

### AILING WOMEN OF MIDDLE AGE

Mrs. Doucette Tells of her Distressing 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 healed 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.

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	\$25	\$15	\$10
Half column	\$15	\$10	\$7
One fourth column	\$10	\$7	\$5

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.

Local Advertisers—First insertion per line, 10 cents; subsequent insertions 4 cents each line per line. Advertisements 14 lines to the inch.

Business Cards—One inch and under, per year \$5.00.

ACTUARYS—\$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

### Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, JULY 2, 1916.

### NOTE AND COMMENT

The Germans have found that the only way to beat the Canadians is to chloroform them.—Port Arthur News.

Pittsburgh Gazette-Times: A Zeppelin is evidently more successful at killing women and babies than at fighting aeroplanes.

In the Old Country milliners, dressmakers, waitresses, barmaids, domestic servants are to be found in the factories making shells, and in some parts of the work they are quicker and handier than are the men.

Arthur Bullard in the New York Outlook says that England will soon begin to complete and put into commission one submarine every three days, one torpedo boat or destroyer every week, and one super-dreadnought every month.

The recent Zeppelin raid on London seems to have been attended with more serious results than were at first supposed. More women and children were murdered than the authorities announced. With this news given out the Kaiser has no doubt placed orders for extra iron crosses.

An officer of a German submarine is reported to have told a British captain that his commander and others occupying similar positions, had orders to sink steamships, or be shot. Even if this be true it offers no excuse for the commander

of the submersible that sank the Lusitania. A real man would have had no hesitation in taking the death penalty rather than perform such a deed.

It is being declared that the wastage of war will for one thing mean a scarcity of horses for years to come, and that already the supply is below requirements in many places. At the same time it is to be remembered that the price of horseflesh has risen considerably, which in a way will help to relieve the situation. The article that brings good money eventually is produced at a rate that meets the call for it.—Glencoe Transcript.

Numerous titled ladies have signed a letter which has been published in the press calling attention to the fact that the British Government still employ a number of trained soldiers in work which is not military in character. Also that a large number of military clerks are employed not only in Flanders but in England, on work which women could do equally well. The letter also points out that women orderlies have been found perfectly satisfactory, but that the British authorities will continue to employ soldiers in these duties. The woman wants to do their bit. They should get the chance.

As we do not stop to argue with a mad dog before we batter him on the head, we need waste no more precious ink in the vain attempt at adding to the already firmly implanted conviction of our people that the English are animals in human form. We do not blame them for being such monstrosities, but as we have no use for such devil-spawn we should reserve our energies until the great longed-for day dawns, when we can rid the earth of their hateful presence, when blows will be our arguments, artillery fire our methods of persuasion, and the roar of Krupp shells our conversation.—Frankfort (Germany) Zeitung.

Isn't it funny how many people there are who would scorn to go into a confectionery or grocery store and carry away ten cents' worth of candy, an orange, or even a package of popcorn; yet these same people have no twinges of conscience when they run into their neighbors with the "May I use your phone a minute" smile, in order to escape the payment of the usual toll at the central office. It is just as much of a sin to steal from a telephone company as it is to steal from a merchant. The business of a company is to sell its message-transmission service, just as much as it is the business of a merchant to sell his goods. Neither should be expected or taken, without payment. If you do, well, you just break the eighth commandment.—Wheatley Journal.

Fortunately we do not feel it to be a necessity to be always boasting, as the Germans do, of our irresistible power and our inherent superiority in the material, moral and mental characteristics which go to make up human efficiency. We prefer, as a rule, to dwell on our own shortcomings; and we accept with humility and submissiveness the demonstrations of our national and personal unfitness which appear at short intervals in the German press and are faithfully reproduced for the welfare of their readers by the British newspapers. This, on the whole, is good for our characters, and in any case it produces an appearance of humility which may be dangerously misleading to the enemy. Still, we may now and again permit ourselves a little relief from these penitential exercises.—London Saturday Review.

Shoo Fly

Because the fly is small and does not roar like a lion or devour its prey at a mouthful, mankind pays little attention to it. But the fly is as deadly a foe to civilization as many of the pests of more fearsome aspect, which man makes it his business to exterminate. The fly's attack is assiduous and therefore the more to be guarded against. He buzzes into the house, drops his deadly disease germs where they fertilize and buzzes out again to pick up a fresh cargo. Swat him; he is your enemy.

Hard and soft corns both yield to Holloway's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action.

### BERNHARDT'S WHIMS.

Once Thought of Giving Up Profession and Keeping Candy Store.

Some years ago Sarah Bernhardt, the celebrated actress, prepared her tomb in Belle Isle, off the Brittany coast. For years La Divine spent her holidays there, fishing among the rocks near her home, playing tennis, going for long walks and generally living the simple life. Though she purchased the land about her house to keep out the intrusive neighbor, she could not bribe away the tourist, who came on bicycle or on foot to gaze at her original residence and sometimes stood sentinel by the hour before the door in the hope of seeing the great actress.

Her house, which was besieged, in other than the old sense, by a friendly "enemy," with camera and guide book, was a fort a few years ago. Being no longer of use to coast defence, it was dismantled and then purchased by the great Parisienne, who turned it into a summer abode. It stands four square to the winds of heaven, and its rude, crenelated walls shine with yellow ochre, with which contrast the green slats of the window shutters.

Gil Blas tells the following story in regard to the theatrical debut of Sarah Bernhardt, showing how she once seriously thought of giving up the dramatic profession and keeping a candy store.

"On a certain Jan. 15 when the artists reunited in the green room of the Theatre Francaise in order to do honor to the anniversary of Moliere, the young sister of Sarah, stepped on the dress of Mme. Nathalie, societaire, grande dame and a person greatly to be feared by ingenues.

