

HUSBAND SAVED HIS WIFE

Stopped Most Terrible Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Denison, Texas. — "After my little girl was born two years ago I began suffering with female trouble and could hardly do my work. I was very nervous but just kept dragging on until last summer when I got where I could not do my work. I would have a chill every day and hot flashes and dizzy spells and my head would almost burst. I got where I was almost a walking skeleton and life was a burden to me until one day my husband's step-sister told my husband if he did not do something for me I would not last long and told him to get your medicine. So he got Lydia E. Pinkham's Vegetable Compound for me, and after taking the first three doses I began to improve. I continued its use, and I have never had any female trouble since. I feel that I owe my life to you and your remedies. They did for me what doctors could not do and I will always praise it wherever I go."—Mrs. G. O. LOWERY, 419 W. Monterey Street, Denison, Texas.

If you are suffering from any form of female ills, get a bottle of Lydia E. Pinkham's Vegetable Compound, and commence the treatment without delay.

Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY.
Subscription \$1.00 per annum in advance. \$1.50 in advance to the United States.

ADVERTISING RATES.
Spots: 10c per line per day.
One column 50c
Half column 25c
One fourth column 12c
Shorter periods 12 cents per running inch.

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 Advertising—First insertion per line, 10 cents; subsequent insertions 5 cents each time per line. A rate measure 14 lines to the inch.
Business Cards—One inch and under, per year \$5.00.
ADVERTISER CARDS—\$5.00 a year.
LOCALS—10c per line each insertion. Minimum charge 25c per line.
Advertisers' cuts without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, MARCH 10, 1916

NOTE AND COMMENT

From the outbreak of the war to January 8th, the recruits raised by Ireland numbered 86,277, according to the report of Baron Wimborne, Lord-Lieutenant of Ireland. He estimates that the present time there are about 400,000 unattached single men of military age in Ireland, but deducting those indispensable for agriculture, commerce and the production of munitions and those medically unfit, concludes that the single men actually available would hardly exceed 100,000.

Calgary Herald: As a city we are in hard luck. Here we have been practising the utmost economy as a municipality, if we are to accept the statements of the city fathers, for over a year, and now comes Jack Frost with a spell of cold weather that will cost \$50,000 in thawing operations, and the storm king with snow, for whose removal we must pay \$20,000. In Alberta the frost and snow are guarantees of moisture next summer, and with plenty of moisture big crops are also guaranteed. So let us postpone our worrying.

As an immediate result of the

AFTER THE GRIPPE

Vinol Restored Her Strength

Canton, Miss.—"I am 75 years old and became very weak and feeble from the effects of La Grippe, but Vinol has done me a world of good. It has cured my cough, built up my strength so I feel active and well again."—Mrs. LIZZIE BALDWIN, Canton, Miss.
Vinol, our delicious cod liver and iron tonic without oil, aids digestion, enriches the blood and creates strength. Unequaled for chronic coughs, colds or bronchitis. Your money back if it fails.

Taylor & Son, Druggists, Watford.

bringing into force of the Ontario Highways Act and the increase in the Government grant to good roads construction from a third to forty per cent., seven additional counties are now considering the establishment of county highway systems. For several years past uncertainty as to the extra grants for construction and the grant toward maintenance acted as a bar to counties embarking upon highway system. County Councils holding back until something definite was done. Since the announcement was made, however, Brant, Lambton, Kent, Elgin, Victoria, Prescott and Russell, and Dundas, Stormont and Glengarry, have come in. The good roads system of Ontario now embraces twenty counties.

Last year eighty-five passengers in the United States lost their lives, while more than 5,000 trespassers on railroad property were killed. Trespassers, not passengers, make up the death list. The sacrifice is the more regrettable because so fully avoidable. It is a situation worth serious thought on the part of the public and public authorities. The temptations for pedestrians to invade railroad property are many. It may save time for workmen and women to cross some yard or right of way in going to and from their duties, but the time saved is purchased often at tremendous cost and always at grave risk. Lawmakers have been slow to recognize the evil. It is time there was a better understanding on the subject all around. Safety first!

