

HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the change of life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and heat flashes. Now I am in better health than I ever was and recommend your remedies to all my friends."—Mrs. LENA WYNN, 2312 E. O Street, Richmond, Va.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound. Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness. For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

Guide-Advocate
Watford, Ont.
PUBLISHED EVERY FRIDAY
Subscription \$1.50 per annum in advance. \$2.00 in advance to the United States.
ADVERTISING RATES.
YEARLY CONTRACT
1500 inches 8 cents per inch.
1000 inches 9 cents per inch.
500 inches 10 cents per inch.
Short 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 noon.
LOCAL ADVERTISING—First insertion per line, 10 cents; subsequent insertions 5 cents each time per line. Agate measure 14 lines to the inch.
BUSINESS CARDS—One inch and under, per year \$6.00.
AUCTIONEER CARDS—\$5.00 a year.
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HARRIS & CO.
PROPRIETORS

Guide-Advocate
HARRIS & CO. PROPRIETORS.
WATFORD, NOVEMBER 30, 1917
NOTE AND COMMENT

If we are to eliminate German music entirely from this country there can be no weddings. Both the Lohengrin and Mendelssohn wedding marches will be out of business.—Louisville, Ky., Times.

No Canadian homestead can be obtained by any but British subjects, or the subjects of Allied nationality. Canada's bounty in valuable lands is no longer to be given away indiscriminately.

From Switzerland comes an official German statement which confirms the report that young Alsatian girls have been dragged from their homes and forced to labor for the German army. The Government promises to return those under seventeen, who are referred to as "only 8 1/2 per cent." of the total number. Is this monster absolutely without a soul?

London Daily Telegram: Far be it from us to belittle our enemy; there is no sense in denying the skill and valor with which the Germans have fought. Some of them

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. Hall's Catarrh Cure 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 Cure 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 Cure for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Cure at once and get rid of catarrh. Send for testimonials, free. F. I. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

may have yielded themselves easily to capture, but others have put up as sturdy a fight as ever they have done throughout the long campaign. And it is just this which makes our British credit all the greater—that we have not been forced to yield an inch of ground. On the contrary, wherever there has been a sheer trial of strength between the opposing forces, it is the British who have won.

A princess was given a sixpenny tip (about twelve cents) by a Canadian soldier in Windsor Great Park. Princess Christian, who takes a keen interest in the welfare of the Canadians, was serving refreshments when one of the soldiers upon whom she had waited, and of whose identity he was unaware, thought he would like to present a "tip" before he left camp. Approaching Princess Christian, the soldier offered her sixpence which was pleasantly declined with thanks. The man, however, was so persistent that she responded to the invitation and accepted the gratuity.

In the four years, 1912-15, seven hundred and eighty-nine people were burned to death in Canada, and 78 per cent of those were women and children. Over 350 lives were lost in burning buildings. As might be expected, the majority of the fires were caused by criminal carelessness. This is especially true in regard to the kindling of fires with kerosene and gasoline, and permitting children to play with matches. Such disregard of the safety of human life constitutes a forcible indictment of the entire Canadian attitude towards the danger of fire.

Miller's Worm Powders can do no injury to the most delicate child. Any child, or infant in the state of adolescence who is infested with worms can take this preparation without a quail of the stomach, and will find in it a sure relief and a full protection from these destructive pests, which are responsible for much sickness and great suffering to legions of little ones.

Winning the War

Shall we win the war? The question is being asked with usual frequency these days, and the answer is the same as His Majesty the King gave two years ago. Premier Lloyd George gave it emphasis. It is yes. But with a condition.

Yes, if we put all our energy and resources into the effort. We have notoriously failed to put all our energies into it. Lord Northcliffe has been saying the same thing to the English people. He does not think they are working as hard as the people in the United States. This can scarcely be possible, but there is no doubt that we are putting our utmost effort into the task.

Germany is doing this, and that is why she thinks she ought to and will win. Germany spares no efforts, no pains, to achieve success; and no endeavor, small or great, is avoided or neglected if it will tend to assist the decision. A striking example of this is found in the immediate decision to put the Italian plains which have been invaded to serviceable use. Crops are to be planted immediately so as to provide vegetables at the earliest possible moment. Organization like this cannot fail to count, and when we contrast it with our own untitled realms we can understand that it is our own lack of organization that makes us weak where we are weak. Where we are strong it is where we have bent our energies to getting the most out of our opportunities.

If we are to win the war we must put our hearts into it and work at winning.

Loyal Talkers

A lot of us old fogies who are too gray to fight, sit round and smoke our stogies, and jabber day and night. We tell about the scuffling we'd do if we were young; we'd send the Prussians yapping with buckshot in his lung. We'd prod foes in the stomach with gleaming sword and lance, and pile our dead in hummocks upon the plain of France. And how we roast the stripling who does not seek the fray, who's quoting Wells or Kipling while others march away! We skin that German royal who started all the fuss; we are so doggone loyal the children stare at us. But when we're asked politely to dig up for a Bond, and keep things going rightly out yonder and beyond, when asked to give assistance we suddenly recall engagements in the distance, and

hike to beat you all. You cannot tear asunder the tightwad from his wad, the miser from his plunder, the gold brick from his god. Oh, talk is cheap and filling, we all can boost the flag but ask us for a shilling and see us wilt and sag!—Walt Mason.