"The aged actress became very angry and reproved the girl, who replied in the same language, until Sarah intervened by slapping the face of the veteran societaire of 1852.

"There was a terrible scandal, and Sarah received from the administrator, Edouard Thierry, a command publicly to apologize to Mme. Nathalie before all the societaires who had witnessed the affair.

"In her despair she wished to go into business and was tempted to purchase the good will of a candy store in the boulevards, but the gloomy aspect of the shop when she examined it deterred her.

"Soon after with her savings almost gone, she found an engagement at the Gymnase de Montigny, where she made her first real success."

### Saw Loved Ones In "Movie."

On several occasions the cinematograph has amused soldiers on a battlefield. During the Tripoli campaign, three years ago, the Italian Government organized a novel cinematograph undertaking to relieve the long hours when the Italian soldiers were not actually fighting. Moving pictures, showing the soldiers' wives and families, were especially taken, and an operator sent over to Tripoli to show the films. At the barracks of the 11th Bersaglieri, a famous Italian regiment in Naples, the families of all the men at the front, from the wife of the colonel down to the regiment down to the baby brothers and sisters of the youngest private, were assembled.

They all slowly walked in front of the machine, blowing kisses and waving handkerchiefs. Each one could be distinguished clearly, and in the evenings the Italian soldiers were able thus to see their loved ones again.

### Britain's Dummy Warships.

The Deutsche Kriegsmarine of Berlin has obtained the interesting information from America that the British Admiralty has bought some hundred obsolete passenger steamers which are being transformed into dummy war vessels, with wooden guns and turrets. These vessels are filled with cement and stores, and are to be employed to mystify German submarines and draw their attention from the real warships. The paper further declares that these ships are to be sunk in important sea routes in order to bottle up the German fleet, especially along the Belgian coast and in Danish waters.

### Irish Are Doing Their Share.

There are 450,000 men of Irish birth or descent in Great Britain who are of military age, and 125,000 of them have already joined the army, according to figures prepared by the secretary of the Irish National League. This proportion, he asserts, is much larger than can be shown by any other nationality.

### A Close Observer.

White—I've noticed an odd thing, John. When you go to light the gas in the next room you invariably take two matches.

Hub—Yes, my dear. I long ago discovered that if you carry one match it will go out, while if you carry two it won't.

### End of Mankind.

"Now, boys," queried the teacher of the juvenile class, "can any of you tell me the final end of all mankind?"

"Yes, ma'am, I can," promptly answered the boy at the foot—"the letter 'd'."

ECONOMICAL—Heats the house well without burning all the coal you can buy.

# McClary's Sunshine

Furnace Gives steady, even heat on least fuel. 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, SIDEBORDS, 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.

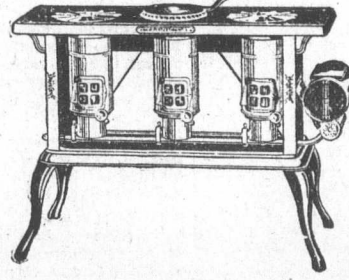
Our Furniture is a delight to those who admire good goods.

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



### LAMBTON FARMS WANTED

A sixth list of farms for sale in Lambton County will be published by the Lambton Publicity Association on the 7th of August, 1916. Farms that appeared on the last list will reappear in the forthcoming list if request be sent to the Secretary before above date and present price of farm stated. These lists will have wide circulation at Canadian National Exposition, Toronto, and other places of concourse.

Those who have farms for sale will please send a full description, the price and post office address of owner to the undersigned, in order that the parties inquiring may be brought into persons touch with those who have land to sell. There will be no charge or commission of any kind, and the parties furnishing descriptions are not bound in any way to give details as to situation, acreage, roads, improvements, soil, distance from churches, schools, towns, railways, telephone service, etc., etc., that would be of interest to prospective purchasers at a distance. When sale of farm takes place please notify secretary so that it may be struck off the list. Parties offering large farms, suitable for fruit growing would do well to offer them in lots of 15 to 50 acres. The Publicity Association exists for the purpose of advertising Lambton County and for no other purpose. It consists largely of the members of the County Council and the expense of the advertising is paid by the county.

The information is wanted for the purpose of placing a list of farms in the hands of those who wish to buy and who have written to the Secretary in answer to general advertisements and description of Lambton which have been published in various newspapers in Canada, the United States and Britain.

The description may be sent by mail to R. Sturrett, Petrolia, secretary of the association, not later than Saturday, August 7th, 1916. 11-2

Sixty-five per cent. of the women employed in Philadelphia department stores are over 21 years of age.

German mothers believe that if they lose the heel of a shoe one of their children will die before the year is out.

An order of honor solely for women will be one of the new diplomatic decorations soon to be established by the sultanate of Egypt.

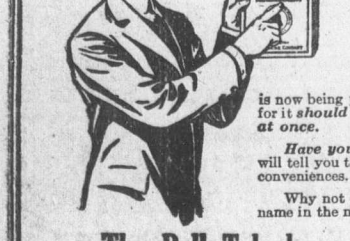
It is usually safe to say that when a child is pale, sickly, peevish and restless, the cause is worms. These parasites range the stomach and intestines, causing serious disorders of the digestion and preventing the infant from deriving sustenance from food. Miller's Worm Powders, by destroying the worms,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



## Take Chamberlain's Cough Remedy

—if you feel bilious for that's a sign food is not digested fermented mass, dose of Chamberlain they make the liver clean the stomach feel fine in the morning

## CHAMBERLAIN'S



## A NE

is now being prepared for it should be at once. Have you will tell you the convenience. Why not the name in the ne

The Bell Telephone