

THE BLOOD IS THE STREAM OF LIFE

Pure Blood is Absolutely Necessary To Health

"FRUIT-A-TIVES" PURIFIES

These Wonderful Tablets, Made of Fruit Juices, Are The Best Of All Tonics To Purify And Enrich The Blood.

Pure, rich blood can flow only in a clean body. Now, a clean body is one in which the waste matter is regularly and naturally eliminated from the system. The blood cannot be pure when the skin action is weak, when the stomach does not digest the food properly, when the bowels do not move regularly, when the kidneys are strained or overworked.

Pure blood is the result of perfect health and harmony of stomach, liver, bowels, kidneys and skin.

"Fruit-a-tives", by their wonderful action on all these organs, keeps the whole system as clean as Nature intended our bodies to be clean.

"Fruit-a-tives" tones up, invigorates, strengthens, purifies, cleans and gives pure, rich, clean blood that is, in truth, the stream of life.

"Fruit-a-tives" is sold by all dealers at 50c a box, 6 for \$2.50 trial size 25c, or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

Guide-Advocate

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HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, DECEMBER 11, 1914.

NOTE AND COMMENT

Canada shows no nervousness on the subject of invasion; no doubt it is felt that Germany has a long waiting list.—Springfield Republican.

Perhaps the next story to scare England will be that the Germans are making arrangements to fit out soldiers of an immense army with diving suits and march them across on the bottom of the Channel.—Boston Globe.

In old-fashioned war the armies would usually go into winter quarters when cold weather came on; but the indications are that there will be no let up in the great war during this winter. It may be a cold day when Germany gets left; but more probably the warm weather will return before a decisive result is reached.

The Government is preparing to put into force the legislation of the last session to prevent undue increases in the cost of living, and will make it an indictable offense punishable by fine or imprisonment for any person to unduly enhance the price of a staple commodity. An order—

Every Woman is interested and should know about the wonderful MARVEL Whirling Spray. The new vaginal spray. It cleanses instantly. It does not irritate. It is safe for use. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

council is being prepared to allow complaints against dealers believed to be guilty of unduly enhancing prices to be laid before a magistrate. Numerous complaints have been received from all parts of Canada.

There are more things in heaven and earth than are dreamed in the philosophy of the Berlin professor who writes that there "can be no neutrals" in this war, since Germany is "the most perfect creation that history has recorded," and the kaiser is the "delight of the human race." Some one ought to tell him of the professional who was beaten at golf by an amateur, seven up and six to play, and who said "It is impossible, but it is a fact."

According to an Austrian newspaper published in the United States, copies of which have been received in Canada, Lord Roberts did not die of pneumonia, but was stabbed by an Indian officer. It is alleged by the Austrian paper that the Indians had mutilated and that Lord Roberts had been sent over to France to pacify them. When he approached the Indian regiments one of the privates stepped out of the ranks and stabbed him through the lungs, causing his death. This is a sample of the stories used by pro-German and pro-Austrian papers in the United States.

Of the native-born population of Canada five years of age and over, 880 males and 896 females in every 1,000 of each sex can read and write. By provinces, the ratio per 1,000 was:—British Columbia 868 males and 834 females; Alberta, 851 males and 797 females; Saskatchewan, 874 males and 822 females; Manitoba, 885 males and 875 females; Ontario, 926 males and 939 females; Quebec, 845 males and 882 females; New Brunswick, 836 males and 861 females; Nova Scotia, 887 males and 890 females, and Prince Edward Island 912 males and 914 females in every 1,000 of the population of each sex were able to read and write.

It is gratifying to know that the Canadian Peace Centenary Association is proceeding with its educational work, that literature is being prepared for the schools, that prizes will be offered for the best essays on Anglo-American relations, that church services will be held on February 14, next and that the organization is being kept intact with a view of holding public festivities after the conclusion of the war. The relations between Canada and the United States have for some years past been more than friendly, and the attitude of a large majority of Americans towards Great Britain, in the conflict which has been thrust upon her by German greed and aggression is such to-day, that if a great celebration between ourselves and neighbor can be arranged, it will elicit the warmest enthusiasm on both sides of the boundary.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

War and Liberty

Out of all this trouble a new emerge imbued, more than ever, with the idea that unity comes from freedom and self-government. Towards that goal it has moved for generations, learning from the stern lessons of experience, compelled to move by the pressure of the national opinion of which it was the creator. Unwittingly at the time, Britain itself disseminated the seeds of local patriotism not only in the colonies peopled by its own people, but in the dependencies won by the power of the sword. This war will initiate no new development, but it will undoubtedly hasten the time when self-government will be extended to the dependencies that have been hitherto under tutelage. Britain will be less of a governor and more of a guide.

German militarists were totally unable to understand, much less to appreciate the qualities that have slowly built up the British Empire as it exists today. What they deemed and stigmatized as weakness was really a growing recognition that national sentiment needed only to be directed, not crushed. Prussia never learned that the Poles might have become a bulwark of Germany instead of a menace. Russia has proved more amenable to the teaching of experience, and freed from Prussian influence may now give greater latitude to the natural tolerance of the Russian people. This war may prove to be the opening of a new era, when the nations will at last realize that strength lies not in the repression but in the encouragement of the spirit of nationality.

On Being Fat

"Don't worry because you're fat," says Marie Dressler, actress, whose weight, like her age, is beyond telling. "No matter how stout you are, Heaven alone is to blame. You can't help yourself, so make the best of it. Whenever you think you are too stout, smile a while; and while you smile, others smile, and soon there'll be miles and miles of smiles."

