

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, 629 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, ask 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.

The Guide-Advocate
Watford, Ont.

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

HARRIS & CO.
PROPRIETORS

The Guide-Advocate
HARRIS & CO. PROPRIETORS.

WATFORD, MAY 25, 1917

NOTE AND COMMENT

Kansas City Star: In order to save his dog's life, Howard S. Lewis, of Hutchinson, made public announcement last week that he had changed the animal's name from Kaiser to Dennis. "I really was afraid some one would take a shot at him," Judge Lewis explained, "and besides, the Kaiser's name's Dennis, anyway."

Prevailing retail prices of anthracite coal are unwarranted, and the supply for next season is adequate, is a statement made by the federal trade commission at Washington. The commission warns consumers against buying larger quantities of coal than usual this summer, saying there are symptoms now of such a buying panic as that which enabled speculators last winter to force prices above normal.

The people of Ontario are accustomed to accept their food much the same as they breathe the air. They read isolated items about food shortage, but such a thing as this affecting their own dinner table never enters their mind, and it is our responsibility and YOUR responsibility to bring home to the people of this Province a realization of the facts, as unless something is done, in another year they will be reading not about the hunger in Belgium, but the hunger in Ontario.

Accounts of the achievements of the Canadian soldiers at Vimy ridge and beyond it sends thrills through the hearts of the American readers, particularly through the hearts of those of us who live near the border. Our friends and neighbors are doing great deeds in the fight for destruction of despotism. They are our fellow Americans, in the larger meaning

of the expression, and they are pointing out the road to honor and fame which the soldiers of the United States may later have opportunity to tread. The Canadian troops are establishing a high standard of efficiency, sacrifice and courage; they are showing to mankind the possibilities that lie in the unshackled spirit of the New World, and how men who know what freedom is can fight for freedom. We are proud of the Canadian soldiers, and we hope that in days to come the Canadians will be equally proud of the soldiers from this side of the border.—Detroit Free Press.

Meatless Days

Existing conditions in Canada and the United States warrant the immediate voluntary adoption of one or two meatless days a week by people not engaged in hard manual labor. Beef, pork and other flesh foods are advancing in cost because the supply is unequal to the demand, and because grain prices favor the direct conversion of the grain into human food rather than into food for live stock. There is not enough meat in the world to go around and the men who are fighting our battles at the front require a great deal more than the men at home who sit in offices and generally follow sedentary occupations. Medical men agree that most people not under strenuous physical strain will be healthier if they eat less flesh, especially during the spring and summer seasons. In a time when the price of everything mounts considerations of economy are important. It may therefore be repeated that 11 cents spent in oatmeal, 12 cents on flour, 19 cents on bread, 24 cents on skimmed milk, 25 cents on beans, 25 cents on whole milk or 50 cents on cheese will provide the human body with as much energy as a dollar's worth of steak.

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.

'Control of Garden Insects

The Entomological Branch of the Dominion Department of Agriculture will issue early in May Circular No. 9 on "Common Garden Insects and their Control." This publication includes an account of the more important insect pests of the vegetable and flower garden. It has been prepared for wide distribution at this time when everywhere throughout Canada efforts are being earnestly made to increase the production of vegetable foods, etc., in back yards, vacant lot and other areas near cities and towns. The remedial measures for controlling the common destructive species and also formulae for the making of the chief insecticides are given. For easy reference the insects are grouped under the crop of flowering plants they infest. Gardeners will find this publication a most useful means for solving many troubles that will arise. Application for this Entomological Circular No. 9 should be made to the Chief of the Publications Branch, Department of Agriculture, Ottawa. Insects concerning which further information is desired should be sent with a covering letter to the Dominion Entomologist, Department of Agriculture, Ottawa. Packages and letters so addressed up to 11 ounces in weight may be forwarded free of postage.

Stop the Cough.—Coughing is caused by irritation in the respiratory passage and is the effort to dislodge obstructions that come from inflammation of the mucous membrane. Treatment with Dr. Thomas' Electric Oil will allay the inflammation and in consequence the cough will cease. Try it, and you will use no other preparation for a cold.

Gasoline burners beneath the blade feature a new shovel which is expected to facilitate the removal of ice and snow from pavements.

