Enhanced By Perfect Physical Health.

The experience of Motherhood is a trying one to most women and marks dis-tinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for her-self. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, and with ample time in which to prepare, women will persist in going blindly to the trial.

Every woman at this time should rely upon Lydia E. Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes Gir once childless there are now children because of the fact] that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.



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. PUBLISHED EVERY FRIDAY.

Subscription -\$1.00 per annum in advance. \$1,50 is advance to the United States. ADVERTISING RATES.

\$38 22

Advertises will be allowed a change of matter very two weeks. Weekly changes can be had at slight extra cost. Copy of change must be in rinter's hands by Tucaday afternoon. LEGAL ADVERTISES:—First insertion per line, 10

Advertisements without specific directions will be seerted till forbid and charged accordingly. HARRIS & CO.

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HARRIS & CO. PROPRIETORS

WATFORD, MAY 28, 1915.

An American exchange says: The opinion of Kitchener that conscription could not possibly have produced better results is a powerful compliment to the volunteer soldiers who are now fighting for England in the trenches.

Up to May 11 the British lost 201 tions by the war. There are over 8,000 British merchantmen traveling the ocean steadile. the ocean steadily. That is 21 per cent in numbers, but in tonnage the loss is considerably less, as the number includes many trawlers and very

When will would be poets learn that the senseless drivel that they throw on paper on every possible obituary occasion, is in nearly every instance, but adding to the burden of the bereaved ones. These "In Memoriam" artists are a humbug, and the sooner they find it out the better.—Herald.

Must we, as a people, sit like dogs and see our laws defied, our flag flouted and our protests whistled down the wind of this lordling's majestic disdain? Civilization should abjure its neutrality; it should rise

as one mighty God-like force and forbid the riot of hate and debauch of blood that is running amok among the innocent and unprotected .-Louisville Courier-Journal.

Canada! The lion's whelp! Bleeding and stricken, akin at last to our stricken Motherland because we know now something of her suffering. But let us remember that while almost every town in Canada is mourning, in the British Isles almost every home has an empty chair. "Guarding our home on land and foam with the sons of Old England's King." Do you yet realize that they are dying for you in your place?—Parkhill Gazette.

Lest it may be thought that Canadians are more outspoken than their ncestors in characterizing the acions of the German soldiers, this is how Wellington put it many years ago:-"I can assure you that from the general of the Germans down to the smallest drum boy in their legion, the earth never groaned with such a set of murdering, infamous villians. They murdered, robbed and ill-treated the peasantry wherever they went." We wonder what Wellington, who was a patient man. not given to strong language, would say about them to-day and of their ctions in Belgium.

The automatic resignation of the undred odd license commissioners in Ontario, when the new board ssumed charge, marks the ending of a system which has prevailed in Ontario for 40 years. Since 1872 the method of local commissions apcointed at the suggestion of legislative members has been in yogue, and all provincial license affairs has subscribed to its regulations. In that time the number of licenses has een reduced by nearly 4,000. When the suggestion of Hon. Adam Crooks because law there were 6,000 licenses in Ontario, and now there are but

"Safety first" enabled a United States railway company to operate a whole year without a single pass enger being killed in a train accident. But lack of safety-first precautions But lack of safety-first precautions caused the death of nineteen pass engers on the same road. Six of them fell off moving trains. Two tried to get ou moving trains. Two slipped off station platforms in front of cars. Two stood so close to the edge of platform as to be struck by the trains. Three crossed tracks at stations in front of trains. One was

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Car NOTE AND COMMENT

And Herod, too, gave the mothers warning before he started slaughtering the babies.

"At the outbreak of the war, Germany announced that at its close there would be no British colonies. They were right. The war has made the Empire one."

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Castarth is a blood of constitutional disease, and in order to cure it you must take internally, and act directly, upon the blocd and mucous surface. Hall's Catarrh Cure is not a duack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free. free. F. J. CHENEY & CO., Props., Toledo,

Sold by Druggists, price 75c.
Take Hall's Family Pills for consti-

Edward Fredericks, a well-known farmer near West Lorne, aged 50, got up during the night and went to the barn to look after stock. His wife next morning found him dead, he having hanged himself with a chain from a beam. Ill health is surficed to have been the cause.



The Western University

Another great stride will be taken by Another great stride will be taken by the Western University of London, next year, as a result of a further assured increase in its income. The London city council has voted a grant of \$15,000, which will assure the Western a revenue of no less than \$30,000 for its Arts department, as compared with \$19,000 for the year just closing and \$8800 the previous year. The total revenue available for all departments will be \$75,000, which means a doubling of the income in the course of two years.