Miss Dressler says she has tried out 28 different plans to reduce her weight, and all were failures. Why cannot people be content to remain fat and hearty? Fat people have advantages not to be despised. Over in Sweden a tax is levied on fat people in order that they may not enjoy superior blessings without some compensation to the less fortunate portion of the community. It is strange, says an exchange, how large a part of humanity are never satisfied with what they have, but must be forever worrying and fretting and striving and starving to get something or other that somebody else is just as dissatisfied with.

Half the people in the world wish they had more fat; the other half wish they had less. Lots of people devote a lot of their time to stewing and fretting because they are not more fat or more lean. It seems to be a universal quality of human nature to want for things we have not and to be something other than what we are. The horse standing with its head over the fence, with ears drooping and mouth drooling for the grass in the next field, which is really not a whit better than that in its own field, is a good type of the host of human beings who are always pining for the things which are different than what they have.

Foot and Mouth Disease

In view of the recent serious outbreak of foot and mouth disease in the United States, with its subsequent serious losses and necessity for stringent measures, Canadian stock owners should acquaint themselves with the particulars of this disease. A seven-page pamphlet, prepared by Dr. J. G. Rutherford, formerly Veterinary Director General for Canada, outlines the symptoms and appearance of the disease with its treatment and preventative measures. In view of the fact that it is one of the most infectious diseases known, attacking nearly all species of farm animals, and that the many different ways in which its germs can be conveyed from place to place render it very difficult to prevent its spread once it has made its appearance, preventative measures of the utmost importance. In this pamphlet a number of such measures have been outlined by Dr. Rutherford, a knowledge of which should prove of great value should the disease make its appearance in Canada. Copies of this pamphlet, which is No. 9 of the Health and Animals Branch of the Dominion Department of Agriculture, can be obtained by making application to the Publications Branch, Department of Agriculture, Ottawa.

Dr. Morse's Indian Root Pills

are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula of the pills. Dr. Morse's Indian Root Pills are a household remedy throughout the world for Constipation and all Kidney and Liver troubles. They act promptly and effectively, and Cleanse the System.

Nervous Women Are troubled with the "blues"—anxiety—sleeplessness—and warnings of pain and distress are sent by the nerves like flying messengers throughout body and limbs. Such feeling may or may not be accompanied by headache or vertigo. Then the nervous system and the entire womanly make-up feels the tonic effect of DR. PIERCE'S Favorite Prescription. Take this in liquid or tablet form and be a well woman! Mrs. Eva Tyler of St. Geneva St., Ithaca, N. Y., says, "I have been in a run-down condition for several years. Suffered from nervousness and a great deal of pain at certain times. Have taken several different medicines but found your Favorite Prescription has given me the most relief of anything I have ever tried. Am very much better than I have been in some time. I gladly recommend this remedy to any woman in need of a tonic." Write Dr. V. M. Pierce, Buffalo, N. Y. Dr. Pierce's Pleasant Pellets regulate stomach, liver, bowels. In Girlhood Womanhood Motherhood.



Business is Waiting—Telephone for it.

Business may be quieter than two years ago, yet there is no cause for depression. Crops are good and already business is waking up.

Call your customers by long distance telephone. Dispel their gloom by the hearty spoken word. Keep both yourself and them posted on prices and general conditions, and there will be no slowing up in your business.

The economy of telephone selling makes it a welcome aid to business just now. The long distance telephone is the proven ally of economical business.

Every Bell Telephone is a Long Distance Station. The Bell Telephone Co. OF CANADA.

CHRISTMAS BUYING

DO IT EARLY AND GET THE LARGEST CHOICE

SILVERWARE Fruit Spoons, \$1.00 to \$2.00; Cold Meat Forks, \$1.00 to \$1.50; Butter Knives, 75c. and \$1.00; Table, Dessert and Tea Spoons, Cream Ladles, Baby Spoons, etc., in "Old Colony" pattern. 1847 goods.

CHINA A full assortment of French and English china bought at prices before the war raised importing costs.

BRASS GOODS Hot Water Kettles, Fern Pots, Jardiniers, Trays, Smoking Sets, etc. Special prices on nickel-plated Trays.

N. B. HOWDEN EST.

Read This Quickly Sister Susie's sewing shirts for soldiers—Such skill at sewing shirts our shy young sister Susie shows! Some soldiers send epistles—say they'd rather sleep on thistles Than the saucy soft short shirts for soldiers sister Susie sews. Complete in itself, Mother Graves' Worm Exterminator does not require the assistance of any other medicine to make it effective. It does not fail to do its work.

900 DROPS CASTORIA Vegetable Preparation for Assisting the Food and Bowels and Regulating the Stomach and Bowels of INFANTS, CHILDREN, Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC. A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep. Exact Copy of Wrapper.

IT'S ABOUT TIME to think of getting a first pair of glasses. The lines begin to mix. The type begins to blur. WE ARE HERE WA. CARL CLAW JEWELER ISSUER OF MARRIAGE.

PIANO Bell, Gerhardt, Heintzman Organs Bell and Doherty Sewing Machine White, Standard, and New Rotaries, Raymond and Williams. Renfrew Standard Gasoline Start without crank! Renfrew Standard Cream Best by every test Gramophones, Records and all kinds. H. Schler

No Horse Feed For Among the wounded who treated at Dinard, mostly women acting as nurses, there were three African soldiers, one of whom was a young man named Dinar, who was puzzled how to comfort them. American whose garden she had presented to one of the soldiers. He stared at it, waving his arms like windmills and a torrent of unintelligible words translated, ran thus: "Am I a horse that I she Verily, this woman is desecrating animal, for she knoweth not how to feed a man's stomach!" Thereupon he threw the contents of his well-wisher's head at her face in the pillows. Children FOR FLETCHER CASTO