

"I DON'T SUFFER ANY MORE"

"Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind.—"From the time I was eleven years old until I was seventeen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."—Mrs. HAZEL HAMILTON, 822 South 15th St.



When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, is it not reasonable to believe that it is an article of great merit?

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Guide-Advocate

Watford, Ont.
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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, MAY 12, 1916

NOTE AND COMMENT

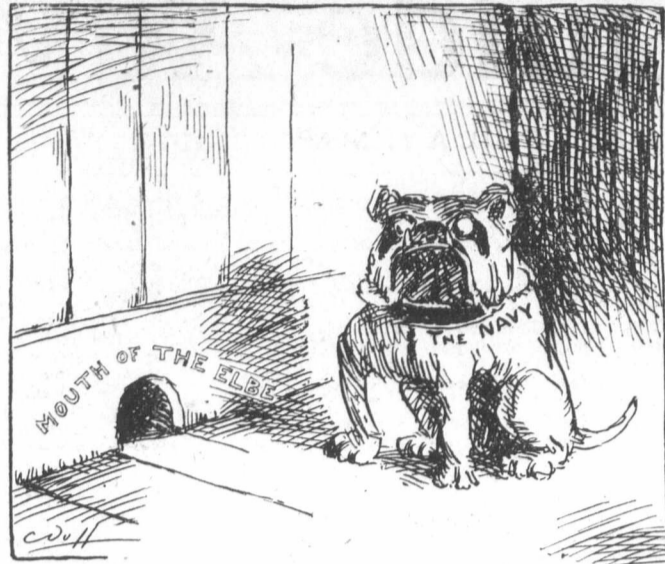
Rochester Herald: Germany's submarine tactics are those of an outlaw. Her attempts to excuse or explain them are insults to the intelligence and self-respect of this nation and of every other neutral power.

The Toronto News offers the following as a National Policy for Canada, which is a good one: One recognized language for the English-speaking provinces and no more concessions or privileges to racial elements. National control of transportation, early provision for a public railway across the continent, and as soon as practicable, complete public ownership of railways in Canada. Organization of the Empire for trade and defence, equal citizenship for Canadians, and a full voice in Imperial policy.

Pittsburg Chronicle Telegraph:—The British boast that the Union Jack is a safeguard to their citizens the world over is exemplified in Mexico. One American woman testifies that the Mexican desperadoes not only have no respect for the Stars and Stripes, but that the sight of our emblem actually has the effect of inciting them to outrages. "I am utterly ashamed to admit it,"

WOMAN 81 YEARS OLD

Made Strong By Vinol
Greenville, S. C.—"I want others to know of the great benefit I have derived from Vinol. I am 81 years old and Vinol has given me strength, a healthy appetite and overcome nervousness. It is the best tonic reconstructor I ever used."—Mrs. M. A. HUTCHISON.
Vinol is a delicious cod liver and iron tonic without oil, guaranteed to overcome run down, weak, debilitated conditions and for chronic coughs and colds.
Taylor & Son, Druggists, Watford.



"JUST LET 'EM COME OUT!"

she says, "but" whenever trouble started we began to hunt for a Union Jack. It was by no means a bullet-proof shield but it was the only flag I ever saw in Mexico that the Mexicans paid any deference to." In illustration she cites the case of a young Englishman who had committed suicide. Thinking he was an American, the Mexicans hurriedly dug a shallow hole and were about to put him away without ceremony when they learned he was an English citizen. The officer in charge immediately stopped the burial, ordered the body preserved, and for four days tried to get in touch with an English consul.

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.

Planting Weak Seed Corn

Although seed corn has tested fairly well at the Ottawa Laboratory, corn growers whose seed has not been tested would do well to take special care this season that their seed is of strong vitality. Owing to unfavorable ripening and harvest weather some of last year's seed corn crop may be low in both percentage and vigor of germination. This seed should not be planted until the soil is warm and the weather at its best to encourage the growth of the young corn plant. The rate of seeding may be increased, but no amount of fairly weak seed is likely to give a good stand of plants unless the conditions of growth are most favorable. Seed Branch, Ottawa.

Long Standing Asthma. Many have suffered so long from asthma and have tried so many so-called remedies they think that there is no real help for them. They should read the letters received by the manufacturers of Dr. J. D. Kellogg's Asthma Remedy from hundreds of cases once as desperate as their own. Even in long-neglected cases this famous preparation brings prompt help.

The Kingsville Reporter, in boosting the Health Act, says: "Many houses throughout the township of Gosfield South have been placarded for measles, and yet the inmates persist in going to their neighbors and carrying the disease. Anyone doing this is subject to prosecution. But aside from the law in this regard, persons who will wilfully carry disease of any sort to their neighbors, are to say the least, selfish and unkind."

No one need endure the agony of corns with Holloway's Corn Cure at hand to remove them.

