

### AILING WOMEN OF MIDDLE AGE

Mrs. Doucette Tells of her Dressing Symptoms During Change of Life and How She Found Relief.

Belleville, Nova Scotia, Can.—“Three years ago I was suffering badly with what the doctors called Change of Life. I was so bad that I had to stay in bed. Some friends told me to take Lydia E. Pinkham's Vegetable Compound and it helped me from the first. It is the only medicine I took that did help me and I recommend it. You don't know how thankful and grateful I am. I give you permission to publish what your good medicine has done for me.”—Mrs. SIMON DOUCETTE, Belleville, Yarmouth Co., Nova Scotia, Canada.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dizziness, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism and builds up the weakened nervous system. It has carried many women safely through this crisis.

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, JULY 9, 1915.

### NOTE AND COMMENT

You can't blame the June graduates for thinking they are needed to run the world when they see what a mess the grown-ups are making of the job this year.—Detroit Free Press.

General De Wet's sentence is six years' imprisonment and a fine of \$10,000. In what German colony could he have raised a rebellion and escaped with six years' imprisonment and a \$10,000 fine after conviction of treason?

The statement that the Italians captured at Monfalcone two super-dreadnoughts and one cruiser under construction, besides a great quantity of other shipping and war material, gives the victory an importance which would have justified the Italians in not being so modest in their announcement of their achievement.

Success in life does not come by having your own way every time. Yielding a little here and there smooths many a rough place. In domestic life one finds the most perfect house where there is mutual forbearance, and in business the most successful merchant is the one who does not seek to gain every cent for himself.

**A READY WEAPON AGAINST PAIN.**—There is nothing equal to Dr. Thomas' Electric Oil when well rubbed in. It penetrates the tissues and pain disappears before it. There is no known preparation that will reach the spot quicker than this magic Oil. In consequence it ranks first among liniments now offered to the public and is recorded first place among all its competitors.

### MARCHING TROOPS

Caring For the Feet of an Army is a Vital Matter.

AS IMPORTANT AS FIT FOOD

The Manner in Which the Sock and Shoe Problem Was Solved by Our Military Men Has Given Uncle Sam the Best Shod Soldiers in the World.

The care of soldiers' feet is one of the important things in war. A soldier is no better than his feet. Many things enter into the sum total of military efficiency, but two of the great factors making for efficiency in troops are marksmanship and marching power. Infantry that cannot march would be as unfit as infantry that could not shoot. It may be because of the importance of the feet in infantry that the men of that branch of the service are called "foot troops." Infantry without good feet would be more useless than cavalry without mounts, or artillery without cannon or a flying corps without an aeroplane.

Napoleon has been credited with saying that an army marches upon its stomach, which, of course, is true as far as it goes. Soldiers to bring or maintain their efficiency at the highest point must be adequately fed, and a world of endeavor has been put forth by brainy men to insure the proper supply of food, to put into the ration the constituents needed by the human system and to have the food well cooked. But it is just as true, figuratively as well as literally, that an army marches on its feet.

When a recruit or a prospective recruit comes up for his physical examination the examining surgeon gives just about as much attention to the applicant's feet as to his lungs, heart, kidneys, teeth, vision and hearing. He will not pass a man with flat feet, because that man could not march. He will insist on a certain amount of arch to the foot. Too high an arch, which, however, is rare in men, would result in his rejection. Any defect in the feet which would militate against his endurance on the march would be a cause for rejection of the man.

With the recognition of the importance of the soldier's foot came long and earnest study and experimentation with the soldier's sock and his shoe. The sock question was soon satisfactorily adjusted. The necessity of frequent bathing of the feet, especially on the march, was early determined on and woolen socks, light or heavy, according to the seasons, were decided on for marching men. Fresh and clean socks are insisted on, and a sock with a hole in it or a sock that has been darned is not to be worn. At least that is the idea as developed in the American military service. In the matter of the fit of a soldier's socks it is prescribed in regulations that "the socks will be large enough to permit free movement of the toes, but not so loose as to permit wrinkling."

When it came down to the study of the shoe the military men had a serious problem which it is believed in this country to have been correctly solved and which the result that the men of the American army are the best shod troops in the world. The cost of the United States army shoe, garrison or marching, is in round figures \$3, and so popular is it with the men of the army that they rarely buy a pair of private shoes for use when absent from post on pass or on furlough. The quartermaster's shoe of the present day is considered an excellent specimen of the shoemaker's art and is vastly different in fit and finish from the army shoe of a generation ago.

