

"I DON'T SUFFER ANY MORE"

"Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind.—"From the time I was eleven years old until I was seventeen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."—Mrs. HAZEL HAMILTON, 822 South 15th St.

When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, is it not reasonable to believe that it is an article of great merit?

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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AUTOMOBILE CARDS—\$5.00 a year.
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Advertisements without specific directions will be carried till forbid and charged accordingly.
HARRIS & CO.
PROPRIETORS

Guide-Advocate
HARRIS & CO. PROPRIETORS.
WATFORD, NOVEMBER 3, 1916

NOTE AND COMMENT

The Spectator, London: One of the soldiers imprisoned early in the war has lately returned to Ireland under the system of exchanging men too ill over to fight again. When he drove through shattered Sackville street he remarked: "Sure, I'd never heard that they'd got Home Rule."

Guelph Mercury: A publisher in this district states that on February 19 he bought 276 reams of paper at 60 cents per ream. On April 24 he bought 225 reams more at 90 cents. He is in the market again, but finds the price is \$2.40 per ream. An increase of three hundred per cent indicates what some of the publishers are experiencing.

Sheep raising is to be encouraged in Ontario in a new way. The Department of Agriculture proposes to select five countries in the Province where sheep raising has fallen to a low ebb and revive the industry by enlisting the interest and support of the younger generation of farmers. This will be done by furnishing to one young farmer in each county a flock of fine ewes and assisting him by all the means at the disposal of

AN AGED WOMAN

Tells How Vinol Made Her Strong
In her eighty-second year Mrs. John Wickersham, of Russellville, Pa., says: "I was in a run-down, feeble condition and had lost flesh. A neighbor asked me to try Vinol, and after taking two bottles my strength returned; I am gaining in flesh, it has built up my health and I am feeling fine for a woman of my age, so I get around and do my housework."

The reason Vinol was so successful in Mrs. Wickersham's case was because it contains the very elements needed to build her up.
Taylor & Son, Druggists, Watford, Ont., also at the best druggists in all Ontario towns.

the Live Stock Branch to build up a paying enterprise.

Spirited young men who give up good positions in the United States to come over to enlist put to shame the large resident army of Canadian slackers.—Hamilton Herald.

The Petrolia Topic throws out this gentle hint: This is the season for mushrooms and hungry country editors are pleased to acknowledge contributions—even the smallest kind of a taste is thankfully received and devoured. We might mention something about the dignities of the Fourth Estate, but we will refrain.—We would be wasting our time.

At the close of the war conditions will make another change. They will never be as previous to July 1914. Changes that will surely affect the farming industry will take place. You want to be prepared for this change. The Weekly Sun will do its part for you by keeping you posted on the different changes that are likely and how they will affect the farmers. It remains for you to help a paper that has served its subscribers and the Ontario farmer generally so faithfully during the past quarter of a century. The subscription price of The Sun remains the same as formerly and is cheap at the price. We will be pleased to accept subscriptions for The Sun at this office.

The first prohibitive measure in Britain was that of the Saxon King Edgar, who nearly a thousand years ago, on the advice of Dunstan, put down many alehouses, only allowing one to exist in any village or small town, and at the same time limited the draught of the drinkers. The common drinking cup of that day held about two quarts, and Edgar had eight pegs placed at stated distances in each cup, heavy penalties being imposed on those who drank from one peg to another at each time. Neither the working nor the result of the Act encouraged Edgar's successors to further action, and the next prohibitive legislation on the sale of liquor is due to Henry VII, who, by an Act against vagabonds and beggars in the year 1495, gave power to any two justices of the peace to stop the common selling of strong ale in towns and any other place they thought necessary.

Parcels for Prisoners of War in Germany must be very Strongly Packed

The Post office Department has been notified by the British Post Office that many parcels sent from Canada to Prisoners of war in Germany are being received in London in a damaged condition, so that frequently they have to be repacked before they can be forwarded to Holland for transmission to Germany. The British Post Office adds that in most cases the damage appears to be due to the fact that the parcels were inadequately packed by the senders.

The public are warned, therefore, that parcels for Prisoners of war, unless they are very strongly packed, will probably arrive in such a condition as to be of little or no use to the recipients.

Ordinary thin cardboard boxes, such as shoe boxes, and thin wooden boxes should not be used; nor does a single sheet of ordinary brown paper afford sufficient protection. Even where proper materials are used, it is important that the contents should be tightly packed so as not to shake about during transit. The following forms of packing are recommended:

- (1) Strong double cardboard or strawboard boxes. Those made of corrugated cardboard and having lids which completely enclose the sides of the box are the most suitable.
- (2) Tin boxes such as are used for packing biscuits.
- (3) Strong wooden boxes.
- (4) Several folds of stout packing paper.

The British authorities advise that parcels for Prisoners of War in Germany must not be wrapped in linen, calico, canvas, or any other textile material.

