

WOMAN'S BEST MEDICINE

Mrs. Kelly Advises all Women to Take "Fruit-a-Tives"

HAGERVILLE, ONT., AUG. 26th, 1913.
"I can highly recommend 'Fruit-a-Tives' because they did me an awful lot of good and I cannot speak too highly about them. About four years ago, I commenced taking 'Fruit-a-Tives' for a general break-down and they did me a world of good. We bought a good many dollar's worth, but it was money well spent because they did all that you claim for them. Their action is so pleasant, compared with other laxatives, that I found only pleasure, as well as health, in taking them. They seemed to me to be particularly suited to women, on account of their mild and gentle action, and I trust that some other women may start taking 'Fruit-a-Tives' after reading my letter, and if they do, I am satisfied the results will be the same as in my own case."

Mrs. W. N. KELLY
"Fruit-a-Tives" are 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

Watford, Ont.
PUBLISHED EVERY FRIDAY.

Subscription—\$1.00 per annum in advance. \$1.50 in advance to the United States.
ADVERTISING RATES.

Space	One Year	Half Year	3 Months
One column	\$65	\$35	\$22
Half column	35	22	12
One-fourth column	22	12	7

Shorter periods 12 cents per running inch.
Advertisers will be allowed a change of matter very two weeks. Weekly changes can be had at slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.
LEADS ADVERTISING—First insertion per line, 10 cents; subsequent insertions 5 cents each time per line. Agents measure 14 lines to the inch.
BUSINESS CARDS—One inch and under, per year \$5.00.
ADVERTISERS CANADIAN—\$5.00 a year.
LOCALS—10c. per line each insertion. Minimum charge 25 cents.
Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO. PROPRIETORS

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WATFORD, DECEMBER 4, 1914.

NOTE AND COMMENT

The British army, when the million now authorized is added to it, will consist of at least 2,900,000 men. Not quite contemptible even in the Kaiser's eyes.

It will take a long time for "Made in Germany" to win back its popular favor but it should be an opportune time for "Made in Canada" to come to the front.

The decision of the Government to maintain 50,000 men under arms in Canada will be received with satisfaction by the people. From this force always under training ample reinforcements can be sent to the front from time to time.—Globe.

But a few buckets would be required to hold the tears that would follow the death of Kaiser Wilhelm. Assassination by one of his own down-trodden soldiers is most likely to remove the emperor from this vale of tears, mutilated children and ravished women.

The recruiting campaign to assist in raising 200,000 Canadian soldiers, should meet with an instant response. Canada showed her feelings when the call came for the first contingent and she will do her share until every foe of the Empire has been vanquished.

With more than 1,200 tons, or 10,000,000 Christmas gifts, from the people of America, a Santa Claus ship, the naval collier Jason, sailed from New York on Saturday for Europe. Gifts that the ship carried were gathered from every state of the union. They included almost everything from toys and dolls to clothing

and food. So heavy was the rain of Christmas presents for the children of Europe that a force of 90 soldiers and 60 sailors were required to classify the gifts as they arrived, and repack them so that an equal distribution might be made in the several countries for which they were intended.

Port Rowan News—All the men of Canada cannot go to the front. The farms must be manned, for the soldiers must be fed. Business must be kept going, else the "sinews of war" would soon dry up. To some men who are physically fit, the loss caused by long absence would mean business ruin. At the present time these men can serve their country best by staying at home. But all must learn the meaning of the word sacrifice.

One branch of the Provincial revenue which shows a large increase is that of the succession duties. This year succession duties totaled \$1,287,633 or a gain of over \$141,000 over the high record of last year. The gain is attributed to the growing wealth of the Province. The increased duties have not been fully operative as yet, but the benefit from them will be felt next year.

Because the tug of war continues it does not follow, however, that the prestige of neither side is affected by its continuance. So far as a balance can be struck it is against the Germans, for with them failure to go forward is equivalent to going backward. The German military machine is so stupendous, has focussed the attention of the world to such an extent that nothing short of clear, emphatic success will make good its claim to supremacy. A drawn battle is to the Germans the same thing, in moral effect, as a defeat.—Boston Transcript.

It must appear very strange to the German people to see the British press criticise the First Lord of the Admiralty in connection with some acts of his department. Such a thing could never be tolerated for a moment in Germany, where the Kaiser is lord of all. British people, however, are very jealous of the liberties of the press and have learned through experience to lean considerably on the opinion of their leading journals. It is hardly thinkable, however, that there is any political feeling in the matter. During war there is no party politics.