Every time you sneeze while you have the grippe, or a cold, several million cold or grippe microbes are sent flying out into the air which other people must breathe. Remember, then, to "cover up" the cough and sneezes, thus preventing the spread of discomfort, disease, and possible death, for grippe and colds are at this season a deadly plague. Some medical authorities tell us that the reason why so many sudden deaths occur of late years from heart failure is because of the prevalence of la grippe. A weakened heart and shattered nervous system are the legacy it leaves after being entertained in these bodies of ours. North America is just now in the throes of an epidemic of influenza, call it by what other name you will. Keep the feet dry and bowels open, avoid overheated rooms observe all rules of health, especially moderate diet and absolute abstinence from every kind of alcoholic drink. Avoid all worry, as a case of "nerves" is very likely to invite it. Then keep your sleeping-room well aired, your head cool, feet warm and dry, and go about your regular duties as cheerfully as you can.

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.

F. J. CHENEY & CO., Toledo, Ohio.
Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

Germans Do Not Understand British Freedom

There is a cause for bitter chagrin in Germany over the appointment of General Smuts to the command of the British forces in East Africa in succession to General Sir Horace Smith-Dorrien. There is no doubt that the unexpected disturbances in Ireland and the anticipation of rebellion in South Africa were among the things on which the kaiser counted to assist him in his attempt at world-conquest.

He did not understand freedom, because he never was free himself, and never allowed his subjects to be free. The Boers were passionately attached to freedom, and they fought for it against Britain, because they did not at first understand that the British type of freedom was a higher type than their own. Now that they have learned what British freedom is they rejoice in their larger opportunities and yield it that allegiance which it claims from all who value the su-

premiest form of governmental liberty which natural evolution has yet achieved.

When the Germans understand these things they may take the same course as the vast majority of the Boers have done. But the Germans have to take the same path to learn their lesson, a path of defeat and humiliation. We do not think the British or the allies desire merely to humiliate the Germans, but it is part of the process of conquest, and it must be carried out to its ultimate.

General Smuts is a living example to the German people that they have utterly miscalculated and misjudged the British nation. It is possible that the Germans will have to be made over again and made different, as Mrs. Poyser said, before they correct their views.

If you really believe in Safety First, get a box of Takake pills for your sleeplessness, neuralgia, or rheumatism for they are absolutely harmless, and are sure to relieve you. Fifty cents a box at your druggist, or by mail from the Georgian Mfg. Co., Collingwood, Ont. 1

Germans Want Canada

James Loughheed, Government Leader in the Senate, declared in a speech in the Upper House of Parliament that Germany was known to desire possession of Canada as a prize of war should she be victorious in the present conflict. Some Canadians, he said could not yet realize that Canada was in as great jeopardy as Great Britain or any of her allies.

Senator Loughheed asserted that German spies had compiled and filed in the archives of their government more complete information on the natural and developed resources of Canada than was possessed even by the Dominion Government. He expressed the belief that Germans living in the United States would be glad to aid in the capture of Canada.

If the allies' lines were broken and an avenue opened up on the seas, the speaker prophesied, German troops would be landed upon the shores of Canada and the Dominion's southern boundary would be crossed by reservists living in the United States. To prevent such a contingency, he said, Canadians should exert themselves to the utmost to aid Great Britain.

An Easy Pill to Take.—Some persons have repugnance to pills because of their nauseating taste. Parmelec's Vegetable Pills are so prepared as to make them agreeable to the most fastidious. The most delicate can take them without feeling the revulsion that follows the taking of ordinary pills. This is one reason for the popularity of these celebrated pills, but the main reason is their high tonical quality as a medicine for the stomach.

Death called another of the well-known and esteemed old residents of Middlesex on Sunday, February 20, when Archibald McEachern passed away at his home on the Longwoods Road, Ekfrid, where he was born nearly eighty years ago. He had been ill for some weeks with la grippe, which developed into pneumonia.

Corns cripple the feet and make walking a torture, yet sure relief in the shape of Holloway's Corn Cure is within reach of all.

Federal authorities ordered down Canadian recruiting posters in San Francisco. A British correspondent reports that a famine was approaching in Constantinople. Montana's record production of silver last year put that state in first place among silver producing states.

An Italian electrician claims to have invented a method for sending pictures by wire in their natural colors.

To safeguard the child from damage that worms cause, use Miller's Worm Powders, the medicine par excellence for children. These powders will clear the system entirely of worms, will regulate and stimulate the organs injuriously affected by the worms, and will encourage healthful operation of the digestive processes. As a vermifuge it cannot be surpassed in effectiveness.

An automatic mileage recorder has been invented to be built into an automobile tire to show how far it is run.

