

## PAINS SO BAD STAYED IN BED

Young Mrs. Beecroft Had Miserable Time Until She Took Lydia E. Pinkham's Vegetable Compound.

Hamilton, Ont.—“I have suffered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the Hamilton Spectator and I took it. Now I have no pain and am quite regular unless I over-work or stay on my feet from early morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Compound to several friends.”—Mrs. EMILY BEECROFT, 269 Victoria Ave. N., Hamilton, Ontario.

For forty years women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It is made from native roots and herbs and contains no narcotics or harmful drugs. 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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BUSINESS CARDS—One inch and under, per year \$1.00.  
AUCTIONEER CARDS—One inch \$3.00.  
LOCALS—10 cents per line each insertion.  
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W. C. AYLESWORTH, Publisher.  
T. HARRIS, Editor.

### Guide-Advocate WATFORD, AUGUST 20, 1920.

#### COMMON SENSE TO THE RESCUE.

It seems that more than ever before the men at the top of the Dental profession are insisting that the public use common sense in the care of the teeth. The doctrine of oral cleanliness is being preached with extraordinary vigor by the better class of dentists throughout the country; and coupled closely with this is the question of proper diet and its place in preserving the surface. The public are being urged to do their utmost to preserve their teeth from destruction by applying vigorously the tooth brush and ordinary rules of cleanliness.

All this is good as far as it goes. But it does not go nearly far enough. The need of a frequent and thorough inspection of every mouth cavity in the country is imperative. While the ordinary healthy treatment of the teeth by the individual will do much to remove some causes of mouth diseases, there are still other disease-causative factors which only the professional eye can detect and check. Proper mastication is as important to health as clean teeth; and yet none but the experienced dentist can accurately tell whether or not the teeth are in proper condition to thoroughly masticate food.

The old rule of the road still holds good; an ounce of prevention is better than a ton of cure. Following ordinary rules of health will do much to preserve natural teeth; but according to the experts, regular dental inspection of teeth and timely advice as to their treatment and care, is essential. “A stitch in time saves nine”; and so dentists are urging examination of teeth for discovery and treatment of tooth diseases in their very early stages. That is why dental bodies throughout Canada are urging that clinics be established everywhere and that efficient provincial dental inspection systems be properly installed. And that is also why there is growing impatience in dental circles at the slowness of some governments in supplying the necessary staffs and equipment for the school dental services already established.

Thousands of mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

#### NOTE AND COMMENT

Dr. J. D. Cunningham, a war veteran, has been appointed as head of the Bureau of Industrial Hygiene, a new department organized by the Provincial Board of Health. The function of the bureau is to examine and report on dangerous trades, with a view to eliminating accidents and dangers to workmen.

A ten per cent increase of rates by the Bell Telephone Company, authorized over a year ago by the Dominion Railway Board, has been sanctioned and approved by the Governor-General-in-Council. The cabinet has refused to grant the appeal of Toronto and other municipalities in which the request was made that the Board's order be rescinded as unjustified. The new rates are therefore fastened on the public permanently, as there is no higher court to which an appeal may be taken.

Municipalities in Ontario hereafter may, by passing laws, limit the sale of temperance beers to the holders of standard hotel licenses. At present restaurant keepers in almost every city and town are selling beer of less than 2½ per cent. There is little control of its sale. An order in council has been passed and published in the Ontario Gazette which says cities, towns, villages and townships may pass by-laws “for granting the exclusive right of reselling in the municipality malt products, commonly called temperance beers, to the keepers of standard hotels licensed under the Ontario Temperance Act.” Such by-laws may be passed after September 1, 1920.

Farmers from all parts of Michigan and the United States, are motoring to Western Ontario, crossing the border at Windsor in hundreds to spend their vacation with the intention of selecting farms to which they may return and locate permanently, according to Orval G. Adams, chief inspector of immigration, stationed at Windsor. The influx of prospective settlers is the biggest, he says, in the history of immigration on the border, and the pleasing feature is that the large majority are farmers who intend purchasing land and settling with their families in Western Ontario or well qualified farm laborers. He expects the movement to contribute much to the solution of the farm labor shortage in the westerly sections of the province.

