

YOUNG WOMEN AVOID PAIN

This One Tells How She Was Benefited by Taking Lydia E. Pinkham's Veg- etable Compound.

Regina, Sask.—"For two years I suffered from periodic pains and nausea so I was unable to get around. My mother had me take Lydia E. Pinkham's Vegetable Compound, and I am much better and able to go about all the time, which I could not do before. I recommend Vegetable Compound to my friends if I know they suffer the same way, and you may publish my letter if it will help any one, as I hope it will."—Miss Z. G. BLACKWELL, 2073 Oaler Place, Regina, Sask.

If every girl who suffers as Miss Blackwell did, or from irregularities, painful periods, headache, sideache, dragging down pains, inflammation or ulceration would only give this famous root and herb remedy a trial they would soon find relief from such suffering.

It hardly seems possible that there is a woman in this country who will continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

For special advice women are asked to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.

Guide-Advocate Watford, Ont.

PUBLISHED EVERY FRIDAY
Subscription \$2.00 per annum in advance. \$2.50 in advance to the United States.

ADVERTISING RATES.

1500 inches within a year 10 cents per inch.
1000 " " " " 11 " "
500 " " " " 12 " "
250 " " " " 14 " "
100 " " " " 16 " "

Short Periods 20 to 25 cents per inch.

Changes to suit advertisers if copy of change is in printer's hands by Tuesday noon.

LEGAL ADVERTISING—1st insertion per line, 10 cents, subsequent insertions 5 cents per line. A large measure 14 lines to the inch.

BUSINESS CARDS—One inch and under, per year \$2.00.

LOCALS—10 cents per line each insertion. Minimum charge 25 cents.

Advertisements without specific directions will be inserted until ordered out and charged accordingly.

W. C. AYLESWORTH, Publisher.

T. HARRIS, Editor.

Guide-Advocate WATFORD, AUGUST 27, 1920.

CHLORINE FOR DISINFECTION OF DRINKING WATER

Its use in connection with the disinfection of drinking water, however is very great. A large number of towns and cities in Europe, United States and Canada have their water supply treated with chlorinated lime to insure against the dissemination of typhoid fever through contaminated water. It may be used to treat contaminated well or spring waters on the farm by preparing a stock solution as follows—

1. Mix $\frac{1}{2}$ lb. of chloride of lime (33-35 per cent. available chlorine) with 1 pint of water, stirring with a wooden spoon for about 15 minutes.

2. Add sufficient water to make 1 gallon.

3. Dissolve 13 ounces of washing soda in 2 quarts of lukewarm water.

4. Add sufficient water to make 1 gallon.

5. Mix the two solutions in a barrel or crock and allow the milky solution to settle over night (for filter). Pour off the clear liquid from the white sediment into a jug and fill into bottles, well stoppered, and keep in a cool dark place for disinfecting purposes. This stock hypochlorite will contain approximately the equivalent of a 3 per cent. of chloride of lime or 1 per cent. available chlorine.

Application—One ounce of this stock solution to 5 gallons of drinking water, stir and allow to stand for half an hour. This treatment will destroy the contaminating bacteria present in the water and render it safe for drinking.

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 this country for years. It is composed of 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.

F. J. CHENEY & CO., Props., Toledo O. All Druggists, 75c. Hall's Family Pills for constipation.

THREE IN ONE. C. R. Mitchell is Provincial Treasurer of Alberta.

Hon. C. R. Mitchell, Provincial Treasurer of Alberta, trying out the three-in-one principle as applied to Governmental portfolios. He has been given the work formerly done by the late Hon. A. G. Mackay, which he has taken over in addition to his own duties as Finance Minister of the province. Mr. Mackay was Minister of Municipal Affairs and Health, a double portfolio with two separate office organizations and a Deputy Minister for each. The three merged Departments will now be carried on by Mr. Mitchell.

But even that is not enough to absorb all of Mr. Mitchell's interest in life. He runs a big farm down in his electoral district, near Medicine Hat, and last year he cleared more net profit from it than he got in salary as a Cabinet Minister. The United Farmers of Alberta will not accept him as a member, because he is not a resident farmer; he stays in Edmonton, at his Government post, and runs his farm at long-distance, with a hired man in charge of it. Nevertheless, he says, that a balance to the good last year, when farming conditions in southern Alberta were not up to their usual mark, is comforting evidence to himself that he is making a success as a farmer, even if he doesn't qualify for the U.F.A.

Mr. Mitchell's appointment to the two extra Departments is understood to be of a temporary character, pending a settlement of the question whether or not Alberta is to be given control of its natural resources. When the lands, mines, and forests are turned over to the province, as urgently and often asked for, a considerable shifting about of the Governmental portfolios will be necessary, and an additional Minister will then be taken in. In the meantime it is Premier Stewart's intention that the Alberta Cabinet shall remain at seven members.

