a rule, especially of the heavier varieties do not pay for their feed in late summer eggs.

Sell the young cockerels whenever they are ready throughout the summer. Don't keep everything till fall. Whenever the price is good, sell the cockerels as broilers or as small roasters.

Two girls were knitting for the soldiers when one of them turned the conversation to an auto ride she had enjoyed the evening before. "Mr. Jones' ability in running an automobile is simply wonderful," she declared. "I never dreamed that it was possible to go quite so far without machinery." "Go without machinery!" was the wonderful rejoinder of the other. "Do you mean to say that such a thing happened?" "Yes," answered the first. "We must have gone at least twelve miles before Mr. Jones discovered that the engine was missing."

Fall Fair Dates—1918

Ailsa Craig	Sept. 19-20
Alvinston	Oct. 8-9
Bridgen	Oct. 1
Forest	Sept. 26-27
Glencoe	Sept. 24-25
Mt. Bridges	Oct. 1
Parkhill	Sept. 23-24
Petrolia	Sept. 19-20
Sarnia	Sept. 24-25
Watford	Oct. 2-3
Wyoming	Oct. 10-11
Strathroy	Sept. 16-18

CORSET AND GRACE

Provides the Foundation for Well Fitting Garments.

Season of Vests and Vestees is Further Demand for Service of Corsets That are Right.

You wouldn't expect to stand firm if the foundation were faulty. That is the first thought in building a house—a good foundation which is intended not only to preserve the unity of the building that is to come, but also to be the means of holding it in place. Later, all the finishing touches can be added to make the house beautiful. What is true of the house should also be true of your costuming. Be sure that the foundation—the corset—is right. This is the beginning, afterward you can add to it beautiful clothes for usefulness and adornment.

Correct corsets are even more important this year than ever before, asserts an authority. If you have any desire to look attractive, and every woman should have a keen sense of the value of always looking her best, not only does the silhouette demand that there be a good figure beneath, but the accessories also demand that the corset be well fitting, for this is a season of vests and vestees, which will not and cannot look smart or fit well unless the underneath fits well.

There is no need these days for any woman to buy a corset at random or to wear a corset that is in any way uncomfortable, for there is such a variety of shapes, sizes and measurements that, no matter what your need may be, there is a corset made to fill your requirements.

Just buying a corset, because it is made of pretty material is not being done by women who wish to be well gowned and comfortable. Such women appreciate the fact that it is impossible to pick up a corset from the counter and by holding it in the hand decide that the corset has the correct lines for her figure.

The time spent in the retail shop, having a corset tried on to determine if it is the right one for you, repays a hundredfold, and every shop nowadays would far rather go to the trouble of trying on corsets in order to have the customer content. It is also a great aid in overcoming the return goods trouble.

Certain it is that if the start isn't right the finish can't be what you desire for no matter how good looking your clothes may be the foundation must be well fitting.

ATTRACTIVE SUMMER FROCK



Flesh-colored taffeta is the material of this lovely frock, which is a foundation of cream-embroidered organdie and a charming fish collar of the same.

Save the water in which peas, beans or potatoes are cooked. This makes good material for the stock pot.

Use Millar's Worm Powders and the battle against worms is won. These powders correct the morbid conditions of stomach which nourish worms, and these destructive parasites cannot exist after they come in contact with the medicine. The worms are digested by the powders and are speedily evacuated with other refuse from the bowels. Soundness is imparted to the organs and the health of the child steadily improves.

Plan to attend Western Ontario's Popular Exhibition

\$30,000 IN PRIZES \$1,500 added this year

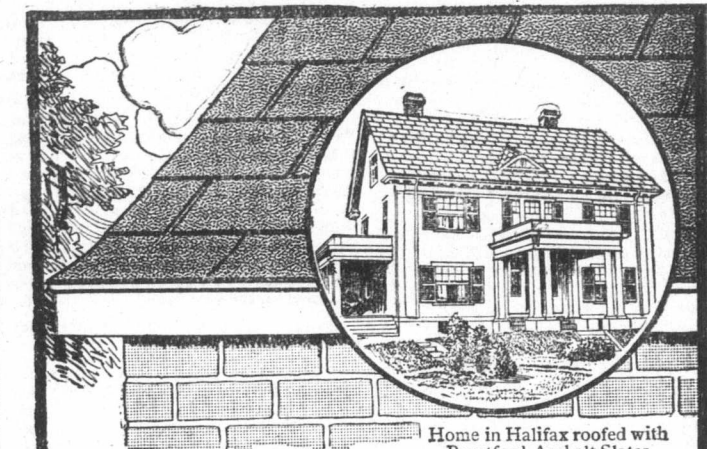
Full Programme of Attractions twice daily
Two Speed Events daily Fireworks each night
Great Pure Food Show in Process Building
Plenty of Music, Education, Entertainment and Midway Merriment

WESTERN FAIR
LONDON CANADA
Sept. 6th to 14th 1918

N.B.—New automobile entrance cor. Dundas and Egerton Sts. Admission \$1, covers auto and driver, including parking of car.
Prize List, Entry Forms, Application for Space, and all information from the Secretary A. M. Hunt, Secretary

Lt.-Col. W. M. Cartshore, President

Over Half a Century of Success



A handsome roof that defies the weather

An added touch of beauty to any house is a roof of Brantford Asphalt Slates, which are in soft, harmonious shades of reddish brown and dark green. The colors are permanent and unfadeable, being the natural shades of the slate just as it is taken out of the quarries.