The office soldiers of Canada will hereafter work with their fighting clothes on. For many years the only uniforms worn in the Canadian war office have been the messengers' and orderlies. However, the British war office requires all its military officials to be booted, spurred and ready for instant action. Canada has fallen into line. An order has gone forth requiring every officer on or connected with headquarters to wear his uniform while on duty. Now, from the Minister of Militia down, every officer in the Militia Department at Ottawa is clad in khaki.

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.

Every Woman
Is interested and should know about the wonderful HARVEY Whirling Spray. The new Vaginal Spray. First—Most convenient. It cleanses gently. Ask your Druggist for it.
If he cannot supply the HARVEY Whirling Spray, ask for it at the WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

War Brought Nearer Home

The war in Europe is brought nearer home, and soon the brave soldier boys from Canada will be in the thick of the fray. The volunteers from Lambton, who left for Valcartier less than three months ago are to-day receiving the finishing touches of their training on Salisbury Plains, and according to cable despatches their stay will be brief.

This news will sadden the hearts of loved ones at home, but they have the satisfaction of knowing that their boys are fighting for a righteous cause, for God and their country. The prayers of all will follow the sons of Lambton, that all may be spared to return. No braver or finer lot of men, the pride of our manhood, has left Canada than the contingent from the 27th, and all have confidence that they will acquire themselves with glory and honor.

Those at home can do much to help even though they are far from the scene of action, the ladies in particular, who are knitting and sewing. Who can say but what the wristlets, socks or bands you make will be worn by your own boy. Let all do his or her part.

Ventilation of Farm Buildings

Ventilation of Farm Buildings is the title of a recent bulletin prepared by Mr. J. H. Grisdale, B. Agr., Director of Dominion Experimental Farms, and Mr. E. S. Archibald, B.A., B.S.A., Dominion Animal Husbandman, and issued as Bulletin No. 78 of the regular series of the experimental farm bulletins. This is an illustrated publication of thirty-two pages and treats exhaustively of the subject of ventilation.

During the past ten years or more much experimental work has been carried on at the experimental farm in farm building ventilation, and the results of these experiments are clearly outlined, and from them recommendations are set forth, and these only after most thorough investigation and repeated trial under every likely condition or handicap. The bulletin is divided into three parts: Part 1 is entitled Ventilating the Cow Barn; Part 2, Ventilating the Horse Barn, and Part 3, Ventilating the Pigsty.

The Rutherford system of ventilation, which is fully described and illustrated in this bulletin, is now in operation in the barns and stables on all Experimental Farms and Stations from Prince Edward Island to British Columbia. Copies of this bulletin may be obtained on application to the Publications Branch, Department of Agriculture, Ottawa.

Pills for Nervous Troubles.—The stomach is the centre of the nervous system, and when the stomach suspends healthy action the result is manifest in disturbances of the nerves. If allowed to persist, nervous debility, a dangerous ailment, may ensue. The first consideration is to restore the stomach to proper action, and there is no readier remedy for this than Parole's Vegetable Pills. Thousands can attest the virtue of these pills in curing nervous disorders.

Mr. Malcolm MacGougan, for five years manager of the Royal Bank at Glenora, was caned and farewelled by the citizens prior to his leaving for Calgary.

A deal has been concluded in Blenheim involving the two hotels there, both of which have been struggling along as temperance houses since local option came into effect three years ago. A syndicate of Blenheim and Harwich local option men have been conducting the Sheldon house and E. J. Buzzard continued to run the Erie house. The syndicate has now sold out their property and business to Buzzard, who has taken possession. The old Erie house was sold to F. E. Phillips, who will, it is said, use it to rent for rooms, etc. Blenheim will now have one hotel.

Eat Apples at Night

The apple is such a common food that very few persons are familiar with its remarkably efficacious medicinal properties. Everybody ought to know that the very best thing they can do is to eat apples just before retiring at night. Persons uninitiated in the mysteries of fruit are liable to throw up their hands in horror at the visions of dyspepsia which such a suggestion may summon up; but no harm can come even to a delicate system by the eating of ripe and juicy apples just before going to bed. The apple is excellent brain food, because it has more phosphoric acid

Constipation

is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect its slow suicide. Dr. Morse's Indian Root Pills positively cure Constipation. They are entirely vegetable in composition and do not sicken, weaken or grip. Preserve your health by taking

Dr. Morse's Indian Root Pills

Warts will render the prettiest hands unsightly. Clear the excrescences away by using Holloway's Corn Cure, which acts thoroughly and painlessly.

To set the pace for marching troops an Austrian has invented a watch bearing on its face a swinging arm which can be set to move as many times a minute as may be desired.

In a German steel works a hydraulic press that can exert a pressure of 11,000 tons has replaced a steam hammer that shook the earth for a long distance every time it was used.

PIMPLES BOILS CARBUNCLES ! ACHES CHILLS PAINS !