Thos. George, a well-known Sarnia man, is dead. He was in the marble business for years, and was an oarsman of considerable prominence.

Why suffer from corns when they can be painlessly rooted out by using Holloway's Corn Cure.

HIS CONSIDERATE WIFE.

It Is Too Bad That We Can't Hear Her Side of the Story.

She never abuses us to outsiders. When she is talking to other women she pretends that she doesn't care for the things she actually needs.

"I am ashamed," she says to us—"I am ashamed for them to know how you treat me. No other man would allow his wife to wear the clothes that I have to wear. Other men tell their wives to buy things, but if I waited for you to tell me to buy something for myself I wouldn't have a new dress between now and doomsday.

"And yet I tell people that you urge me to buy things. I know I will have to answer for it, but I do it on account of the children. I don't want them to be humiliated by growing up in a community where people know how their mother is treated. Yes, that is all I have heard since I married—debts, debts, debts. I don't know what in the world you would find to talk about if you were out of debt.

"I could write to my people to get money to buy the things I need, but I am ashamed to let them know what you are. No, you can't see it—you can't see anything.

"I just wish you would point to one thing I have bought this season—just point to one thing I have bought. Oh, yes, that suit—that suit is all you can think about. I guess you wish I hadn't bought it. I guess you wish I didn't have anything at all to wear.

"Yes, I bought a pair of eight dollar shoes, but did you want me to go bare-footed? You wouldn't care if I did. If there were any shame in you, you wouldn't treat me the way you do.

"What about that hat? Yes, that's what I say—what about it? Ought I to have gone without a hat? That is just the way you always are—when I try to say a word about anything you call attention to everything I ever have bought. It hurts you so much for me to buy anything that you never quit thinking about it—never quit wishing I had done without. There isn't another woman!"

—Claude Collan in Fort Worth Star Telegram.

BRITON AND TURK.

A Surprise, a Fair Fight and the Way the Battle Ended.

There is a story of Gallipoli that deals with a fight in the open and exhibits the "unspeakable" Turk as a fair and worthy enemy. This is the story:

A young English officer, doing observation work alone, was suddenly confronted by a Turkish officer, similarly engaged. The Turk was as surprised as the Briton, but came forward, revolver in hand. The Englishman had no revolver. He stood his ground, his hands in the large pockets of his tunic.

Seeing that his adversary was unarmed, the Turk, much to the surprise of the Briton, threw down his gun and put up his fists in approved prize ring style. The Englishman put himself on guard, and the next moment the Turk flung himself upon him, and the pair began to fight desperately.

The men were about the same age, the same weight and had equal knowledge of the art of boxing. They fought without stopping for about ten minutes. By that time each was fairly exhausted, and they paused for a brief rest, only to continue their little private accounting when they had found their breath. Round after round the fight went on, while out in the gulf of Saros the ships fired automatically, and back of each of them the field artillery thundered. Neither seemed to be able to get any decisive advantage over the other, and at last Turk and Englishman rolled over on the ground and laughed and laughed. Just then the Englishman's hand touched something. It was the Turk's pistol. He picked it up and handed it to his enemy. The two young men shook hands, and each returned to his own lines.

Slipper Day in Holland.

There is a curious festival called slipper day celebrated in Holland. Slipper day in the Netherlands is the one day in the year in which the Dutchwoman claims superiority over her husband. On that day she rules him to her heart's content, and he generally obeys good humoredly enough—that is, unless she is one of those ladies not unknown in Holland or in any other country who aspire to complete rule over their unhappy partners throughout the year.

Impertinence.

Mr. Todgers—Why have you sent Maria, the servant girl, away so suddenly? You told me yesterday that she was the best girl you ever had. Mrs. Todgers—She's an impertinent hussy. I wanted to borrow her rubbers, and she said she was afraid I couldn't get them on.—Exchange.

Family Treasures.

"What's the trouble in the household?"

"Mother gave away all of father's old clothes, and he retaliated."

"As to how?"

"By throwing away all her old medicine bottles."

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. 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.

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 UNDERPAKERS

THE GUIDE-ADVOCATE

"The Best Advertising Medium in Lambton."

—At Your Service.

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