GUIDE-ADVOCATE, WATFORD, AUGUST 27, 1920

YOUNG WOMEN **AVOID PAIN**

This One Tells How She Was Benefited by Taking , Lydia E. Pinkham's Vegetable Compound.

Regina, Sask. --"For two years I suf-fered from periodic pains and nausea so I was unable to get around. My mother had me take Eydia E. Pinkham's Veretable Compound, and I am much better and able to go about all the time, which I could not do before. I recom-mend Vegetable Compound to my friends if I know they suffer the same way, and you may publish my letter if it will help ary one, as I hope it will."-Miss Z. G. BLACKWELL, 2073 Osler Place, Regina, Sask. If every girl who suffers as Miss Black-

If every girl who suffers as Miss Black-well did, or from irregularities, painful periods, backache, sideache, dragging down pains, inflammation or ulceration would only give this famous root and here 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 con-tinue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being cublished, proving beyond contra-diction that this grand old medicine has then 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.

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T. HARRIS, Editor.

(Inide-Advocate WATFORD, AUGUST 27, 1920.

CHLORINE FOR DISINFECTION OF DRINKING WATER

THREE IN ONC. C. R. Mitchell Is Provincial Treasure of Alberta.

Hon. C. R. Mitchell, Provincial Treasurer of Alberta, is 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 is taken over in addition to his he i. s taken over in addition to his own duties as Finance Minister of the Province. Mr. MacKay was Min-ister 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 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 sal-ary as a Cabinet Minister. The United Farmers of Atherta will not eccent him as a more ar hecause he accept him as a menuer, because he is not a resident farmer; he stays in Edmonton, at his Government post, 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 com-forting evidence to himself that he is making a success as a farmer even making a success as a farmer, even if he doesn't qualify for the U.F.A. Mr. Mitchell's appointment to the

Mr. Mitchell's appointment to the two extra Departments is understood to be of a temporary character, pend-ing 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 con-siderable shifting about of the Gov-ernmental portfolios will be neces-sary, and an additional Minister sary, and an additional Minister will then be taken in. In the mean-time it is Premier Stewart's inten-tion that the Alberta Cabinet shall

remain at seven members. The Provincial Treasurer and Min-ister of Municipal Affairs and Health ister 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 Fin-ance, and now he combines with the latter office, in which he has been especially successful, two other De-partments, both of which are among the busiest on the list. Mr. Mitchell has before now been spoken of as has before now been spoken of as the "handy man" of the Alberta Gov-ernment, 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 ap-proached 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 per-manent 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 grouds required by the Gold the goods required by the Gold Coast, and observes: "No doubt through channels in New York and through channels in New York and Liverpool a considerable amount of Canadian products find its way at the present time info the Gold Coast and similarly a certain amount of Gold Coast cocoa finds it 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 Govern-ment's mercantile fleet would be ment's mercantile fleet would be both desirable and welcome." Gen. Guggisberg asks that a spe-cial Canadian trade commissioner be clai Canadian trade commissioner be sent to the Gold Coast, whose visit might be extended to other West Af-rican colonies, facilities for trade with which have now been provided by the establishment of a steamship sailing by the Elder-Dempster Com-pany. pany.

"Incomparable Soldiers." At the conferring by Gen. French of the M.C. upon the war-torn town of Ypres, rich tribute was paid Cana-dians, Englishmen, and Australians, by the intrepid King of Belgium. He

by the intrepid King of Belgium. He said: "We are here on sacred ground. One hundred and fifty thousand Englishmen, Australians and Cana-dians, 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 great-ness 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 second duty to care the pergran hallon. We shall always consider it a sacred duty to care piously for the graves of those in-comparable soldiers, those free citi-zens who died to insure the reign of freedom."

Reminded.

The Premier of South Africa, Gen. Smutz, is a hard worker and thor-oughly 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 re-ception in London shortly after the Boer War, "haven't we ah-met somewhere?" "Yes," replied the gen-eral. "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.

