

**DOCTORS DID NOT HELP HER**

**But Lydia E. Pinkham's Vegetable Compound Restored Mrs. Bradley's Health—Her Own Statement.**

Winnipeg, Canada.—"Eleven years ago I went to the Victoria Hospital, Montreal, suffering with a growth. The doctors said it was a tumor and could not be removed as it would cause instant death. They found that my organs were affected, and said I could not live more than six months in the condition I was in. "After I came home I saw your advertisement in the paper, and commenced taking Lydia E. Pinkham's Vegetable Compound. I took it constantly for two years, and still take it at times, and both my husband and myself claim that it was the means of saving my life. I highly recommend it to suffering women."—Mrs. ORILLA BRADLEY, 284 Johnson Ave., Winnipeg, Manitoba, Can.

Why will women take chances or drag out a sickly, half-hearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound?

For thirty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, tumors, irregularities, etc.

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.

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**HARRIS & CO.**  
PROPRIETORS

**Guide-Advocate**  
HARRIS & CO. PROPRIETORS.

WATFORD, NOVEMBER 19, 1915.

**NOTE AND COMMENT**

Hunnish idea of fine sport-scattering shells among the lifeboats in which women and children are trying to leave a sinking vessel. The shrieks and death cries of the victims would be music to the murderers' ears.

The Philadelphia Public Ledger:—The details of this sickening tragedy are not yet quite clear, but enough is known to condemn forever those responsible for it. The Anzona did not carry munitions of war; she carried no troops; there is no suggestion that an attempt was made to ram the submarine that attacked her. It was nothing but sheer brutality that sent her helplessly to the bottom of the sea.

The New York World says:—In its slaughter of the innocents the sinking of the Anzona by an Austrian submarine resembles the Lusitania massacre. In other respects the two cases seem to have nothing in common. The Lusitania was torpedoed without warning. The Anzona was apparently trying to escape. If this proves to be the fact no diplomatic complications between the United States and Austria can arise out of the destruction of the Anzona, even though American lives were lost.

Some young fellows worry about the inoculations that enlisted men have to undergo. But those fine young fellows who paraded yesterday seem to have come through the

initatory ceremonies looking as fine as silk. Like getting initiated into a secret society where the ceremonies are reputed to be terrifying, it is reassuring to observe the glossy content of those who have endured and survived the ordeal.—Toronto World.

How you admire a lady who seem to be all brightness and cheerfulness, and yet she is as busy as the rest of us in household duties with everything to do. Listen and we'll tell you the reason why she seems to have more time than the rest of us, she wastes no time in fretting; she has learned the true value of things. She never frets and she never scolds. It doesn't pay. Fretting and scolding leave ugly marks upon the face and upon the character. Is everything wrong—the day upside down, the fire won't burn, the children out of sorts, a pickled-up dinner, and company at the last moment. She does the best she can and lets the consequences take care of themselves. Worry will not help matters; and then she has a secret that she is willing to tell all her friends. Every day at a certain hour she goes to her room and, locking the door, has half an hour absolutely to herself. If she is very tired she wrings a towel out of water as hot as she can bear and binds it about her neck, renewing it till the weary muscles relax and she can lie down and sleep for a few minutes, arise refreshed and invigorated for the rest of the day. Try it, weary mother. Be good enough to yourself and those who depend upon you to take time for rest and refreshment.

**Beware of Ointments for Catarrh that Contain Mercury**

Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

**Is It Fanaticism**

Attaches of the German Embassy in the United States say that they are frequently approached by "fanatics" who want to sink ships or destroy buildings in which munitions of war are made.

If that is the case, why do not the gentlemen who have official standing in this country, and who are here to some extent upon honor, deliver these "fanatics" to the authorities?

A great deal of pro-German fanaticism is the direct result of the example set by the German Government and press. Belgium and the Lusitania and the excuses that were made for it, and the Lusitania and the excuses that were made for it, set fanaticism loose in all parts of the globe. We have in the United States a hyphenated press which has done as much to promote fanaticism as the Sheikh-ul-Islam ever did in any of his proclamations to the Bashi-Bazouks.