In those states where these shoes are issued by the national government to the organized militia it is one of the perplexities of the national guard officers to keep their men from wearing the shoes in civil life. Before the foot and shoe fit question came under the study of men concerned with the efficiency of troops there was always a great deal of foot soreness among the soldiers on the march. This trouble was always severe and annoying among new troops and among old troops with new shoes. The old idea was to equip a soldier with a pair of shoes that would wear long. The stoutness and durability of the shoe was the main consideration. There was very little consideration for the foot that went inside the shoe. If the shoe was large enough and not very much too large for the man the matter was thought to be settled. Foot trouble among regular troops on the march has been greatly reduced, but of course has not been eliminated. Probably that ideal never will be attained.

A soldier's marching efficiency depends not alone on the size or what is commonly called the "fit" of the shoe, but on the shape. It has been said that Dr. Herman Meyer was the first to formulate the theory that the great

toe must lie in such a position that its axis when carried backward shall pass through the center of the heel. The foot is a lever of the second class; the fulcrum is at the ball and great toe and power at the heel, which is transmitted through the tendo-Achilles from the calf muscles and the weight of the body between. This lever is the prime factor in walking or marching. The leg and body muscles balance the load or shift the levers, which are the feet.—Washington Star.

The great thing in the world is not so much to seek happiness as to earn peace and self respect.

### TANGO SLANG.

That There is Nothing New Under the Sun Again Proved. Cartoons of the fox trot, the tango and the cabaret were made by Greek artists as far back as the fifth century before Christ, said Dr. David M. Robinson, professor of classical archaeology at Johns Hopkins university, in a recent lecture at the University of Pennsylvania.

Dr. Robinson referred to the pre-Hellenic versions of modern popular dances while he was elaborating upon love of the Greeks for caricaturing the life of their time upon vases and by means of terra cotta figures. Even the gods were not immune from the scorn of the artists, he said, and the representation of the gods as dancing upon tables to the music of the double flute and lyre and drinking heavily was a favorite device.

The equivalent of the slang phrase of today, "I should worry," Dr. Robinson said, may be found in the Greek expression, "What does Hippocrates care?" an allusion to the day when a Greek jumped upon a three legged table, danced the Attic and Laconian figure, then popular, and finally concluding his hilarious performance by standing upon his head and exclaiming the foregoing phrase when reproved by his father-in-law. This incident was pictured by a vase painter of the day.

According to Dr. Robinson, the oldest joke in history was perpetrated at the same time. The Athenian Joe Miller, who invented it, is unknown, but the witticism gained popular favor at the time and spread even to faroff Rome. It was as follows: "When is a woman hippest?" "Twice—When she is mated and when she is cremated."

"The vases and terra cotta figures of Greece and Rome are the ancestors of the newspaper cartoons and the comic supplements of today," said Dr. Robinson. "These ancients, who were the forefathers of our present humorous artists, knew that laughter lengthens life and that some of the greatest men were fond of the comic."

### NATTY BATHING SUIT.

For the Boy or Girl Nothing Could Better Meet Seaside Requirements. For bathing or for romping upon the sands within reach of the salt spray



BATHING COMFORT.

nothing could be more "comfy" than the little suit pictured here. It is made of knitted white wool trimmed with blue.

It is usually safe to say that when a child is pale, sickly, peevish and restless, the cause is worms. These parasites range the stomach and intestines, causing serious disorders of the digestion and preventing the infant from deriving sustenance from food. Miller's Worm Powders, by destroying the worms, corrects these faults of the digestion and serves to restore the organs to healthy action.

DURABLE—Fire grates are three-sided; last three times as long. Shaped in the

**McClary's**  
**Sunshine**  
**Furnace** to grind up clinkers when "rocked." See the McClary dealer or write for booklet. **SOLD BY T. DODDS & SON**

### Furniture That Satisfies

Is our hobby, and we know that our showing will please you, no matter how exacting your taste may be. We have the very NEWEST DESIGNS in

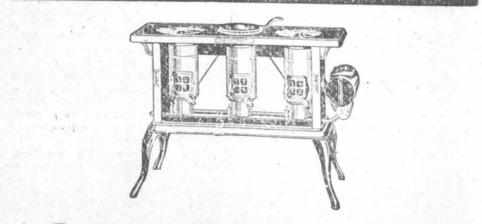
**BUFFETS, SIDEBOARDS, CABINETS, AND PARLOR, DINING AND BEDROOM GOODS**

If you need a new piece of furniture kindly call and see our spring stock.

