

PAINS IN SIDE AND BACK

How Mrs. Kelly Suffered and How She was Cured.

Burlington, Wis.—"I was very irregular, and had pains in my side and back, but after taking Lydia E. Pinkham's Vegetable Compound Tablets and using two bottles of the Sanative Wash I am fully convinced that I am entirely cured of these troubles, and feel better all over. I know your remedies have done me worlds of good and I hope every suffering woman will give them a trial."—Mrs. ANNA KELLY, 710 Chestnut Street, Burlington, Wis.

The many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine they need.

This good old root and herb remedy has proved unequalled for these dreadful ills; it contains what is needed to restore woman's health and strength.

If there is any peculiarity in your case requiring special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for free advice.

Guide-Advocate

Watford, Ont.
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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, NOVEMBER 9, 1917

NOTE AND COMMENT

Harrison Review—This is the season when the fellow who has been joy-riding all summer would like to trade his driver for two or three tons of coal—but it can't be did.

Let our political organizations bury the hatchet and merge. The boys who are bleeding for us in the trenches of France and Flanders demand this, and the people of Canada should know no other mandate at this time.

Theodore Roosevelt—Our boys are fighting abroad with the allies so that they will not have to fight at home without allies. No man should wave a flag, sing a patriotic song or cheer unless he is willing to help out. He should shoot the way he shouts.

A new scale of charges for farm tractor help will shortly be announced by the Ontario Department of Agriculture, which has 135 tractors at work on the farms of the Province. It has been suggested that instead of charging a flat rate per hour it might be better to charge a flat rate per acre in addition to so much per hour. Also a bonus for the operators is suggested, based on efficiency. At present the Government charges 45 cents an hour and the farmer supplies the fuel and lubricator oil. The proposed new charge is 25 cents an hour, plus 80 cents per acre. The objection to this is the difficulty of fixing a price per acre on account of the difference in the nature of the soils in various sections of the province.

Worms cause fretfulness and rob the infant of sleep, the great nourisher. Mother Graves' worm exterminator will clear the stomach and intestines and restore healthfulness.

WE MUST FIGHT ON.

Those naval gunners who fired on neutral women waving white flags of distress are typical Prussian butchers. It is to render powerless such men as these that the allies fight. Far better that we should all die than that a spirit which prompts such fiendish acts be allowed to triumph. Prussianism—reeking with blood and horror—must be crushed forever before the earth will be safe for democracy. As Mr. Lloyd George pointed out, a peace now, on Germany's terms, would mean but an armed truce ending in an even more frightful struggle.

The man who talks of peace at this time, counsels the world's suicide. Peace now would mean triumph for Germany. The kaiser is a winner so far as the map is concerned. He is holding more territory than he can look after and peace is the thing nearest his heart. Victory stares the allies in the face—but our best effort is required to achieve it. Germany is weakening but still strong. We must be strong to defeat her.

Food Controller's Hints

Canadians who are willing to follow the advice of the Food Controller in order to help to save urgently-needed wheat flour, beef and bacon for the soldiers, will find a considerable number of wholesome substitutes.

To save wheat flour, barley may be used for soup and barley flour for thickening; corn meal for bread and cereal; oatmeal for cereal and oat muffins. Potatoes may be used in a variety of appetizing dishes—and when they are served bread may sometimes be omitted from the meal. At present the price of corn meal is high, but the new crop in the United States is very large and will be coming on the market soon. The question of price has to be carefully considered by the great majority of people, but those who can afford to do so should substitute in part other cereals for wheat even if the price of the substitutes should be higher.

For meat, fish is a peculiarly suitable substitute because of the variety available and the abundant sources of supply in the Dominion. Beans have nearly the same food values as meat. By a careful selection of other foods the consumption of meat may be very considerably reduced, especially by persons who are not engaged in heavy manual work.

And remember, the primary reason for urging saving of wheat flour, beef and bacon is not economy in cost, but that the soldiers may be supplied with the food which they need.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

Hall's Catarrh Cure has been taken by catarrh sufferers for the past thirty-five years and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Cure acts through the Blood of the Mucous surfaces, expelling the Poison from the Blood and healing the diseased portions.

After you have taken Hall's Catarrh Cure for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Cure at once and get rid of catarrh.

Send for testimonials, free.
F. J. CHENEY & CO., Toledo, Ohio.
Sold by all Druggists, 75c.

Girls For Turkish Harems

Dr. Pasitch, Serbian Premier, at the recent Allied Balkan conference, confirms Bulgarian atrocities—what Bulgarians could not invent their German masters taught them: "To show the sufferings of the unhappy Serbs who are in the enemy's hands, I would tell you of two instances of barbarity. The enemy has deported 8,000 Serbian girls about ten to fourteen years of age to the harems of Constantinople. Besides this, a short while ago our troops found on Bulgarian prisoners copies of an order from the Bulgarian War Minister with reference to the Serbian troops who have been forcibly recruited for the Bulgarian army. Should any of these men try to desert, said the order, they should not only be shot, but also their homes and families should be completely destroyed."

The United States Geological survey has estimated the amount of rock phosphate in the known deposits in Idaho, Utah, Wyoming and Montana at nearly 5,500,000,000 tons.