Five new professors will be engaged at

course of two years.

Five new professors will be engaged at once, and two new science laboratories equipped. A good gymnasium has been secured and a well-known instructor and director of athletics is being engaged. Plans for the coming year have already been submitted in outline to the Education Department, and it is understood they will be acceptable to the Departthey will be acceptable to the Depart ment in granting the same recognition of all degrees as is given to the other universities.

With this handicap removed and the with this handicap removed and the new interest that is being awakened there are indications of a greatly increased enrolment of students at the Western for the coming year, especially as this is the nearest university for all Western Ontario students, and the expense of living in London is comparatively low.

A safe Pill for suffering women.—The secluded life of women which permits of little healthful exercise, is a fruitful cause of derangements of the stomach and liver and is accountable for the pains and lassitude that so many of them experience. Parmelee's Vegetable Pills will correct irregularities of the digestive organs and restore health and vigor. The most delicate woman can use them with safety, because their action, while effective, is mild and soothing.

His Theory and Practice

During a school tea a kind lady sa regarding one of the young guests with evident alarm. Undismayed by the lady's glances, the young hopeful demolished plate after plate of bread and butter and cake. At last the lady could stand it no longer. Going up to the urchin, she

"My boy, have you never read any book which would tell you what to eat, what to drink, and what to avoid?" "Why, bless you, ma'am," replied the young gentleman, with his mouth full of cake, "I eats all I can, I drinks all I can, an' I avoids bustin'."—London News.

Miller's Worm Powders prove their value. They do not cause any violent disturbances in the stomach any pain or griping, but do their work quietly and inlessly, so that the destruction of the worms is imparceptible. Yet they are thorough, and from the first dose there is improvement in the condition of the sufferer and an entire cessation of man ifestations of internal trouble.

INSPECTED AND APPROVED

THE PURE BRED HACKNEY STALLION

NO. 89.

struck by a coach and thrown under the the train and one assaulted by will stand for mares during the season of 1915 will stand for mares during the season of 1915 health and weather permitting, as follows:

health and weather permitting, as follows:

Monday—Leave his own stable, lot 12, con, 3, Plympton, to Robt. Jardine's, lot 10, Egremont Road, for noon; to Robt Minielly's, London Road, for night.

TUESDAY—To Fred Cassidy's, lot 10, 9 sideroad, Warwick, for noon; to S. Wilcox's, lot 16, con 6. N.E.R., for night.

WEDNISDAY—To the Holwell House barns, Thedford, for noon and for night.

THURSDAY—To John Sercombe's for noon; to Roche House barns, Watford, for night, FRIDAY—To Tros Sisson's, lot 5, con 14, Brooke for noon; to Gordon Luckham's, lot 29, con. lot, Ennisktllen, for night.

SATURDAY—To Harding's livery. Petrolea, for noon; to Central Hotel barns, Wyoming, from 4 to 8; thence to his own stable.

Description and Pedigree.

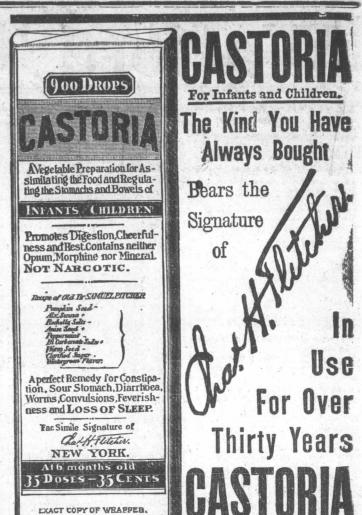
Guelph Performer, No. 89, foaled May 27th, 699, bred by D. and O. Sorby, Guelph, is a cautiful black, off hind fetlock white, stands hands; is sound, has a pleasant, kind disposion combined with the ambition of a cavalry orse; strong muscles, and with the high action hich is so much sought after at the present me.

get any age at Toronto 1013, and 1st at Ottawa 1014, Sire of sweepstake filly, any age, at Ottawa 1014, Sire of sweepstake filly, any age, at Ottawa 1014, Sire of sweepstake filly, any age, at Ottawa 1014, Sire of Sire Ottawa, Hilliams Stock Farm Compton, Que. Sire Ruby 1342, "Prizes—1804, 1st Toronto high stepper, 1804, 1st Toronto high stepper, 181 Toronto hackney mare any age 1st Sherbrooke, single Carriage horse H. C. New York, In 1895, 1st Toronto, hackney mare ary age 1st Sherbrooke, single Carriage horse H. C. New York, In 1895, 1st Toronto, hackney mare any age, 1896, 1st Toronto as high stepper, 1st at Toronto as brood mare, also diploma. 1898, 1st at Toronto, brood mare, also diploma. 1898, 1st at Toronto, brood mare, also diploma. 1899, 1st Indodon as brood mare, sweepstakes and gold medal.

