

DOCTOR URGED AN OPERATION

Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—"Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was always urging me to have an operation. My sister asked me to try Lydia E. Pinkham's Vegetable Compound before consenting to an operation. I took five bottles of it and it has completely cured me and my work is a pleasure. I tell all my friends who have any trouble of this kind what Lydia E. Pinkham's Vegetable Compound has done for me."—NELLIE B. BRITTINGHAM, 609 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkham's Vegetable Compound, after an operation has been advised that it will pay any woman who suffers from such ailments to consider trying it before submitting to such a trying ordeal.

Guide-Advocate

Watford, Ont.

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

Guide-Advocate

WATFORD, FEBRUARY 7, 1919

NOTE AND COMMENT

At a recent meeting of the American Health Association at Chicago some of the leading physicians present advised that schools for the purpose of training nurses be formed to combat an epidemic of an even worse disease than the present influenza plague, which is due to strike the American continent from end to end next year.

The main object of a league of nations, which the peace congress should create, is to prevent further wars, possibly through arbitration and conciliation, Viscount Bryce, former British ambassador to the United States, declared recently. While the congress may not be able to fix all details, it should settle upon principles and appoint committees to arrange the details.

When money ceases to be the sign of a man's usefulness to his fellow-men or the promise of still greater usefulness to come, there is mighty little satisfaction in it, no matter how large the amount may be. Money never makes men. It does not even make them joys. But it leaves them free to reveal what they really are, to unmask their

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians in the country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials, free.

R. J. CHENNY & CO., Props., Toledo, O.
All Drugists, 75c.
Hall's Family Pills for constipation.

character. We sometimes hear it said that a man's money has made a fool of him. No. It only gave him opportunity to prove that he always had the folly in him.

Our Returned Soldiers

Our soldiers are returning to us already. Within a year we may have everyone of them among us again. They have lived perfectly abnormal lives over there, under strain every moment, and without the comforts or restraints of home life. Professional men as well as mechanics have missed the instructional knowledge of four very progressive years, and will find themselves so much behindhand in the race. Agriculturists along with the others will find it hard so to obtain full possession of their nerve-power, as to be able to settle down to the comparative humdrum monotony of ordinary life. It will require the very best endeavors of our wisest men, to effect the necessary readjustment of affairs on their behalf. The country wants to do really well for its defenders, and will not be content with an offer to them of land to be taken up on usual terms with a temporary loan, at interest, to help them out, and nothing to those who are not farmers. We want to know that everything possible is being done for the present and future comfort of our triumphantly returning citizen soldiers, says an exchange.

Reduced by Asthma. The constant strain of asthma brings the patient to a dreadful state of hopeless exhaustion. Early use should by all means be made of the famous Dr. J. D. Kellogg's Asthma Remedy, which more than any other acts quickly and surely on the air passages and brings blessed help and comfort. No home where Asthma is present in the least degree should be without this great remedy.

Man!

Man comes into this world without his consent and leaves it against his will. During his stay on earth, his time is spent in one continuous round of contraries and misunderstandings by his fellow-beings. In his infancy he is a devil; in his manhood he is everything from a lizard up; in his duties he is a fool; if he raises a family he is a chump; if he raises a small cheque he is a thief and then the law raises blazes with him; if he is a poor man he is called a poor manager; if he is rich he is dishonest but considered smart; if he is in politics he is crooked and an undesirable citizen; if he goes to church he is a hypocrite; if he stays away from church he is a sinner and damned; if he donates to foreign missions he does it for show; if he doesn't he is stingy and a tightwad. When he first comes into the world everybody wants to kiss him; before he goes out they all want to kick him.

If he dies young there was a great future before him; if he lives to a ripe old age he is in the way.

This life is a funny road, but we all like to travel it just the same.

Cheapest of all Oils.—Considering the curative qualities of Dr. Thomas' Electric Oil it is the cheapest of all preparations offered to the public. It is to be found in every drug store in Canada from coast to coast and all country merchants keep it for sale. So, being easily procurable and extremely moderate in price, no one should be without a bottle of it.