Economy in Food Should be Practised by Everybody

Do not waste a slice of bread. There is an old saying, "Many a Mickle muk' a muckle," and, if there are many individual savings the total gain will be great. Do not be too proud to notice whether anything usable is being wasted; do not be too proud to use odds and ends which might, otherwise, be cast into the garbage can. In Chicago, recently, the garbage was reduced from 400 loads per day to 200 loads a day due largely to the preachments of economy. Economy in the use of food stuffs should be practised by those who live in the country as well as by those who dwell in the towns and cities. Get the real vision of economy and put it into daily practise. Every individual must realize the food shortage in all its magnitude and he must realize what want and famine would mean and then he must put every effort to prevent it. Do your part. In this matter prevention is a thousand times better than cure. Eliminate all waste in your household.

America's War Part

Sixteen military cities, the cantonments for the new national army of the United States, each with a housing capacity for forty thousand men, have been built, or nearly built, in four months, and all of them to the last degree sanitary and fitted for the comfort of the troops and for the business of putting them in shape to go abroad. Almost as many more tent camps have been equipped for the troops taken into the Federal armies from the States. Each cantonment site covers a thousand acres of land. There will be seven hundred wooden buildings in each, requiring 25,000,000 square feet of lumber, 7,500 doors, 37,000 window sashes, tons of cement and stone for road making, a water supply of two and a half million gallons a day, complete street, sewer and lighting systems, ice plants, heating plants, hospitals, bakeries, and a fire department. Multiply those figures by sixteen in order to get an idea of the work of the War Department in providing for a part of America's army before it leaves this country to fight.

Killing Swedish Cattle

The number of cattle in Sweden has been reduced by approximately 15 percent., owing to the anticipated scarcity of stock food in the winter. Steps are being taken for salting and packing beef. The Government has licensed the exportation of 5,000 head of cattle to Norway or Finland, but not to Germany. The Government scheme for cutting and transporting wood promises to be fairly successful in meeting the expected fuel shortage. Lack of sufficient fuel arises from the fact that Germany is withholding four-fifths and Great Britain virtually all of the usual coal exports to Sweden. The splendid boulevards of the Swedish capital are half covered with huge piles of wood for winter consumption. All other available open spaces are being used for storage purposes.

Barefooted Officials

Something entertainingly original comes at length from Kaiserland. The Burgomeister of Mannheim, zealous for the war aims of the Fatherland, has issued a municipal by-law requiring all Staat Halle officials to work without boots and to perform their duties in bare feet, girl clerks and women employees alone excepted. The Mayor, in informing his staff, announced, "Owing to the shortage in leather, and the high cost of fabrics, this order is law. Your wives and families will thank me for helping them to economize in these war times."

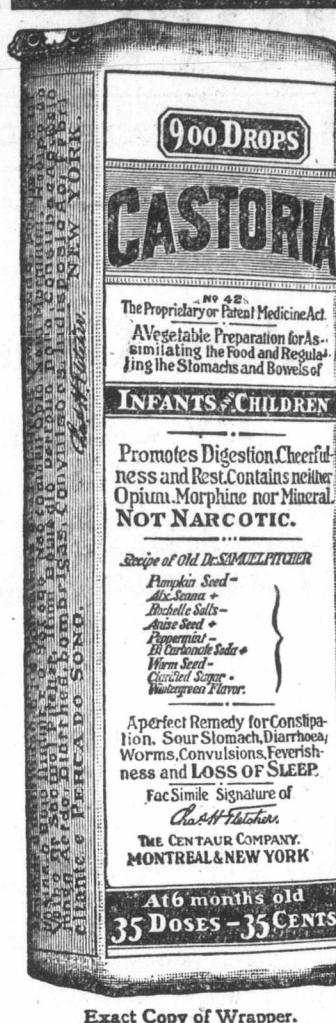
He who pursues two rabbits will succeed in catching neither.

Since the discovery of tin in Alaska in 1902 nearly 1,000 tons of the metal have been produced and it is believed that this year's yield will be 300 tons.

To help a locomotive fireman with his work a New York inventor has patented a vibrating pusher that moves coal from the back of a tender toward the front.

European investigators have found that partridges eat the seeds of many noxious weeds and insects destructive to plant life, therefore, are deserving of protection.

Sections of an English inventor's double cooking boiler fit so tightly that their contents get the full benefit of the steam, explosions being prevented by a safety valve.



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For Infants and Children.

Mothers Know That Genuine Castoria

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of

Dr. J. C. H. H. H. H.

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IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents for MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, & ALL KINDS OF REPAIRS. NEW AND SECOND HAND SEWING MACHINES AND ALL SUPPLIES.

OUR PRICES ARE RIGHT, AS LOW AS IS CONSISTENT WITH RELIABLE GOODS

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a 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

Simple Simon

(A Knickerbocker Tale.)

Once upon a time Simon seated himself on a stump beside his bed in the wilderness and was about laughing himself to death—in fact, he couldn't help laughing—and laughed so much that Jupiter saw the danger and agreed to don the garments and similitude of a man and question Simon as to the nature of his malady. He appeared unto Simon and said, "Simon, why laughest thou?" Simon replied that he had been con-

verted to God and could not help laughing at the iniquities of his brothers. Thereupon Jupiter rebuked him and said, "Take thy hod, Simon, thinkst thou to save a brother by laughing over his infirmities? 'Twere better to weep than to laugh over such calamities, and better still to work and save."

MORAL: How many Simple Simons there are in every community who laugh over the frailties of others and who expect to go to Heaven without accomplishing any good results in this world!

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