An exchange says: Church members go to church year in and year out and little realize how much time is spent each week by the choir to prepare the music they enjoy and which is a very important part of the service. We wish to cast no slur at the minister for he does his part well and is paid for it, or should be, but to do away with the music, empty pews would be largely in the majority. Still, no complaint is expressed, and there is no established fund for the leader, singers or organist who are supposed to be on hand regularly. Why this should be, is hard to say, excepting choirs are local talent, and a “Prophet is not honored in his own country.” There is considerable truth in the above quotation. People are willing to pay the price for entertainment when rendered by foreign talent and applaud and praise them, when in the majority of cases the rendition is faulty and not equal to the local singer. This reference can be equally applied to the religious and secular entertainer. It is high time that the church gave “Honor where honor is due,” and pay for the enjoyment and benefit derived therefrom. In fact, it would be better for ministers and all concerned if choirs were paid and paid well. This is a progressive age. Why not fall in line.

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.

#### Fall Fair Dates—1920

Strathroy	Sept. 20, 21, 22
Petrolia	23, 24
Sarnia	27, 28
Glencoe	28, 29
Wilkesport	28, 30
WATFORD	30, Oct. 1
Forest	Oct. 5, 6
Brigden	4, 5
Florence	7, 8
Wyoming	12, 13
Alvinston	12, 13

#### SCHOOL FAIR DATES

Sarnia Township Hall	Sept. 13
North Enniskillen, Petrolia	14
Bosquet Township, Jericho	17
Warwick Township, Arkona	20
Warwick Village	22
Dawn Township, Rutherford	23
South Enniskillen, Oil Springs	27
Euphemis Township, Cairo	29



Just push back the rugs and start the Victrola

Then—“On with the dance!” That's how easy it is to “put life in to the evening” when you have a Victrola. And good dance music is only one of the endless joys it brings.

Have you a Victrola? You can have—on the easiest of terms.

Harper Bros.  
Watford



If you have any visitors or are going away visiting, let the Guide-Advocate have the information. Your friends will appreciate it.

Children Cry FOR FLETCHER'S CASTORIA

**BROWN AND OX-BLOOD SHOE POLISHES**  
THE BIG VALUE BOX  
Also for Black, Tan and White Shoes  
THE F. F. DALLEY CORPORATIONS LTD. HAMILTON, CAN. 2-6-20-18

**The Western Fair**  
LONDON  
Sept. 11th to 18th  
The Great Agricultural and Live Stock Exhibition of Western Ontario  
**\$35,000.00 IN PRIZES AND ATTRACTIONS**  
Johnny J. Jones Exposition on the Midway  
FULL PROGRAMME TWICE DAILY  
Auto Polo, Music, Fireworks. Two Special Events Daily  
EXHIBITS OF ALL KINDS SOMETHING DOING EVERY MINUTE  
GENERAL ADMISSION 50c CHILDREN 15c AUTO AND DRIVER \$1.00  
All information from the Secretary  
LT.-COL. W. M. GARTSHORE, President. A. M. HUNT, Secretary.

Many farmers use The Guide-Advocate “Want Column” regularly—for selling any stock or machinery or for securing anything they wish to purchase. The cheapest service anywhere—5 lines and under, 25c per week.

## Why We Need New Money!

This year we are spending about ten million dollars to extend our system to accommodate new subscribers.

Year by year we must spend millions so that people requiring telephone service may be accommodated!

Such huge sums of course cannot be provided out of our revenue. The only way of obtaining money in such amounts is from investors seeking profitable employment for idle funds.

Investors naturally won't put their money into any enterprise that does not promise absolute security and a sure return. Nowadays security and a handsome return on investments are not difficult to find!

Our problem then is, in spite of the high cost of everything we buy in both labor and material, to pay such a return to present investors—our shareholders—as will attract new money. This must be accomplished while, at the same time, keeping our service up to the highest standard. If the rate of return is not attractive, then, the supply of new money ceases.

This is the problem of telephone companies everywhere. None of them has found any other solution than to charge a fair and adequate rate to subscribers.

THE BELL TELEPHONE COMPANY OF CANADA