**GREAT CHEMIST PRAISES ZAM-BUK**

Mothers Who Use This Famous Balm Have Backing of Science

Mothers who use Zam-Buk, because they have proved it to be a splendid healer, will be interested to hear the result of a test of Zam-Buk by Mr. W. Lascelles Scott, the great English chemist. He says:—"I have made an exhaustive analytical examination of Zam-Buk and find its active constituents are of exclusive vegetable origin. It contains none of the impure and irritating mineral drugs and animal fats present in ordinary ointments. The antiseptic and bactericidal (germ-destroying) powers of this preparation are proved by my tests to exceed those of carbolic acid, yet Zam-Buk neither cauterizes nor inflames even a very sensitive skin, but ends skin disorders.

"I have no hesitation in certifying the purity of Zam-Buk and its value for skin injuries and disorders."

Mothers who have not yet tried Zam-Buk should profit by the above. Zam-Buk is unequalled for eczema, cuts, burns, ulcers, running sores, piles, cold sores, abscesses, chapped hands, etc. All druggists and stores sell Zam-Buk at 50c. box, 3 boxes \$1.25.

**The British Soldier**

Here is an extract from a letter written by a native-born American, now serving with the Allies in France, to his parents in Maine. It may be read with profit even in some parts of Canada:

"I've been mixed up with the British soldiers for some time now, and I tell you there is not a cleaner fighter nor a better gentleman than the average Englishman. They know how to win and they know how to lose. They never forget that they are gentlemen, no matter what they do, and they have the courage that knows no ending. Braver and truer men than the officers never lived. They share the hardships with the men and never ask them to do what they would not do themselves. The men worship them and will follow them anywhere. I have yet to witness a German officer who led his men in a charge. They follow after. The British officer leads his men and so do the French. . . . England did not want this war and was not prepared for it and would not have been involved in it, if she had not been honorable enough to live up to her agreement to protect Belgium's neutrality. . . . You may say it is not my quarrel. I say it is the quarrel of anyone worth calling a man. I'm not fighting for Great Britain, I am fighting for humanity. . . . One day, shortly after we came to France, we were billeted in a small town lately recovered from the Germans, and a hell of a shambles it was. Across the road was a shack. In it, on a pile of blankets that our men had left was a woman with both her breasts cut off by a sword. Her baby was buried in a garden. It had been bayoneted. She had a daughter of 13. Her body was found three miles away in a terrible condition. A little boy was found by his mother's side with both hands cut off at the wrists.

**Pack Parcels Carefully**

The postmaster general points out that a large number of parcels for prisoners of war abroad are still found to be unfit for onward transmission in consequence of inadequate packing.

The following recommendations are made as a result of the experience of the army post office.

All parcels should be as nearly round as possible and should be well padded with shavings, crumpled paper or other similar protective material.

The outer covering should consist of strong linen, calico or canvas, or other textile material, and should be securely sewn up.

As an alternative parcels may be packed in boxes made of strong, double corrugated cardboard or strawboard.

Parcels merely wrapped in paper or packed in thin cardboard boxes, such as shoe boxes, cannot be accepted.

No perishable articles may be sent and anything likely to become soft or sticky such as chocolate and sweets should be packed in tins.

**Naming the Farm**

What's in a name? Perhaps a name for the farm is only a concession to the sentimental; never the less, it is becoming a custom that characterizes the owner as a man of pride. Possibly his knowledge that the farm is named may stimulate him to better work on the farm. No doubt the community looks upon the name as a trade mark for this particular farm and the things for which it is noted. It may carry discredit as well as credit, and truly its reputation will only be that which the farmer makes for it.

The name of the farm should not be hastily chosen, and should mean something. It may be made to meet some fancy of the owner, but preferably should have a relation to some distinct feature of the farm or line of farming pursued. The entire family should be consulted in the selection of the name and it should be as far as possible be made to meet the wishes of all. A well chosen name is worthy of publication; and it is not only well to use it on letter-heads and envelopes but should adorn the gateway, in order that all who chance to pass may read and know the family residing there.

The imperfect husband at home is generally the perfect lover abroad.

**TAKAKE**  
The Harmless but Efficient Remedy for Headache, Neuralgia, Anemia, Sleeplessness, Nervous Exhaustion, &c.  
50c AT ALL DRUGGISTS, or by mail from  
**GEORGIAN MFG. CO., COLLINGWOOD, ONT.**

**New Furniture Arrivals**

Never has there been shown in Watford such an immense stock of Furniture as we are showing. All bought for Spot Cash at large margins from regular prices. We have a fine assortment for every room in your home at prices you cannot equal. Watch our window and see the specials offered from week to week. White Enamelled Bed Room Sets, Oak and Walnut sets of newest designs. We have numerous different designs in Dressers and Stands, which would look charming in your home.