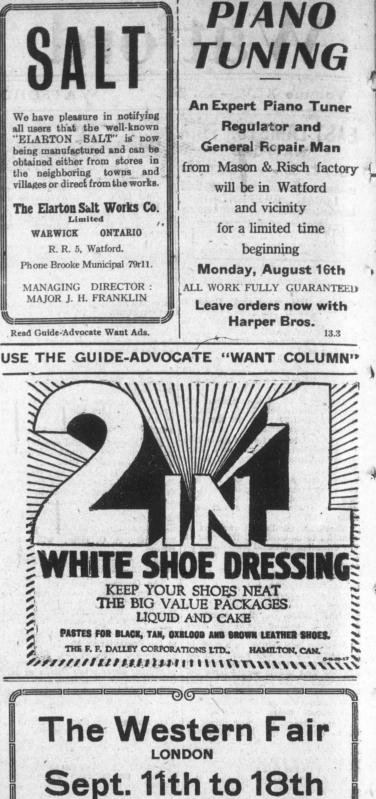
"That accounts for it. I have no-ticed your sandwiches have been more tender of late."

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



soon a: you see the slightest trace of a rash or sore, apply Zam-Buk. This antiseptic halm will protect

This antiseptic haim will protect the sore place from infection, pre-vent it from spreading and healing soon follows. Careful mothers always keep Zam-Buk on hand for their chil-dren's injuries—it ends pain so outoil, and provents any possibility quickly and prevents any possibil-ity of festering. Best for cuts, burns, scalds, bruises, ringworm,



Its use in connection with the disinfection of drinking water, how-ever is very great. A large number of towns and cities in Europe, Unit-ed States and Canada have their-water supply treated with chlorinat-

85-

 Add sufficient water to make 1 gallon.
Dissolve 13 ounces of washing soda in 2 quarts of luke warm water.
Add sufficient water to make 1 gallon.
Mix the two solutions in a barrel or crock and allow the milky solution to settle over night (for filter). Pour off the clear houid from the white sediment into a jug and fill into bottles, well stoppered. 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 approxi-mately the equivalent of a 3 per cent.of chloride of lime or 1 per cent. available chlorine. Auglication — One ounce of this

Application — One ounce of this stock solution to 5 gallons of drink-ing 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.

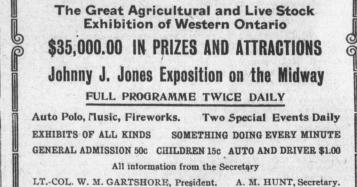
CATARRH CANNOT BE CURED with LOCAL. APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy: Hall's Catarrh Medicine is taken in-ternally and acts through the blood on the mucous surfaces of the suy-tem. Hall's Catarrh Medicine was prescribed by one of the best physi-cians in this country for years. It is ccuposed of some of the best blood purifiers. The perfect combi-nation of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials free. Hall's Catarrh Medicine is taken in ternally and acts through the blood on the mucous surfaces of the suy-tem. Hall's Catarrh Medicine was prescribed by one of the best physi-cians in this country for years. It blood purifiers. The perfect combi-nation of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal free. F. J. CHENEY & CO., Props., Toledo O. All Druggists, 75c. Hall's Family Pills for constipation.

Used Canadian Elm.

Interest in the race for the Amer-ica's Cup off Sandy Hook this sum-mer between Sir Thomas Lipton's mer between Sir Thomas Lipton's challenger, Shamrock IV. and the American defender, either Resolute or Vanitie, is steadily growing, and Canadian yachting enthusiasts are very keen followers of everything that is published in connection with the race. Commodore Aemilius Jar-vis, of Toronto, was among those present at the launching of the chal-lenger, 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

scalp sores, eczema and teethin rash. All dealers 50c box.

Many children die from the as-saults 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, en-feebling them and endangering their lives. m lives.



"You'll get good satisfaction out of this GOLD MEDAL tool."

First-class materials and skilled workmanship, coupled with perfect balance, make "GOLD MEDAL" Tools best for every farmer.

Ease of motion and maximum work are the rule when you use "GOLD MEDAL" Tools, because of their right construction.

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All Sensible Farmers Insist Upon "GOLD MEDAL" Harvest Tools

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