It will also prove a very economical roof, because Brantford Asphalt Slates do not split, get loose, absorb water or rot. They are strongly fire-resistant and are classified as non-combustible by the fire insurance companies, and allowed to be used in cities where the most rigid fire-prevention By-laws are in force.

Brantford Asphalt Slates are very moderate in cost. The regular size of the slates and their pliability make them easily and quickly laid, thus saving time and cost of labor. Being made of high grade felt saturated and coated with asphalt, and with a surface of crushed slate, they make a roof that defies the elements and is a permanent part of the building, just like the walls and the foundation.

Brantford Asphalt Slates

are being used more extensively every year for city, country and summer homes, churches, golf clubs, stores, garages, and wherever an artistic effect is desired on a pitch roof.

If you are going to do any building this year or have an old roof that needs replacing, it will be to your advantage to investigate Brantford Asphalt Slates.

Brantford Roofing Co. Limited
Head Office and Factory, Brantford, Canada
Branches at Toronto, Montreal, Halifax

For Sale By
GEO. CHAMBERS EST.

GUIDE-ADVOCATE
"WANT ADS."

—the economical way to dispose of that article or equipment for which you have no further need.

SUFFERED TERRIBLE AGONY

"Fruit-a-tives" Alone Nim Quick Belle

Buckingham, Que., May 3
"For seven years, I suffered from Severe Headaches and tions. I had belching gas f stomach, and I had chronic C tion. I tried many remed nothing did me good. My friend advised "Fruit-a-tiv took this grand fruit medic it made me well. To every has miserable health with C tion and Indigestion and Dad S I say take "Fruit-a-tives", I will get well!"

ALBERT VA
50c. a box, 6 for \$2.50, trial At dealers or sent postpaid by Lives Limited, Ottawa, Ont.

Auctioneer

J. F. ELLIOT
Licensed Auctioneer
For the County of Lambto

PROMPT attention to all orders, terms. Orders may be left at Advocate office.

MEDICAL

JAMES NEWELL, PH. D.
L. R. C. P. & S., M. B. M. A., Ed
Coroner County of Lambto
Watford, Ont.

OFFICE—Main St., next door to Bank. Residence—Front street, one of Main street

G. W. SAWERS, M.D.
WATFORD, ONT.

FORMERLY OF NAPIER) OFFICE: Main Street, next door to Bank. Residence—Front street, one of Main street

W. G. SIDDALL, M.D.
WATFORD

Formerly of Victoria Hospital, Lond OFFICE—Main street, in office former by Dr. Brandon. Day and night

DENTAL

GEORGE HICK
D. D. S., TRINITY UNIVERSITY
Royal College of Dental Surgeons, Post Graduate work. The best methods to preserve the natural teeth.

OFFICE—Opposite Taylor & Son's MAIN ST., Watford.
At Queen's Hotel, Arksa, 1st and 2nd day, of each month

G. M. HOWDEI
D. D. S., L. D. S.

GRADUATE of the Royal College of Surgeons, Ontario, and the University of Toronto. Only the Latest and Most Appliances and Methods used. Specialties in Crown and Bridge Work. Office: Kelly's Surgery, MAIN ST.—WATFORD

Veterinary Surgeon

J. MCGILLICUDDY
Veterinary Surgeon

HONOR GRADUATE ONTARIO VETERINARY COLLEGE. Dentistry a Specialty. Diseases of domestic animals treated on principles.

Office—Two doors south of the Guild. Office Residence—Main Street, one of Dr. Siddall's office.

A nut cracker has been invented which will crack three nuts at once.

Russia leads the world in the production of flax fiber and Argentine seed.

AN OIL THAT IS PRIZED WHEREVER.—Dr. Thomas' Electric put upon the market without any over thirty years ago. It was found to meet the wants of a small section soon as its merits became known a whole continent for a field, a now known and prized throughout the hemisphere. There is nothing to it.

Portable electric machinery has been invented to screen coal and loam wagons.

An aerial rudder helps to steer a racing automobile and lessens its sl

Sliding racks for silverware just shelves feature the bottom of a sideboard.

For automobile upholstery an is being made from spun glass in F

CASTOR
For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Castor Oil*