

YOUNG WOMEN MAY AVOID PAIN

Need Only Trust to Lydia E. Pinkham's Vegetable Compound, says Mrs. Kurtzweg.

Buffalo, N.Y.—"My daughter, whose picture is herewith, was much troubled with pains in her back and sides every month and they would sometimes be so bad that it would seem like acute inflammation of some organ. She read your advertisement in the newspapers and tried Lydia E. Pinkham's Vegetable Compound.

She praises it highly as she has been relieved of all these pains by its use. All mothers should know of this remedy, and all young girls who suffer should try it."—Mrs. MATILDA KURTZWEG, 529 High St., Buffalo, N. Y.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

If you know of any young woman who is sick and needs help, advise her to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass. Only women will receive her letter, and it will be held in strictest confidence.

Guide-Advocate

Watford, Ont.
PUBLISHED EVERY FRIDAY
Subscription \$1.00 per annum in advance, \$1.50 in advance to the United States.

| Space | One Year | Half Year | 3 Months |
|-------------------|----------|-----------|----------|
| One column | \$38 | \$22 | \$12 |
| Half column | 20 | 12 | 7 |
| One fourth column | 12 | 7 | 4 |

Shorter periods 12 cents per running inch.

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.

Local Advertising—First insertion per line, 10 cents; subsequent insertions 5 cents each time per line. Axate measure 14 lines to the inch.

Business Cards—One inch and under, per year \$5.00.
ADVERTISERS' CARDS—\$5.00 a year.
LOCALS—10c. per line each insertion. Minimum charge 25 cents.

Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, MAY 26, 1916

Newspaper Space

Every line in a newspaper costs the proprietor something. If it is for the benefit of the individual it should be paid for. If the grocer were asked to contribute groceries to one abundantly able to pay for them he would refuse. The proprietor of a newspaper must pay for the free advertising if the beneficiary does not, and yet it is one of the hardest things to be learned by many, that a newspaper has space in its columns to rent, and must rent it to live. To give away space for anything less than living rates is as fatal to a newspaper as for a landlord to furnish rent free.

Why Germany Wants Peace

It must be obvious to everyone that a clear winner in every theatre of the war, peace at the present time would mean the final triumph of Germany. That is why wires are being pulled in every direction to effect it. It is equally clear that peace is the same thing as a crushing defeat to the Allies. No doubt German offers would be notably increased to bring about that result. It is even conceivable that Germany might, after a good deal of haggling, come appreciably close to such terms as were involved in Lord North-

OHIO WOMAN'S WISH

For Tired, Weak, Nervous Women
Bellefontaine, Ohio.—"I wish every tired, weak, nervous woman could have Vinol, for I never spent any money in my life that did me so much good as that I spent for Vinol. I was weak, tired, worn out and nervous, and Vinol made me strong, well and vigorous after everything else had failed to help me, and I can now do my household work with pleasure."—Mrs. J. F. LAMBORN.
We guarantee Vinol, our delicious cod liver and iron tonic, for all weak, run-down, nervous, debilitated conditions.

Taylor & Son, Druggists, Watford

cliffe's cable to the New York world which practically amounted to a return to the status quo ante bellum. It is, however, not in the least likely that she will be given the chance of accepting such terms. For there is one terrific danger which is not sufficiently appreciated, in the carrying out of peace arrangements.

Germany's "Divine Mission"

Rev. Fritz Philippi—a Lutheran clergyman, speaking at Berlin: "It is really because we are pure that we have been chosen by the Almighty as His instrument to punish the envious, to chastise the wicked, and to slay with the sword the sinful nations. The divine mission of Germany, oh brethren! is to crucify humanity; the duty of German soldiers, therefore, is to strike without mercy. They must kill, burn and destroy, and any half measures would be wicked. Let it be a war without pity! Satan himself, who has come into the world in the form of a great power (England) must be crushed. On Germany is laid the Divine command to bring about the destruction of those who are the personification of evil. When the work is finished the kingdom of righteousness will be established on the earth, and the German Empire which will have created it, will remain its protector."