**PORCH AND LAWN CHAIRS** are now required. Let us show you what we can do in this line.

Our Furniture is a delight to those who admire good goods. Agents for Mason & Risch Pianos, Gramophones, String Instruments, Sheet Music, Edison Records, etc., and all kinds of repairs. New and second hand sewing machines and all supplies.

**HARPER BROS.**  
PHONE 31.  
FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS



### OIL STOVES

- Clark's Jewel, 3 Burners and Oven, ... \$14.50 WITH HIGH SHELF \$4.00 EXTRA
  - New Perfection, 3 Burners and Oven, ... \$13.50
  - Hot Blast Oil Stoves, ... 85 Cts.
  - Daisy Kettles, ... 20 Cts.
- SCREEN DOORS, SCREEN WINDOWS, SCREEN WIRE. CALL AND GET A FREE FLY SWATTER.

### N. B. HOWDEN ESTATE

### WATFORD PLANING MILL

A Busy Plant in a lean year is a sure sign that someone is delivering the goods. Orders never were so plentiful, hence business never was better.

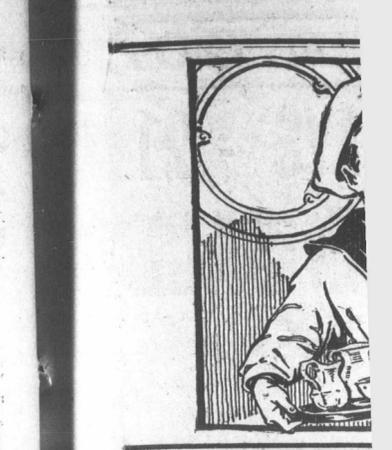
**THE REASON FOR THIS IS:** We buy in big blocks and we sell at rock bottom prices. We also give a service that cannot be equalled.

Our Satisfied Customers are our Good Assets.

We keep an Expert Machinist and specialize all kinds of machine work, especially turning.

### ESTABLISHED 1870. GEORGE CHAMBERS

**We Do All Kinds of Printing AT THE GUIDE-ADVOCATE**



### COMMENT.

One restriction which has prevented a great many men from joining the ranks of Canada's army has been the regulation prohibiting the acceptance of a recruit wearing any artificial teeth. This regulation has been modified, so that those with only partial plates are now acceptable.

The rural routes were established for the benefit of rural homes, or in other words the farmers. They have proved a greater benefit and blessing to the farmers than was ever anticipated by the most sanguine. A farmer who has once enjoyed the advantages of the rural mail service would hardly know how to live without it. It did not come to the farmer, however, until he had many times earned it. The farmers are our heaviest taxpayers. What property they have is in plain sight and is taxed, while the town gents, at least some of them, who deal in notes and bonds, are able to hide their wealth from the assessor.

### WATFORD PEOPLE PRAISE SIMPLE MIXTURE

Many in Watford praise the simple mixture of buckthorn bark, glycerine, etc., known as Adler-i-ka. This remedy is the most THOROUGH bowel cleanser ever sold being even used successfully in appendicitis. ONE SPOONFUL relieves almost ANY CASE of constipation, sour or gassy stomach. ONE MINUTE after you take it the gasses rumble and pass out. Adler-i-ka cannot gripe and the INSTANT action is surprising. Taylor & Son, druggists.

### The Western Fair

The Western Fair of London, Ontario, as an Agricultural Exhibition occupies a prominent position in Western Ontario, and throughout the whole Dominion. This will be the forty-eighth Annual Exhibition without a break, and every dollar of prize money won during that time has been paid. The management has been increasing the prize list from year to year and this year through the assistance of the Dominion Government they are enabled to add over \$5,000 to what was already a liberal list. Live Stock Breeders should avail themselves of the privilege of exhibiting this year in larger numbers than ever. Exhibitors always report good results from showing at London, as buyers are plentiful. The Dairy and Poultry Departments will be of special interest this year. If a prize list, entry form or any other information is required about the Exhibition write the Secretary, A. M. Hunt, London, Ontario. The dates are September 10th to 18th.

Compressed peat is being developed as a sound insulating material by a Berlin inventor.

**A SURE CORRECTIVE OF FLATULENCY.** When the undigested food lies in the stomach it throws off gases causing pains and oppression in the stomachic region. The belching or eructation of these gases is offensive and the only way to prevent them is to restore the stomach to proper action. Parlee's Vegetable Pills will do this. Simple directions go with each packet and a course of them taken systematically is certain to effect a cure.



### No more Dyspepsia

There isn't a member of the family near headaches, biliousness, fermented stomach, Chamberlain's Stomach and Liver Table and bowels and stimulate the liver to be whole system. Take one at night and

### CHAMBERLAIN