Millionaires

(Brookville Recorded and Times)
A very reliable comparison between the wealth of individuals in Great Britain and those of the United States was published recently in the Old Country. This found that millionaires are more numerous in America than they are in Great Britain, but the multi-millionaires of Great Britain are more numerous than the multi-millionaires of America. In other words, the millions of America are more evenly distributed among the very wealthy as a class than the British millions among the wealthy of Great Britain.

Again the following comparison is very interesting:

With 125 millions each	10	79
With 100 millions each	9	68
With 75 millions each	14	45
With 50 millions each	34	73
With 37½ millions each	42	61
With 25 millions each	97	83

Of millionaires generally, there are in United States 22,696, while Great Britain has 5,154.

Considering the population of the two countries, the age, etc., an analysis of the conditions that make this condition possible would be very interesting.

SUBSTITUTE FOR FOOD.

German Scientists Fought War-time Shortage.

Practical chemistry was long one of the German's specialties, and it cannot be denied that they turned it to considerable account. During the war, and especially during the last two years, they found a wide field for the application of chemistry and botany. The first was created by lack of the usual foods—a lack that the British blockade largely caused, and which went far to bring about the humiliating surrender of the nation.

Germany ransacked the botanical world in her search for substitutes for the ordinary commodities of life. The expeditions by which resort has been had are good evidence of the dearth from which Germany has long been suffering, but while they do credit to the ingenuity of her scientific men they did not bring much solid comfort to her people. The chief difficulty, of course, has been to find a palatable substitute for bread flour.

All kinds of materials such as peas, beans, potatoes and other more questionable ingredients have been used for wheat is euphemistically termed "stretching" the limited quantities of wheat flour available. But the most remarkable substance which has yet been devised for this purpose is a kind of flour made from the reed-mace or bulrush.

The pollen of the reed-mace is known to have been used as bread stuff in the Indies, New Zealand and China, and its stems are said to be esteemed by the Cossacks as a succulent vegetable, but Germans have been trying to use the root-stocks. The supplies are unlimited, as the reed-mace is grown in many parts of Germany and Austria for thatching and making of rush-matting. It is said that 20 per cent. of the reed flour can be used in bread-making. And so the Germans found the bulrush not entirely a broken reed for the staff of life.

Tobacco proved a particularly difficult problem to the searcher for substitutes. Beech leaves were at first much in favor, but the smoking mixture which was made of them proved too much even for German lungs. In the Reichstag Herr Muller stated that the new beech leaf mixture supplied to the soldiers had to be thrown away as quite unsmokable, and another speaker declared it to be more noxious and injurious than the enemy's gas. The Bundersath also authorized the use of the leaves of the lime, the maple, the plane, the chestnut, the vine, and the Virginia creeper as substitutes in the manufacture of tobacco, but doubtless with equally distressing results.

The use of acorns by the Germans as a substitute for coffee was largely developed, as our unfortunate prisoners have learned to their cost, but the use of fresh bramble leaves for making tea is a pleasing novelty. They are said to provide a much more satisfactory substitute than any yet discovered, but perhaps that is not saying much. Oil from walnuts sounds a more reasonable proposition. Virginia creeper fruit and pine seeds are also recommended for purposes of oil extraction.

The fodder shortage drove the German Government to odd devices. The leaves and twigs of trees were the favorite substitute.

The Hamburgischer correspondent stated that two fodder could be made from the poplar, ash, elm, lime, aspen, alder, hazel, willow or beech, and that animals can be given as much as eight to ten pounds of such fodder per day. Tree leaves of all kinds were also ordered to be collected, and the military authorities introduced an organized system of gathering foliage among the school children of Bavaria, offering 4 marks per cwt. for fresh leaves and 18 marks per cwt. for dried and pressed leaves.

It was even made a condition that the school holidays should not begin on 15th July unless the children had gathered by then 2,000 cwt. of leaf hay for the army horses.

Other fodder substitutes recommended were the water aloe and the duckweed. The roots of couch grass have also been collected, washed, dried and sold for pig fodder, at 150 marks the hundredweight. Cockchaff, fresh and dried figure in the menu of pigs and poultry as an excellent and nutritious diet.