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE, Toledo, O.
Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

As a vermifuge there is nothing so potent as Mother Graves' Worm Expeller, and it can be given to the most delicate child without fear of injury to the constitution.

Changes in Patriotic Fund Grants

Toronto, May 18.—The following important findings of a special committee which left the city last night were submitted to and carried by the Patriotic Fund Association delegates in session here.

1. That all childless wives married before enlistment, and where they have complied with the requirements of the fund, be entitled to an allowance of \$5 a month.
2. That no post-enlistment wives be assisted unless the wife is an expectant mother. That while an expectant mother she be treated as a childless wife, married before enlistment, and when the child is born she be treated as a mother married before enlistment.
3. That woman whose domestic duties do not require their attention should be encouraged to work, and that no deduction be made on account of casual earnings.
4. That a uniform scale throughout Eastern Canada is impracticable, but the central executive maximum allowance to dependents be not exceeded by any branch, and that the central executive be urged to obtain uniformity in the scale of grants by neighboring committees similarly situated.

WATFORD PEOPLE GET INSTANT ACTION

Those who have used the INSTANT action are astonished at the INSTANT action of simple buckthorn bark, glycerine, etc. as mixed in Adler-i-ka. Because it acts on BOTH lower and upper bowel, ONE SPOONFUL Adler-i-ka relieves almost ANY CASE constipation, sour stomach or gas. It removes such disgusting foul matter that a few doses often relieve or prevent appendicitis. A short treatment helps chronic stomach trouble. Taylor & Son, druggists.

The Red Cross in England

The operations of the Canadian Red Cross Society in England are characterized by a warm personal solicitude for the individual soldier. The democracy of the Red Cross is a very real thing. Almost every week drafts of invalids are now being sent home to Canada from Shorncliffe. The Red Cross speeds these unfortunate on their way with every comfort in its power. While they are waiting at the station to entrain

they are provided with warm refreshments. They are also given a small bundle of personal comforts, comprising a muffler, a pair of socks, a pair of warm gloves, handkerchiefs, a pipe, some tobacco and cigarettes. This comes to our returning wounded as a comforting forecast of the sympathy of their Canadian compatriots in their misfortunes. Any Canadian who desires to make his sympathy tangible, can do no better than to contribute to the Canadian Red Cross.

An Essay on the Duck.

A duck is a low, heavy-set bird, composed mostly of meat and feathers. He is a mighty poor singer, having a hoarse voice, caused by getting so many frogs in his throat. He likes the water and carries a toy balloon in his stomach to keep from sinking. The duck has only two legs and they are so far back on his running gear by nature that they come pretty near missing his body. Some ducks, when they get big, have curls on their tails and are called drakes. Drakes don't have to set or hatch, but just loaf and go swimming and eat everything in sight. If I was to be a duck, I would rather be a drake.

A Real Actor

Mrs. Beaton was walking through the park recently when two ragged, dirty little boys who were playing near by, stopped her.

"Hi, lady," called out the elder of the two, "me little brudder does fine imitations. Give him a copper an' he will imitate a chicken for you."

"What will he do—crow?" queried Mrs. Beaton.

"Naw" replied the boy, "no cheap imitations like dat, ma'am. He'll eat a worm!"