Are "Danger Signals"—the human system's method of giving warning that the blood has become impoverished and circulation poor. In this condition the human body is almost powerless to resist the more serious illness. Don't delay. You need

DR. PIERCE'S Golden Medical Discovery

It gets to work immediately at the seat of your trouble—the Stomach. It lends a helping hand. Helps to digest the food. Tones up the stomach. Soon brings back normal conditions. Food is properly assimilated and turned into rich, red blood. Every organ is strengthened and every tissue re-vitalized.
Made from roots taken from our great American forests. Try this remedy now. Sold by Medicine Dealers in liquid or tablet form—or send 50c to Dr. Pierce's Invalids Hotel, Buffalo, N. Y., for trial box.
You can have the complete "Medical Adviser" of 1008 pages—cloth bound—free—by sending Dr. Pierce 51c for wrapping and mailing.



Just Sit Back and Think.

Is business quiet? Then study the possibilities of your telephone. Just now it can prevent business slowing up and at the same time effect some real economies.

As a salesman, the long distance telephone is unequalled. It enables you to get in touch with customers and by a wise word dispel their uneasiness. You can keep them posted on prices and possibly dissuade them from curtailing their orders. In countless ways your telephone can help you.

Study the possibilities of your telephone yourself. Its use in your business may be different from its use in other lines, and the saving in travelling expense, time and labor is a great factor.

Every Bell Telephone is a Long Distance Station.

The Bell Telephone Co. OF CANADA.

NEW FRUITS

"BUSINESS AS USUAL"

- Red Band Seeded Raisins.....15c lb.
- Polly Brand Seeded Raisins.....12c lb.
- Valencia Raisins.....10c lb.
- Black Table Raisins.....25c lb.
- Nabob Black Currants.....12c lb.
- Malaga Grapes.....20c lb.
- Mixed Peels.....30c lb.
- Bananas.....20c doz.
- Oranges.....30c to 40c doz.
- Extracts, Spices, Raw Sugar, Gingerbread, Molasses

N. B. HOWDEN EST.

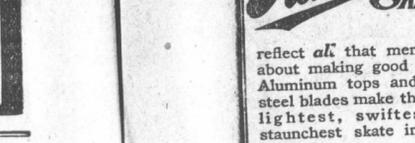
Cigarettes manufactured in the United States last year, it had end to end, would gride the world 23 times.

Operating by hand, speed being obtained by gear wheels, a tiny emery wheel has been invented for grinding off corns.

To add to the comfort of persons in bathtubs, a Californian has invented a spring wire seat to be hung from the sides of tubs.
An artificial butter coming into use in Europe to replace the creamery variety is made of coconut oil and hydrogen blended with milk.

Canada's Best

You know "Automobile Skates. You've known them for years as the country's best. They are more so to-day than ever before.



reflect all that men know about making good skate Aluminum tops and nickel steel blades make them the lightest, swiftest a staunchest skate in existence.

A complete line here for your inspection.

T. DODDS & SO



PIANO

Bell, Gerhardt, Heintzman, Orme. Organs Bell and Doherty.

Sewing Machine

White, Standard, and New Rotaries, Raymond and Williams.

Renfrew Standard Gasoline Sewing Machine Start without cranking. Best by every test.

Gramophones, Records and S of all kinds.

H. Schlemm

A Terrible Slaughter

Montreal, Nov. 23.—Eugene a Belgian reservist, has arrived here, having been injured in Flanders. He fought at Antwerp several other engagements.

Heckled in the chest by a German on the Rippl River. Geannine possesses as souve fight a dum dum bullet, which was fired by the enemy, and fell with the legend of "God H. From Antwerp, Geannine was sent to Lierre, and the fighting he saw in the series about the Roupelle and Net At Waver, St. Catherine, on the River, 20,000 Belgians, sup British naval brigade, held Germans for days.

The Germans, says Geannine, clearing to cross the river by bridge. When the bridge v with Germans an English officer that was the signal. Then t opened fire, and in a few bridge and the men on it away.

Three times the Germans bridge and repeated the sa Three times the allies wiped vanishing holes. After the t the little river was so choked men and debris that the Ger were actually able to mar the top of the corpses. In that followed and after he h Germans, Geannine received

Useful in Camp.—Explorers, prospectors and hunters Thomas' Electric Oil very camp. When the feet and and cold it is well to rub with the Oil and the result prevention of pains in the should a cut, or confusion, sustained, nothing could be dressing or lotion.

The Department at Toronto received many complaints of violations of the fish and East Lambton, and, in o stop to such violations, h Pavey, of Alvinston, in ch future anyone violating fish laws will be prosecuted to the full of the law.

Children FOR FLETCHER CASTO