Full Crop of Wild Cocoons.

According to the most reliable estimates procurable the 1918 autumn crop of wild cocoons—those producing the silk from which all pongee fabrics are woven—in Manchuria exceeds that of 1917 by 31.3 per cent. and is more than twice as large as the corresponding crop of 1916. The 1918 autumn crop is estimated at 62,000 baskets, of 40,000 cocoons to the basket, and the quality of the silk produced is stated to be quite good. The prevailing price during the first week in October has been 1.20 taels per 1,000 cocoons, as compared with 1.50 taels during the same period in 1917. At current rates of exchange the value of the crop as estimated is, in terms of Canadian currency, approximately \$3,745,000. Owing to the excessive rainfall throughout practically the entire season great anxiety was felt lest the crop be more or less of a failure and the dealers express great relief that not only is the size of the crop quite satisfactory, but that the quality of the silk is found to be good.

We Were Born Too Late

In going over some old family papers recently, C. B. Hart, of the grocery brokerage firm of that name, Montreal, came across a diary written by his great-grandfather, Bernard Samuel Judah, of New York. The diary was written in the fall of 1827, on the occasion of a journey from New York to Vincennes, Indiana, to visit his son who had settled there some years previously. This was a journey according to the diary, of 1,260 miles, and travelling by boat, stage and horseback it took 38½ days. Mr. Judah was evidently a man of enquiring mind, for he took occasion to visit the markets at several places, and was astonished at the high prices. As evidence of the fact that we were born too late, the following records from the diary kindly supplied by Mr. Hart are appended.

October 13th, 1827—Left New York.

November 1st, 1827—Arrived at Mount Vernon, Ohio. Considerable business done here. Visited markets.

Butter—60 lb.

Wheat flour—\$1.12 cwt.

Corn—12½c bushel.

Fowls—4c each.

Turkeys—18½c each.

Ducks—6½c each.

Geese—9 to 12½ each.

Hay—\$3 to \$3.50 ton.

Pork—\$1.50 to \$2 cwt.

Beef—2 or 3c lb.

Veal—4 to 6c lb.

Mutton—2c lb.

Wood—75c load.

Dry goods and groceries very high; flannel such as sells for 20c a yard in New York, here 35c and 44c, and so in proportion.

November 8th, 1827—Arrived in Cincinnati and visited market.

Buckwheat flour—\$1.25 per cwt.

Wheat flour—\$1.12½ per cwt.

Apples—6c peck.

Turnips—25c bushel.

Potatoes—25c bushel.

November 21st, 1827—Visited markets in Vincennes.

Flour—\$2.60 cwt.

Corn—10c bushel.

Wood—75c cord.

Cows—\$6 each.

Provision about the same as Cincinnati. The reason of flour being so high is owing to few mills.

Labor—37½c a day and found.

Children Cry

FOR FLETCHER'S

CASTORIA

A motor driven surgical drill has been invented that can be thoroughly sterilized by steam or dry heat without injury.



FREE

For all gardeners—a complete text book and catalogue. It tells you everything—Study it before you commence your season's work.

FREE

For all poultry keepers and stock raisers, a book that tells you what to do, what to use, and where to get it. Write for it, Hang it in a handy place—Of infinite value as a ready reference.

Dominion Seeds, Limited
LONDON, CANADA

1919

Dominion Seeds

GARDEN BOOK

NEW LINES

SUNSHINE VACUUM CLEANERS.....\$3.75

A Strong Well Built American Machine
at a Popular Price.

DUSKIL POLISH MOPS\$1.00
" DRY MOPS\$1.00

A Good Handy Size and Worth More.

DUSKIL POLISHING OIL.....25 and 50c.

We have just received two crates of White Granite and Gold Line Table Ware — ordered in January 1918. We have a full line of CUPS and SAUCERS — OATMEAL PLATES and FRUIT SAUCERS at last Season's Prices.

THE N. B. HOWDEN EST.

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernel
Flaked Wheat and Barley, All Kinds
Feed, Grain, Seeds and Poultry Food.

We Carry a 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
Chopping and Rolling Done While You Wait

PHONE 39

D. W. G. from C

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