In a German city garbage is collected, treated by a drying process and mixed with molasses to form cattle feed.

The business end of a new broom is made reversible so that either the course or fine ends of the straw can be used.

A new fish hook has prongs along its shank to hold live bait with a minimum of injury.

Copenhagen has prohibited the wearing of unprotected hat pins by women in street cars.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the signature of

W. D. Mitchell

TAKAKE

The Harmless but Efficient remedy for Headache, Neuralgia, Anaemia, Sleeplessness, Nervous Exhaustion, &c.

GEORGIAN MFG. CO., COLLINGWOOD, ONT.

HOUSEKEEPING LABOR SAVERS

Don't grab all the labor saving machinery. Give the lady who gets your meals a chance.

- Home Washer - \$12.00
- Excell All Washer - 10 00
- Bonnie Washer - 6.50
- Wringers - \$3.00 to 4.50
- Carpet Sweepers, \$3.00 to \$4.00.
- Vacuum Cleaner and Sweeper combined - \$6 00



The N.B. Howden Est.

Our Empire's Call to Lambton

More Men, More Money
Do Your Duty by Enlisting NOW.

You can never get any consciousness that is worth so much to you as the consciousness that you have done your Duty. If you enlist to-day you will have done your Duty. Be right with conscience—join 149.

WATFORD PLANING MILLS

Recognized as the cheapest place to buy all kinds of Builders Supplies.

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

HANDSOME, LUXURIOUS FURNITURE

- | | | | |
|--|--------------------|------------------|---------------|
| Buffets | Extension Tables | Brass Beds | Iron Beds |
| Sideboard | Parlor Tables | Walnut Beds | Oak Beds |
| China Cabinet | Card Tables | Pedestals | Dresser |
| Chiffonier | Magazine Stands | Child's Rockers | Book Cases |
| Dressing Table | Jardiniere Stands | Bed-Room Chair | Secretaries |
| Hall Seats | Umbrella Stands | Rocking Chairs | Desks |
| Morris Chairs | Hall Mirrors | Kitchen Cabinets | Hall Racks |
| Music Cabinets | Living Room Chairs | Felt Mattresses | Dining Chairs |
| Parlor Sets | Library tables | Couches | Pictures |
| Davenport, and anything kept in a first-class furniture store. | | | |

MASON & RISCH PIANOS

Agents for Mason & Risch Pianos, Gramophones, String Instruments, Sheet Music, Edison Records, &c., and all kinds of repairs. New and second hand sewing machines and all supplies.

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

Guide-Advocate Ads. are Business Bringers

GI
FO
What?
"I suffered kidney trouble also doctors."
Two years paper of "G NEYS," and me more good ever taken. for two more also know, the remedy made I used to in the night have to get up. Am seven

50c. a box upon request National of Canada

OUR

THE G

Family Hours
Weekly Mail
Weekly Fair
Weekly Lon
Saturday G
Northern M
Weekly Mor
Hamilton S
Weekly Far
Daily News
Daily Star.
Daily Work
Daily Glob
Mail and En
Morning Lo
Evening Lo
Morning Lo
Evening Lo
Saturday A
All subscript
Address: I
GUIDE

On a

(Pub

I'll write a tell you about find me out I starting to de Hurrah for t free! Home lug and the f and sing of its on my govern is built of the erected accord no patch, but sure get wet Oh, I have a on canned go cheese. Ther there's a hor winds never c where the sur mains till it b government I feel on my g nothing will I fanp. I've ne wear; the m water and air here I must s and I can't g lose and thee starting to de Hurrah for th arise, where t never dies. C of the fame, stuck on a Grant, Perkin

Chil

FOR

CAS

Vermont is

horsepower of

A gauge has

ed to hack sat

too deeply.

Argentina a

station at an

the sea.

Asthma Bri

Kellogg's Ast

the misery

hailed as smok

very inmost

passages and

passes and e

you knew as

help you as

users, there w

home to-night

The oil drill

are at present

of nitro glyc

wells. The r

ers of Petrole

ness by the k

plants. The

me scarce. S

Petrolia are t

again.

JACKS

Tells How

Jackson, M

and the grip

cough, run-d

I took all kin

help. I read

try it. Befo

felt better, a

my cough is

gained new v

DENNIS.

Vinol is a

tonic, guaran

teaches a

conditions.

Taylor &