Protecting Trees From Mice

The cheapest and surest method of protecting trees from mice is to wrap ordinary white building paper around the trunk of the tree. The paper is cut into strips which are the length of the breadth of the roll of paper, the width of the strips depending on the size of the tree. The strips should be just wide enough to lap over, as one thickness of paper is all that is necessary. The paper is wrapped tightly around the tree and tied in two places with twine. A little earth is heaped up about the base after the paper is tied, to cover any opening through which the mice might reach the trunk. Several thousand young trees are wrapped each year at the Experimental Farm in this way and there have been practically no cases where the mice have gnawed through the paper to get at the tree. Tar paper is also effectual but trees have been injured by using it and it is well to avoid this as building paper will do as well. A small mound of earth from eight to ten inches in height about the base of the tree will often prevent mice from injuring the trees and even snow tramped about the tree has proved quite effective but one cannot always depend upon it. Fine wire mesh wrapped around the tree or lapped so that it will expand with the growth of the tree, while more expensive at first, is very durable and will protect the trees well.

Mice may be poisoned by making a mixture of one part by weight of arsenic with three parts of corn meal and putting it in runways made by nailing two pieces of board each five or six feet in length and six inches wide to make an inverted trough, and putting about a table-spoonful of the poison on a shingle near the middle of the runs, renew-

ASSAM Teas for Economy

Assam teas are the strongest and richest grown. It is of these teas that Red Rose Tea chiefly consists. That is why it yields the very large number of 250 cups to the pound—at the cost of about a cent for five cups, and every cup rich, strong, delicious tea.

Kept Good by the Sealed Package



ing the poison from time to time. Poisoning would, however, be found a rather tedious method for a large orchard.

Bearers of Sunshine

In the world where there are always people who are bearing heart-ache and sorrow, a great deal of good is done by those who go about as bearers of sunshine. Simply by being cheery we may add to the cheer of our friends and acquaintances. Even in a place where all around are strangers, a radiant personality diffuses charm, as, for instance the beauty of a young girl alighting from a ferry-boat or street car on a dull day, without her knowledge; the motherly sweetness of a benighted matron carrying a benediction, though she is unaware of it, and the win-some attractiveness of a child's fresh laughter, the dearest music in the earth. Simply being cheerful ourselves we help to make others cheerful and therefore able to bear their burdens which may be heavy enough to weigh them down if no one gives them a lift.

A Japanese has invented a typesetting machine with which it is possible to set about 5,000 of the characters used by Chinese and Japanese printers.

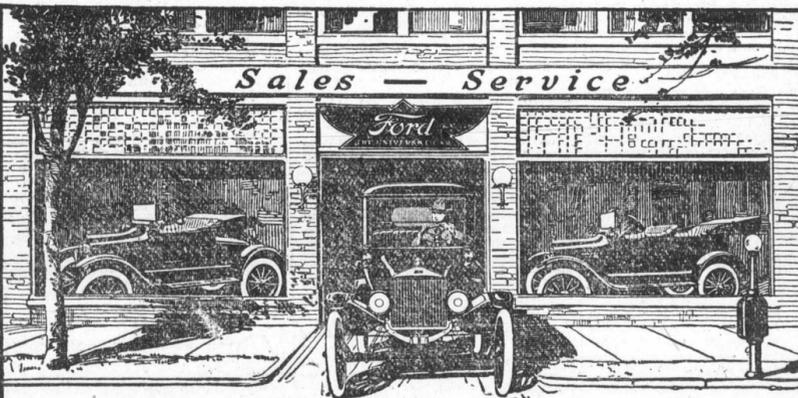
FIVE FUNERALS IN THREE YEARS

Family Almost Wiped Out By Consumption.

From a hovel in the rear of more pretentious buildings comes a ghastly tale, one that in this fair Province of ours seems almost incredible; yet, to those who know the ravages of consumption, it is but a typical case.

Grief stricken, the mother tells us of her five small children buried from this lowly home during the past three years, of her only remaining child, suffering from a tubercular hip, and then as though in mockery of their misery, the father, too, was stricken. He is now a patient at the Muskoka Free Hospital, where every endeavour is being made to save his life. The Muskoka Free Hospital for Consumptives is appealing for help to carry on this fight against the Great White Plague. The money you give will help them seek out these unfortunate families and give them a fighting chance for their lives.

Contributions may be sent to W. J. Gage, Chairman, 84 Spadina Avenue, Toronto, or Geo. A. Reid, Secretary-Treasurer, 223 College St. Toronto.



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COURTEOUS attention to your needs wherever you may travel is something you appreciate, and being a Ford owner you can get it. You are always "among friends".

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RAY MORNINGSTAR - Dealer - WATFORD

If a theatric make a woman getting her mon You can alw men and wome men with food, i When a wor husband's love l through his p reason. If a man is un failure in life he his disinterested him.