Parcels posted in Canada for Prisoners of War in Germany which have not been adequately packed by the senders will not be forwarded but will be returned to the senders, as the British Post Office has notified the Department that parcels which are inadequately packed must be returned to the senders.

FATALITY IN A WORD.

Why France Changed the Name of the "Life Saving Belt."

A vivid illustration of the power of mere words—over human beings was once brought to the attention of French people by Francisque Sarcey.

After the wreck of the Bourgogne many passengers were found floating drowned with life preservers on. These life preservers were fastened upon the bodies, but round the middle instead of under the arms, and the greater weight of the upper part of the body had tipped the head under water and the person of course was inevitably drowned.

Now it appears that the greater number of the persons so drowned were French. The French term for life preserver is ceinture de sauvetage, or "life saving belt." This word ceinture suggests to the mind in its moments of disorder and unreadiness, such as a great catastrophe brings, the idea of putting on a belt, and as a belt is put round the waist and nowhere else the frightened person instinctively adjusts the life preserver close about the hips.

The result is that as soon as the person so provided falls into the water his body tips over, with the heavier part downward, and the head is plunged beneath the surface.

The word "belt," therefore, was the cause of the loss of many lives in the Bourgogne disaster. Sarcey accordingly proposed to counteract the fatal effect of the French word by renaming the article and calling it a brassiere, which is a kind of waist, and by bringing the word bras, or arm, to mind to teach people to put a life preserver on just underneath the arms.

ANCIENT POSTAL SERVICE.

The Old Persian and Roman System of Couriers on Horseback.

While the Roman postal service of ancient days was, of course, a crude system, yet the mails were forwarded with considerable speed. The system of couriers on horseback was borrowed from the Persians, who, according to Xenophon, had established it under Cyrus. The Roman adaptation of this was the best system of transmitting letters among the ancients.

All along the great Roman roads stations were erected at distances of five or six miles from one another. At each of these stations forty horses were constantly maintained, and by the help of relays it was easy to travel 100 miles in a day.

These services were intended for the state only, it being imperative to secure the rapid interchange of official communications. In the time of Julius Caesar the system was so well organized that of two letters the great soldier wrote from Britain to Cicero at Rome the one reached its destination in twenty-six and the other in twenty-eight days.

Private citizens were obliged to resort to the services of slaves, and it was not until the end of the third century that there was an establishment of a postal system for private persons by the Emperor Diocletian, but how long this system endured history does not inform us.

The supply of horses and their maintenance was compulsory, and only the emperor could grant exemption from it.

Weakness of the Great.

The two greatest men who appear in "Julius Caesar"—namely, Caesar himself and Cicero—are allotted but minor parts in Shakespeare's play, and to each with daring originality the dramatist has attributed a physical defect, for the existence of which history supplied him with no evidence. Caesar, for instance, confesses to deafness, bidding Antony—

"Come on my right hand, for this ear is deaf," while Brutus speaks of Cicero's "ferret and fiery eyes," as if no one could fail to note them. Respect for those two immortals was no doubt thus diminished, but by showing them as not above human weaknesses Shakespeare made them more easily realized.—London Opinion.

Smiling at Breakfast.

One should always wear a smile at breakfast. If you are in a good humor at breakfast you will be merry and bright all day. The breakfast face is the most important face to cultivate. The other faces take care of themselves, for if the face is pleasant and easy to look upon in the morning it will improve as the day goes on. But if the breakfast face is hard, scowling and forbidding it becomes set in its disagreeable form, and it takes hours for it to smooth out into a smile, and that smile is of the sickly, half-hearted nature that only expands the heart slightly. It is worth trying.

Not Good For the Gender.

The following sign is displayed in a certain bathhouse:

"This Place Is Closed at 1 p. m. Sunday So We Can Go Home and Take Our Baths."

Which is very similar to the note a traveling man found on the door of a luncheon in a small town:

"Come Home to Dinner."

Would Take a Chance

The brimstone preaching minister had been called upon to preach before a congregation known for their liberal views, and consequently careless way of living. Sounding a warning which he thought would strike home the minister said: "Hell, my friends, is lined with poker players, men and women who drink to excess, painted daughters of jezebel, women in décollete gowns and divorcees and the like." At that point a little red faced man with a high pitched piccolo voice, arose in the rear of the room and piped out: "Oh, death where is thy sting?"

His Regret

A Denver man tells of one westerner's opinion of the east. It appears that this man has occasion to visit New York, a city he had never seen. He remained for a week or two longer than he had expected, and, in writing of his experiences to his wife in the west, he said: "New York City is a great city, but I do wish I had come here before I was converted."