All Sorts of Items

- India has become one of the world's greatest consumers of aluminum.
- Robert fowers have been invented to be worn on women's bathing suits.
- Wireless telephones are being used successfully in an English mine.
- Gearing actuated by a handle features a new mop which can be wrung by hand.
- Many a spinster is sorry she learned to say "no."
- The man who goes through life on a bluff usually walks.
- Men laugh at feminine folly, but it fools them just the same.
- People who give themselves away are not necessarily charitable.
- There's always a woman in the case when a female lawyer is employed.
- A man who is completely wrapped up in himself is a bundle of conceit.
- Morocco has resumed the cultivation of cotton after a lapse of more than 40 years.
- Air-tight cases have been patented for protecting tennis racquets and balls from dampness.
- No one need endure the agony of corns with Holloway's Corn Cure at hand to remove them.
- A top which rises into the air and flies as it spins has been patented by a Chicago inventor.
- Electrical machinery has been installed in the world's richest iron mine, which is in Lapland.
- Nothing is so fatal to the romance of a stolen kiss as to have the girl sneeze at the wrong time.
- Experience may be a good teacher, but a man's experience with a woman seldom teaches him good sense.
- M. M. C. Reynolds of Goderich, totally blind, and in her eightieth year, has knitted more than 125 pairs of socks for soldiers at the front.
- A railroad and wagon bridge in Arkansas has been so built that any span can be utilized as the river that it crosses shift.
- Winnipeg, May 18.—The wheat acreage in Manitoba is 5 per cent less than last year, according to the estimate of J. H. Evans, acting deputy minister of agriculture.
- Sir Douglas Haig, Commander-in-Chief of the British forces at the front, has been asked by Sir Robert Borden to thoroughly test the Ross and Lee-Enfield rifles.
- A Sure Thing, Bill—Are we downhearted? Tom—No, but I'm fearfully tired. It's nervous exhaustion, I guess. Bill—Well, there's no need to stay tired, Tom. Go and get a box of Takake pills. They'll fix you up. Fifty cents a box at your druggists, or by mail from the Experian Mfg. Co., Collingwood, Ont.
- Experiments with Nova Scotia seaweeds for fertilizer have proved them to be rich in potash and to contain considerable quantities of nitrogen and phosphoric acid.
- The American Bankers' Surrogates, gathering the figures from Surrogates' offices throughout the country, has learned that only 18 Americans out of every 100 leave any tangible assets.
- Washington, May 18.—The House naval committee to-day voted to abandon the five-year building program, recommended by Secretary Daniels, and to build five battleships, no dreadnaughts, and about twenty-five subma-

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.

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.

TRENOUTH & CO.

DEALERS IN
Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry Full Stock of
INTERNATIONAL STOCK FOOD
FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.
CALDWELL'S MOLASSES MEAL
AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE
Crapping and Rolling Done While You Wait
PHONE 39

SOCIETIES.

Court Lorne, No. 17 C.O.F.
Regular meetings of the Second and Fourth Mondays of each month at 8 o'clock. Court Room over Stapleford's store, Main street, Watford.

B. Smith C. R. J.
H. Hume R. Sec., J. E. Collier, F. Sec.

Fall Fair Dates

| | |
|------------|------------------|
| Strathroy | Sept. 18, 19, 20 |
| Petrolia | Sept. 21, 22 |
| Forest | Sept. 23, 27 |
| Sarnia | Sept. 27, 28, 29 |
| Brigden | Oct. 2, 5 |
| Alvinston | Oct. 2, 3 |
| WATFORD | Oct. 10, 11 |
| Wyoming | Sept. 29, 30 |
| Wilkesport | Sept. 25, 26 |
| Glencoe | Sept. 25, 26 |
| Florence | Oct. 5, 6 |

A Verse on Kisses

Though a kiss be amiss,
She who misses the kisses
As Miss without kiss
May miss being a Mrs.
And he who will miss
The kisses of Misses,
May miss having the bliss
Of being Mr. to Mrs.

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:—

- (a) Regimental Number.
- (b) Rank.
- (c) Name.
- (d) Squadron, Battery or Company.
- (e) Battalion, Regiment, (or other unit) Staff appointment or Department.
- (f) CANADIAN CONTINGENT.
- (g) British Expeditionary Force.
- (h) Army Post Office, LONDON, England.

It is said that the two best things the Creator allowed to escape from heaven to gladden and beautify earth were women and flowers.

It is Wise to Prevent Disorder. Many causes lead to disorders of the stomach and few are free from them. At the first manifestation that the stomach and liver are not performing their functions, a course of Parmelee's Vegetable Pills will speedily resume healthy action. Laxatives and cathartics are so blind in these pills that no other preparation could be so effective as they.