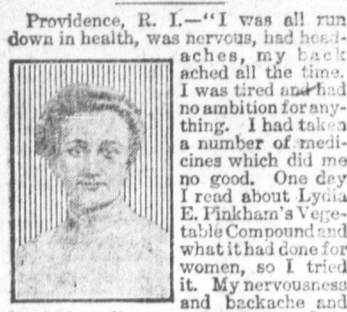


HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.



Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ADELINE B. LYNCH, 100 Plain St., Providence, R. I.

Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment. Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

Guide-Advocate
Watford, Ont.
PUBLISHED EVERY FRIDAY
Subscription \$1.50 per annum in advance. \$2.00 in advance to the United States.

ADVERTISING RATES.
YEARLY CONTRACT
1500 lines 8 cents per inch.
1000 lines 9 cents per inch.
500 lines 10 cents per inch.
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 noon.
Least advertising:—1st 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.
ADVERTISERS' CARDS—\$5.00 a year.
LOCALS—10c per line each insertion. Minimum charge 25 cents.
Advertisements without specific directions will be inserted in the order and charged accordingly.

HARRIS & CO. PROPRIETORS
Guide-Advocate
HARRIS & CO. PROPRIETORS
WATFORD, APRIL 26, 1918

NOTE AND COMMENT

The proposition of a member of the House of Commons to stop the holding of all fall fairs in the Dominion as a war measure, has caused a chorus of dissent from Ontario.

A Vancouver girl now in New York claims that she is four hours younger than when she left home. In crossing the continent she turned her watch an hour ahead three times and repeated the performance when daylight saving came into effect.

Canada is handicapped these days by the presence of many enemies within the gate. They are not alien enemies, either. They are the men and women who scoff at the idea that there is any occasion for saving food, and poke fun at all the plans for increased production.

They are constructing a super-gun in the United States which, it is claimed, will be superior to the German weapon used for bombarding Paris at a distance of seventy-five miles. The American gun will have a range of sixty miles and its greatest advantage will be its mobility. While the German gun is embedded in concrete and cannot be moved, the American gun can be moved from place to place, and also can be moved on its carriage base.

Warts on the hands is a disfigurement that troubles many ladies. Holloway's Corn Cure will remove and blemish without pain.

In Bosanquet, on Friday, April 5th, to Mr. and Mrs. Smith McBryan, a daughter.

Australia seems to have an inexhaustible supply of marble that is found there in many colors in addition to pure white. The parcel checkroom in the union railroad station in Washington is run by four girls.

Children Cry FOR FLETCHER'S CASTORIA

Field Root and Vegetable Seeds to Grow in 1918

The seed survey, just completed by the Seed Branch, Ottawa, indicates prospective shortages for the season of 1918. Certain kinds and varieties are short for this spring's seeding, but taking into consideration surplus stocks of other kinds in dealers' hands and all the anticipated deliveries of this season's seed crop, the shortages will be much more pronounced next spring unless many farmers and gardeners produce seed this year to meet their own and their neighbors' requirements.

In districts where the seed can be grown successfully suitable stocks of Swede turnips, cabbage, parsnip, garden beet, carrot and onion should be planted out this spring; and this season's crops of the best garden beans, tomato, lettuce, radish and sweet corn should be allowed to ripen their seed. The kinds or varieties which are liable to cross with each other should be planted half a mile apart.

With the high prices prevailing field root and vegetable seed growing should be very profitable. Write to Publications Branch, Department of Agriculture, Ottawa, for copy of Bulletin No. 22, "Growing Field Root, Vegetable and Flower Seeds in Canada."
—Seed Branch, Ottawa.

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo Ohio, is a constitutional remedy, is taken internally and acts thru the Blood on the Mucous Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catarrh Cure fails to cure. Send for circulars and testimonials. F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c. Hall's Family Pills for constipation.

A Lesson For Ontario

To date sixty-five Ontario farmers have filed applications for tractors. Many times this number ought to be put at work in the province in the interests of production. Our great distance from the battlefield has engendered an unfounded and misleading confidence. Not yet is the gravity of the world's food supply realized. Our armies, and those of our gallant allies, as well as the people behind them, are dependent upon the United States and Canada for food. Unless it is produced in sufficient quantities this year there will be suffering and perhaps disaster. It is unthinkable that such a calamity should occur.

England realizes the necessity of putting under cultivation every possible acre of land. The board of agriculture has now over 2500 tractors at work as well as 7000 horses, and has purchased nearly 10,000 plows, harrows and other farm implements. More than 3000 soldiers have been trained as tractor drivers and plowmen; there are now working on the land 32,000 soldiers, 7000 German prisoners, 1500 released aliens and 6000 women on full time in addition to local women, of whom there are 150,000. This is a splendid record. Are we in Canada going to lag behind?—British Whig.

THE OIL OF POWER.—It is not claimed for Dr. Thomas' Electric Oil that it will cure every ill, but its uses are so various that it may be looked upon as a general pain killer. It has achieved that greatness for itself and all attempts to surpass it have failed. Its excellence is known to all who have tested its virtues and learnt by experience.

Over The Top

If a wounded Canadian soldier were to knock at your door and ask for rest and refreshment, there is nothing you would not do for him. As he is "something in France" he cannot visit you, but the Y.M.C.A. is knocking at your door for him today. Through that tried and tested agency you can minister, not to one, but to all of our soldier boys at home and overseas. Your money will lessen some poor lad's loneliness, ease another's pain, preserve reason, provide recreation, and camouflage much of the ghastliness of France and Flanders for your fathers and brothers.