Mothers Value This Oil.—Mothers who know how suddenly croup may seize their children and how necessary prompt action is in applying relief, always keep at hand a supply of Dr. Thomas' Electric Oil, because experience has taught them that there is no better preparation to be had for the treatment of this ailment. And they are wise, for its various uses render it a valuable medicine. m

Japanese make a waterproof leather with many uses from the hides of sea lions.

Cocoa shells are being fed to cattle in a course of experiments by French dairymen.

A skate strap with a pad for the top of the foot to relieve the pressure has been patented.

Manufacturers of that country are planning to establish the first paper plant in Argentine.

Quickly adjustable forms have been invented for building concrete steps to save carpenter work.

Peru is steadily increasing its production of gold, which now amounts to about \$1,000,000 a year.

A California inventor has patented a pan that can be attached to any broom to catch its sweepings.

A heelless rubber overshoe for women has been invented, an opening at the back of the sole, slipping over the heel of a wearer's walking shoes.

The world's greatest hydro-electric plant, planned for India, will deliver water to the turbines at a pressure of 680 pounds to the square inch.

A Chicago woman is the inventor of a dressing table with detachable legs, the whole affair folding so that it can be carried like a suitcase.

A German inventor has patented a process for producing sand of use in building operations by sprinkling molten furnace slag with a salt solution.

One of the world's remarkable women is the Pandita Ramabai, a learned Hindu scholar, whose institution for Christian education of Hindoo child widows rescued from horrible degradation and suffering, has been for years the nucleus and heart of Muskti, a village of 2,000 child widows and orphan girls, mothered by her and her noble daughter, Manorama.

Every careful and observant mother knows when her child suffers from worms. She also knows that if some remedy be not speedily applied much harm will result to the infant. The best application that can be got is Miller's Worm Powders. They drive worms from the system and set up stimulating and soothing effects, so that the child's progress thereafter is painless and satisfying. m

A Parliamentary National Service Committee, to be composed of representatives of all the political parties is to be formed and Sir Robert Borden has invited Sir Wilfrid Laurier to join. A call will be issued to the men and women of Canada to serve the nation in such capacities as their services will be of most value.

Seasonable Suggestions

Cow Chains
Cow Stanchions
Lanterns, Gloves,
Padlocks
Stovepipes
" Elbows
Coal Skuttles
Ash Sifters

Furnaces
Ranges
Base Burners
Stoves
Washing Machines
Chemical Closets
Paints
Varnishes

WATFORD'S LEADING HARDWARE
T. DODDS & SON

\$1 for a Horse
Save a horse and you don't have to buy one. Don't sell or destroy any horse on account of Spavin, Splint, Kingbone, Curb, Sprains or Lameness. Spend one dollar for a bottle.

KENDALL'S SPAVIN CURE
It has saved a great many horses—has put them back to work, even after they have been given up. Over 25 years of success have proved its value.

Melcar Crives, Marengo, Pa., wrote last February—"I have used your Spavin Cure for many years and thus far have never known it to fail."
Get Kendall's Spavin Cure at any druggist's. Price \$1. a bottle, 6 bottles for \$5. "A Treatise on the Horse," free at druggists or from Dr. B. J. Kendall Co., Eisenberg Falls, N. Y., U.S.A.

Be Honest With Yourself And Us

Figure out at the cost of flour and see for yourself if you can bake as cheap as we can supply you.

All we ask is that you figure honestly.

Bread at 8c for 1½ lbs. is there any other food as cheap?

Give Ours A Trial

LOVELL'S

D. N. Sinclair Injured

Sarnia, Oct. 26.—D. N. Sinclair, manager of the Industrial Loan and Savings Company, is confined to his home on Queen Street, having received a charge of chloride of lime in the eyes and throat while opening a can of the material, which exploded. Dr. J. A. Bell was called and did all in his power to relieve the pain of the powerful bleaching agent. The chemical which entered his throat was quickly washed out, but particles which entered his eye it was impossible to get at, and very quickly the tissues became swollen until the sense of sight was cut off. This morning, however, by forcing the eyelids open, Mr. Sinclair could see.

No reason can be given for the premature explosion of the chloride of lime in the can. The only theory that is held is that in some way the contents of the can became wet, which would create a high pressure within the can. When the opener was thrust through the can the gas would be released, carrying with it minute particles of lime with terrific force.

To Men Who Live Inactive Live.—Exercise in the open air is the best tonic for the stomach and system generally; but there are those who are compelled to follow sedentary occupations and the inactivity tends to restrict the healthy action of the digestive organs and sickness follows. Parnee's Vegetable Pills regulate the stomach and liver and restore healthy action. It is wise to have a packet of the pills always on hand. m

The states in which women may vote for President next November are Illinois, Kansas, Colorado, Wyoming, Montana, Arizona, Utah, Idaho, Oregon, Washington, California and Nevada. These states have a total of 91 votes in the electoral college.

Children Cry FOR FLETCHER'S CASTORIA