Enrolment—Approved Certificate of Enrolment and Inspection of the Pure Bred Hackney Stallion, Guelph Performer, registered in the Canadian Hackney Stallion Act, Inspected and Inspection of the Pure Bred Hackney Stallion Act, Inspected on the regulations under the said Act. The Ontario Stallion Act, Inspected at Toronto, Ont. the 14th day of April, 1915. Good until December 3tst, 1915.

TERMS—To insure a mare in foal, \$12.00, payable February 1st, 1916.

D. A. GRAHAM, Proprietor WANSTEAD





Your Home and Your Neighbors

This is "Neighborhood Improvement Week" in thousands of communities where every property owner is asked to consider the improvement of his property and the neighborhood in which it is located. Are you helping to arouse interest in your neighborhood?

In home and neighborhood improvement plenty of good paint is the first essential. The paint must both beautify and protect buildings. You can accomplish this most easily and satisfactorily with



"High Standard" hides the surface better, spreads over more surface per gallon of paint and wears longer than ordinary paint because it is scientifically made of the best materials by expert paintmakers. Years of exposure tests have proved that these careful methods give most complete protection and lasting beauty. "High Standard" is the most satisfactory and seconomical paint to use.

Come in and ask us to give you paint information and color combinations for interior walls, floors and woodwork as well as for the outside of your house. T. DODDS & SON

Furniture That Satisfies

Is our hobby, and we know that our showing will please you, no matter how exacting your taste may be. We have the very NEWEST DESIGNS in

BUFFETS, SIDEBOARDS, CABINETS, AND PARLOR, DINING AND BEDROOM GOODS

If you need a new piece of furniture kindly call and see our our spring stock. PORCH AND LAWN CHAIRS are now required.

Let us show you what we can do in this line. Our Furniture is a delight to those who admire good goods. Agents for Mason & Risch Pianos, Gramaphones, String Instruments, Sheet Music, Edison Records, &2., and all kinds of repairs. New and second hand sewing machines and all supplies

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

NOAL THE WHITEST, LIG

BOSANQUET COUN

Council met on the 10th inst. meeting read and confirmed. A of orders were given.

The McPherson drain by-law v a 3rd time and passed. The ree Messrs Menhennick and Tedball pointed a committee to see abou way across the Parkinson esta power and act.

The clerk was instructed to the owners of the lands assessed Goosemarsh drain in reference zing in steel pipes.

A by-law was passed to borrow to pay the commuted statute la

penditure,
George McCubbin's report in
cence to drain on north side of 26-2
road in con. 4 and 5 was adopted. Council adjourned to meet on 1 June 14th, at 10 a.m. as a Court wision on the assessment roll a general business.

Geo. Sutherland, C

Nearly all children are subj aworms, and many are born with Spare them suffering by using I Graves' Worm Exterminator, the semedy of the kind that can be h

THE WESTERN FAIL London, Ontario

The Western Fair, London's por Agricultural Exhibition, will be this year from September 10th to It is considered by the management his year, above all others, should be a september of the second of this year, above all others, should leave when extra efforts must be poward to make the effort a great sur therefore with the assitance given be greated to make a cash addition the prize list of \$3,000. Good as it before, this will certainly make Longrize list very attractive. The list is in the hands of the printer and will be ready for distribution. Thousand be ready for distribution. Thousan advertising maps and hangers have sent throughout the country during past week announcing the dates, arrangements are being made as qui as possible to assure exhibitors and ors alike that this year's exhibition the the best ever held at London. be gladly given on application to Secretary, A. M. Hunt, London, Ont

ECONOMICAL----] without burning al

See the McClary deal SOLD BY T.

BIG SHIPMEN

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Price and Quality spen Barn Boards-nothing of Let us have your contract small for us to fill. Our l kinds of machine work. give everyone a square de confidence in us as if you years. Once a custome

WATFORD P

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