In its Red Triangle Fund Campaign on May 7, 8 and 9, the Canadian Y.M.C.A. is going "over the top."

Never before has so much money been asked from a generous public by this institution. Two and a quarter million dollars is a large sum of money, even in these days of swollen war-budgets, but the need is there, and we do not doubt that the sum asked for will be forthcoming. Not once have the purse-strings of Canadians been drawn tight in the face of an urgent appeal for funds, whether for philanthropic or patriotic needs.

The work of the Y.M.C.A. is at once genuinely philanthropic and unquestionably patriotic. To contribute to its needs is philanthropy without any suggestion of "charity," and it is patriotism without taint.

Low Price Warming Pad

To fill the demand for an electric warming pad at a less price than its standard 12 x 15 in. pad the Westinghouse Electric and Manufacturing Company has placed upon the market one of these pads, with dimensions 9 x 12 in. This pad is equipped with 15 feet of cord, with attachment plug. No switch is provided, the current being turned on and off at the lamp socket or by separating the attachment plug. To prevent overheating, two thermostats are enclosed in the pad. These are connected in series, and should the temperature rise to a point near the maximum safe value, one or the other will open the circuit. Upon a fall in temperature, the thermostat will reclose the circuit, thus maintaining the heat at a uniform temperature. This pad, which is enclosed in a fawn-colored felt cover, is very soft and pliable, thus allowing it to conform easily to any part of the body. Its marked superiority to the old-fashioned hot water bottle is well known, some of the advantages being its instant availability, its continued heat at uniform temperature, the absence of any danger of overheating or scalding the patient, or of wetting its surroundings, and the low cost of operation.

A safe and sure medicine for a child troubled with worms is Mother Grave's Worm Exterminator.

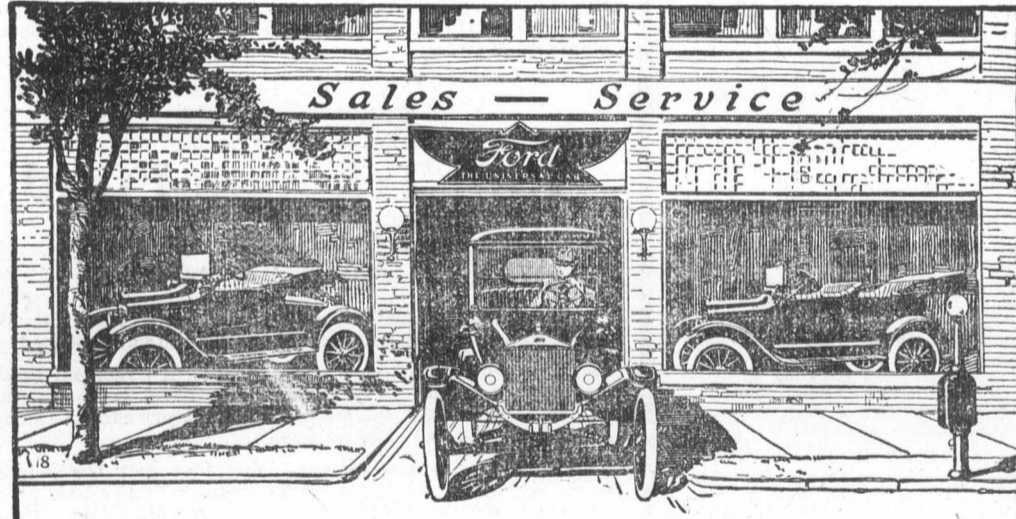
Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Febrishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS
Bears the Signature of *Chas. H. Fletcher*
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

A Business without a proper system of advertising is like a motor without power.
GUIDE-ADVOCATE Advertisements will supply the required energy.



Complete Service to Ford Owners Everywhere

COURTEOUS attention to your needs wherever you may travel is something you appreciate, and being a Ford owner you can get it. You are always "among friends". There are more than 700 Ford Dealer Service Stations throughout Canada. These are always within easy reach of Ford owners—for gasoline, oil, tires, repairs, accessories, expert advice or motor adjustments.

The cost of Ford Service is as remarkably low as the cost of the car itself. Nineteen of the most called for parts cost only \$5.40. Just compare this with the cost of spare parts for other cars and you will realize the advantage of owning a Ford.

Ford	Touring	\$595
	Runabout	\$575
	Coupe	\$770
	Sedan	\$970
	Chassis	\$535
	One-ton Truck	\$750

F. O. B. FORD, ONT.
RAY MORNINGSTAR - Dealer - Watford.

SAVE MONEY
Enter the ELLIOTT BY Yonge and Charles Sts., Toronto. Rates are increased. Graduates. Write for our low cut former students a all year.

Spring Term from **CENTRAL** *Business*

SUP. T

EGG
Get our in to fill HIGHEST

Each week. Give the top te are payin.

PO
We are in

TR
Flour, Flakes, Feed.

INTE
FOR

ALL
Chappl

INC
Is hereby given Public Health owners and property within and thoroughly

BACK YARDS,
and to remove ure or other ob premises

BEFORE THE
Parties faili Notice will be directs.

W C
J. F. ELLIOT, Watford, April

Cakes. Remer must have extra you know the wood and coal th So Save your Buy your Br Cakes fr **LOVI**