The Provincial Treasurer and Minister of Municipal Affairs and Health has already had a varied experience in Governmental work. At different times he has been Attorney-General, Minister of Education, Minister of Public Works, and Minister of Finance, and now he combines with the latter office, in which he has been especially successful, two other Departments, both of which are among the busiest on the list. Mr. Mitchell has before now been spoken of as the "handy man" of the Alberta Government, and the name fits him now better than ever.

The Gold Coast Colony.

The institution of direct trade between Canada and the Gold Coast colony is the subject of a report of a special committee appointed by Brig-Gen. F. G. Guggisberg, governor of that colony, and a Canadian, which has been forwarded to Sir George Foster. Before going out to take up his post Governor Guggisberg approached the Canadian trade authorities in London with a view to Canada assisting in the development of the Gold Coast. Since his arrival he has initiated railway developments which will create a large demand for permanent way and rolling stock from Canada, and has had a report on other trade possibilities made by a special committee. The committee finds that Canada produces most of the goods required by the Gold Coast, and observes: "No doubt through channels in New York and Liverpool a considerable amount of Canadian products find its way at the present time into the Gold Coast and similarly a certain amount of Gold Coast cocoa finds its way into Canada. It is essential that trade should be carried on by direct ocean transport between the two countries. The extension to the Gold Coast of the service of the Canadian Government's mercantile fleet would be both desirable and welcome."

Gen. Guggisberg asks that a special Canadian trade commissioner be sent to the Gold Coast, whose visit might be extended to other West African colonies, facilities for trade with which have now been provided by the establishment of a steamship sailing by the Elder-Dempster Company.

Used Canadian Elm.

Interest in the race for the America's Cup off Sandy Hook this summer between Sir Thomas Lipton's challenger, Shamrock IV, and the American defender, either Resolute or Yachtie, is steadily growing, and Canadian yachting enthusiasts are very keen followers of everything that is published in connection with the race. Commodore Aemilius Jarvis, of Toronto, was among those present at the launching of the challenger, and due to his efforts in the cause, Canadians have reason for still greater interest in the prospects of the Lipton boat.

Since her arrival on this side of the Atlantic the Shamrock's equipment has been stored in a shipyard, and unfortunately, a fire broke out there and destroyed her spreaders. During the trial spins following the launching she is using temporary spreaders, and on his return to Toronto Commodore Jarvis instituted a search for material to replace the original spreaders, and as a result has shipped to New York a quantity of hard rock elm, and it is hoped that Canada will be represented by more than interest in the race.

"Incomparable Soldiers."

At the conferring by Gen. French of the M.C. upon the war-torn town of Ypres, rich tribute was paid Canadians, Englishmen, and Australians, by the intrepid King of Belgium. He said:

"We are here on sacred ground. One hundred and fifty thousand Englishmen, Australians and Canadians, brave among the bravest, sleep their last sleep. Near these ruins they fell for the cause of the independence of nations, and they lie on this line where they broke the assaults of the power who tried to make brutal force overrule right. The British soldier has proved here the stubborn courage, the quiet spirit of sacrifice, the faith in his race and country, which have made the greatness of England and created one of the most powerful empires that ever existed."

Removing his cap, King Albert added: "I pay a tribute of deep admiration to the memory of those heroic warriors. I extend to them the homage of respect and gratitude of the Belgian nation. We shall always consider it a sacred duty to care piously for the graves of those incomparable soldiers, those free citizens who died to insure the reign of freedom."

Reminded.

The Premier of South Africa, Gen. Smuts, is a hard worker and thoroughly unaffected. Consequently, says Tit-Bits, he hates gush. "Let me see," said a high and mighty young officer who sat next to him at a reception in London shortly after the Boer War, "haven't we—ah—met somewhere?" "Yes," replied the general. "Thought so," remarked the officer, adding with a bored air, "One meets so many people! Let me see, where did we meet?" "In South Africa," retorted the general curtly. "You surrendered to me during the war."

An Unkind Retort.

"I understand it is hard to get leather now," said the man making conversation at the lunch counter. "Almost impossible," replied the boss of the ranch. "That accounts for it. I have noticed your sandwiches have been more tender of late."

The British Post Office deals with nearly 90,000,000 telegrams each year.

MOTHERS!

Watch your children's skins. As soon as you see the slightest trace of a rash or sore, apply Zam-Buk. This antiseptic balm will protect the sore place from infection, prevent it from spreading and healing soon follows. Careful mothers always keep Zam-Buk on hand for their children's injuries—it ends pain so quickly and prevents any possibility of festering. Best for cuts, burns, scalds, bruises, ringworm, scap sores, eczema and teething rash. All dealers 50c box.

Zam-Buk

Many children die from the assaults of worms, and the first care of mothers should be to see that their infants are free from these pests. A vermifuge that can be depended on is Miller's Worm Powders. They will not only expel worms from the system, but act as a health-giving medicine and a remedy for many of the ailments that beset infants, relieving them and endangering their lives.

SALT

We have pleasure in notifying all users that the well-known "ELARTON SALT" is now being manufactured and can be obtained either from stores in the neighboring towns and villages or direct from the works.

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