Blenheim and Ridgetown streets will be oiled again this season.

Do not waste a spoonful of woodashes. It is valuable as a fertilizer, for orchard, vegetable garden or flower-garden. It is particularly good for a top dressing mixed with soil about asters and will help to drive the destroying beetle away.

Because frosts do the most damage when the air is calm, a Paris scientist has advanced the theory that orchards and vineyards can be protected by electric fans to keep the atmosphere moving.

China has increased its telegraph lines to a total of about 30,000 miles, of which the government owns more than one half.

East Lambton Agricultural Society

Rules and Regulations of the Standing Field Crop Competitions, 1916

1. NATURE OF COMPETITION.—Societies can enter in two kinds of crops which must be selected by the Board of Directors. Fields entered for each competition must consist of not less than five acres nor more than twenty, in one block.
2. Selection must be made from the following crops, viz., oats, corn.
3. COMPETITORS.—Competition will be limited to those who are paid-up members of E. L. Agricultural Society for the current year, and fields entered must be not more than fifteen miles from its headquarters. Competitors will be allowed to make entry in one society only, for one or two varieties of crop and only one entry can be made by each competitor in each kind of crop.
4. Not less than ten bona fide entries for each crop in any society will be accepted.
5. INDIVIDUAL ENTRIES.—All individual entries must be forwarded by the Secretary of each Society to the Superintendent, Parliament Buildings, Toronto, on or before May 25th, 1916, except entries for corn, which can be sent in up to June 15th.
6. A society may charge an entry fee of not more than one dollar for each crop entered by a competitor, but this is optional with the Directors.
7. Seven prizes must be offered as follows for each crop: First, \$20; Second \$15; Third, \$12; Fourth, \$10; Fifth, \$8; Sixth, \$6; Seventh, \$4. These must be paid in full to the winners without any deduction.
8. JUDGES.—The Ontario Department of Agriculture will furnish judges free of charge.

Certain morbid conditions must exist in the stomach and intestines to encourage worms, and they will exist as long as these morbid conditions permit them to. To be rid of them and spare the child suffering, use Miller's Worm Powders. They will correct the digestive irregularities by destroying the worms, conditions favorable to worms will disappear, and the child will have no more suffering from that cause.

Jellies will not break if the mould is rubbed with a little olive oil.

Milk will not turn sour so quickly if a lump of sugar be added.

Lemon rubbed on a burnt stove before black-leading ensures a polish.

Iron will not rust if immersed first in a solution of carbonate of soda.

A recently patented sanitary bread board is covered with a clean sheet of paper drawn from a roll each time it is used.

A practical hub step for wagons which is fastened to the nut on the end of an axle has been patented by a Texas man.

If you really believe in Safety First, get a box of Takake pills for your sleeplessness, neuralgia, or rheumatism for they are absolutely harmless, and are sure to relieve you. Fifty cents a box at your druggists, or by mail from the Georgian Mfg. Co., Collingwood, Ont. 1

A Frenchman has invented an effective silencer for aeroplane motors that is said to reduce the power but two per cent.

By using chrysalis oil and mulberry cellulose a Japanese has invented an artificial silk that is said more nearly to approach the lustre of the genuine than any heretofore manufactured.

Recently perfected electric turnstiles for public places permit a person to pass only when a coin is dropped in a slot, registering the number of persons passing it at any convenient place.

A Powerful Medicine. The healing properties in six essential oils are concentrated in every bottle of Dr. Thomas' Eclectic Oil, forming one of the most beneficial liniments ever offered to the use of man. Thousands can testify as to its power in allaying pain, and many thousands more can testify that they owe their health to it. Its wonderful power is not expressed by its cheapness.

Fifteen hundred friends of Mrs. Ella Flagg Young, superintendent of Chicago's public schools, recently gave a large dinner to celebrate her completion of 50 years' service in the public schools.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always

Bears the

Signature

of

Chat. H. Fletcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

BROCKVILLE LAWN MOWERS

Are The Best in The Market And We Want to Show You Before You Buy

14 inch cut	3 knife	9in. wheel	\$3.75
16 "	3 "	9 "	4.00
16 "	4 "	9 "	4.50
16 "	4 "	10 1/2 "	6.00

Every Mower Guaranteed Satisfactory and can Refer you to Over a Hundred Owners Right Here.

The N. B. Howden Est.

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
Chopping and Rolling Done While You Wait
PHONE 39

PAINT direct from factory saving dealer's profit

Ready Mixed and Fire Resistant—Barn, Roof, Iron, Priming \$1.25 a gallon \$10 10 gallons for \$10

House Paint, inside or outside, Flat or Oil Finish, Quarts 45c \$1.50 Gallons

Why pay regular retail prices for paint when you can get what you want at less than wholesale?

Our Paints are guaranteed to give satisfaction.

MINERAL PAINT COMPANY, LONDON, ONT.