**HARPER BROS.**  
FURNITURE PHONE 31. UNDERTAKING  
ALL KINDS OF MUSICAL INSTRUMENTS, MUSIC AND RECORDS

**SASH and DOOR FACTORY**  
Planing Mills and Lumber Yards  
OUR SPECIALTY THIS MONTH—  
**STORM DOORS STORM WINDOWS**  
See our Matched Lumber for Barn Doors

**—ROOFINGS—**  
RED CEDAR SHINGLES WHITE CEDAR SHINGLES  
METAL SHINGLES READY ROOFINGS

**GEORGE CHAMBERS**  
ESTABLISHED 1870.

**THE 'WILLIAM BUCK' LINE**

ANY purchaser of this line is assured of lasting satisfaction. The oldest and most reliable in the Dominion.

**HAPPY THOUGHT STEEL RANGES  
HAPPY THOUGHT CAST RANGES  
RELIANCE FURNACES**

LET US GIVE YOU PRICES TO-DAY

**THE N. B. HOWDEN EST**

**TRENOUTH & CO.**  
DEALERS IN  
Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

**We Carry Full Stock of**  
**INTERNATIONAL STOCK FOOD**  
FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.  
**CALDWELL'S MOLASSES MEAL**  
AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

**ALL KINDS OF GRAIN TAKEN IN EXCHANGE**  
Chopping and Rolling Done While You Wait  
PHONE 39

**NO ALUM**

**MAGIC BAKING POWDER**  
CONTAINS NO ALUM

**Health of Animals**

The recently issued report of the Veterinary Director General (F. Torrance, B.A. D.V.S.) is a comprehensive document and one worthy of extensive public reading. There is no branch of agriculture of more universal importance than the health of food-producing and utility animals. Dr. Torrance goes fully into the activities of his branch. "In some directions," he says, "such as the control of glanders and of mange, much progress has been made; the country has been protected against invasion by diseases foreign to it; additional facts have been brought to light by the members of the branch engaged in scientific research, and there has been a marked advance in the division entrusted with the inspection of meat and canned goods."

On the other hand, the Veterinary Director General continues, "I have to report a serious outbreak of dourine in the province of Alberta and continued losses from hog cholera.

Regarding glanders it was found necessary to slaughter only 353 horses in 1914 as compared with 638 in 1913. In combating hog cholera 9,900 hogs were slaughtered in 1914 at a cost of \$61,588.44 in compensation. The figures in the latter instance present a formidable aspect, but, as Dr. Torrance remarks, "As the hog population of Canada is approximately 8,000,000 the loss of even 10,000 is not high."

He adds that the disease rarely breaks out a second time on premises where it has been extirpated, that the feeding of uncooked garbage to hogs continues to be in many cases the cause of the initial outbreak, and that the neglect of owners to notify the department of the appearance of the disease is chiefly responsible for its spread. The last remark applies to all other infectious or contagious diseases. The war against tuberculosis continues with unremitting vigor.

The research and experiments carried on at the different official laboratories is described, and statistical table given of results, and of the inspection of animals imported and exported and of packing establishments and abattoirs. Import inspections from the United States and Newfoundland in the year ending March 31st, 1914, totalled 29,726 horses, 1,641 mules, 14,747 cattle, 213,332 sheep, 374 swine, 823 goats, 22 asses, 8 elk and 5 elephants.

Some two dozen contributions from the chiefs of divisions stationed at different points—inspectors, pathologists, biological experts and superintendents of quarantine stations—with a number of illustrations of animals variously infected, combine to make a most useful and widely interesting report, which can be had free on application to the Publications Branch, Department of Agriculture, Ottawa.

Women and Asthma. Women are numbered among the sufferers from asthma by the countless thousands. In every climate they will be found, helpless in the grip of this relentless disease unless they have availed themselves of Asthma Remedy, which has brought new hope and life to many such. Testimonials, sent entirely without solicitation, show the enormous benefit it has wrought among women everywhere.

Virtue must be its own reward that's why so few of us get rich.

Trouble is one thing that comes to a person who butts into a quarrel between a man and his wife.

A man's little ininings depend generally upon his little outings.

**Children Cry FOR FLETCHER'S CASTORIA**

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