

SUFFERED EVERYTHING

For Years, Restored To Health by Lydia E. Pinkham's Vegetable Compound.

Canadian women are continually writing us such letters as the two following, which are heartfelt expressions of gratitude for restored health:

Glanford Station, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound and never found any medicine to compare with it. I had ulcers and falling of womb and doctors did me no good. I suffered dreadfully for years until I began taking your medicine. I also recommend it for nervousness and indigestion."—Mrs. HENRY CLARK, Glanford Station, Ont.

Chesterville, Ont.—"I heard your medicines highly praised, and a year ago I began taking them for falling of womb and ovarian trouble.

"My left side pained me all the time and just before my periods which were irregular and painful it would work. To sit down caused me pain and suffering and I would be so nervous sometimes that I could not bear to see any one or hear any one speak. Little specks would float before my eyes and I was always constipated.

"I cannot say too much for Lydia E. Pinkham's Vegetable Compound and Liver Pills, for there are no medicines like them. I have taken them and I recommend them to all women. You may publish this testimonial."—Mrs. STEPHEN J. MARTIN, Chesterville, Ontario, Canada.

Guide-Advocate

Watford, Ont. PUBLISHED EVERY FRIDAY. SUBSCRIPTION—\$1.00 per annum in advance. \$1.50 if not so paid.

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One fourth column	12	6	5
One eighth	6	3	2
One sixteenth	3	1	1

Merchandise 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 printer's hands by Wednesday afternoon. TRANSPORT—First insertion per line, 8 cents; subsequent insertions 4 cents each time per line, 11 lines makes one inch. BUSINESS CARDS—Six lines and under, per year \$5.00. AUCTIONEERS CARDS—\$5.00 a year. LOCALS—10c. per line each insertion. Minimum charge 25 cents. Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, AUGUST 16, 1912.

Fifty Thousand Men Required.

Farm Laborer's Excursions—This Year's Wheat Crop Will Be the Largest in THE HISTORY OF CANADA.

The wheat crop of 1912 will be the greatest ever harvested in Manitoba, Saskatchewan or Alberta, thus requiring the farm laborers of the East to recruit and assist in harvesting the World's greatest bread basket.

The Governments of the respective Provinces state that fifty thousand men will be required for this year's harvest. These will have to be principally recruited from Ontario, and the prosperity of Canada depends on securing labor promptly. The Canadian Pacific, on which Company will fall practically the entire task of transporting the men to the West, is already making special arrangements for this year. Excursions from points in Ontario to Manitoba, Saskatchewan and Alberta will be run and special trains operated, making the trip in about thirty-six hours and avoiding any change of cars or transfers. This will be a day shorter than any other route. See display ad. in this publication for dates, rates and conditions. Consult any C.P.R. agent for full particulars, tickets, etc.

About 25 or 30 boys and girls employed at the Petrolia canning factory quit work last Saturday afternoon owing to the meagreness of the pay offered them—5 cents per hour—some of whom worked 12 to 15 hours per day.

Every Woman is interested and should know about the wonderful **MARVEL Whirling Spray**. The new Vaginal Syringe. Best—Most convenient. It cleanses naturally. Ask your druggist for it. If he cannot supply the MARVEL, accept no other. But send stamp for illustrated book—sealed. It gives full particulars and directions in plain English. **WINDSOR SUPPLY CO., Windsor, Ont.** General Agents for Canada.

DREAM MASTERPIECES

SLEEP STATES HAVE PRODUCED GREAT WORK.

Some of the Best Prose and Finest Poetry Has Emanated From the Dreams of Literary Men and Women and Musical Compositions Has Frequently Had Their Origin In the Land of Nod.

The ranks of "sleep workers" have recently received two notable recruits—Signor Mascagni, the great Italian composer, who awoke the other morning with a dream-melody of singular and haunting sweetness so distinct in his ears that he was able to jot it down to its last note; and Mr. Charles Garvice, to whom, in the unconscious hours of the night, came one of his most successful stories.

Mr. Garvice had been engaged to write a series of short stories; but when three of them had been completed his brain "struck work." "I went to bed one night absolutely tired out," he says; "but while I slept my brain returned penitently to its work. It conceived an admirable story. The characters were all alive, and the style was beautiful.

"Alas! when I woke up I had entirely forgotten the story. That night I went to bed determined to dream it all over again, and I did so. I got half-way through the tale in my dream, and then awoke. I remembered what I had dreamed, and better still, I found that the first half of the tale had recalled to my mind the second half as I had dreamed it the night before.

And so it has been ever since (and probably long before) Dante saw in a dream those marvellous visions which he exhibited to the world's wonder in his "Divine Comedy"—the unconscious brain of the man has performed tasks which have completely baffled it in its wakeful hours.

The late Anna Kingsford, the celebrated theosophist and mystic, always declared that her best work had its birth when she was asleep, and in the preface to her most successful book she wrote: "The chronicles which I am about to present to the reader were not the results of any conscious effort of imagination. They are records of dreams occurring at intervals during the last few years."

The famous mathematician, the Marquis de Condorcet, only once in his life attempted a problem which he was unable to solve. He wrestled with it for weeks to no purpose, until one evening he fell asleep over it, utterly exhausted and hopeless. When he awoke he found, to his delight, that the solution had come to him in his slumber and before he left his seat he had committed it to paper.

An exquisite song called "Dream-land" came similarly to the Rev. C. E. Hutchinson, who, in a vision of the night, saw a ghostly procession riding across the stage of a vast amphitheatre, and awoke with the melody in his ears.

Lord Tennyson used to say that many of his most beautiful passages had come to him in his dreams. "Some of them, however," he said, "can scarcely be said to have been inspired. On one occasion I dreamt what seemed to me the most beautiful poem ever composed, a marvel of grace and beauty and high-thinking. When I awoke, however, all I could recall was this quartette of doggerel:

May a cock-sparrow Write to a barrow? I hope you'll excuse My infantile muse!"

Thomas Campbell had vainly racked his brain for days to find a companion line to "Tis the sunset of life gives me mystical lore," when it came "like a flash" in a dream: "Coming events cast their shadows before."

Goethe frankly acknowledged that he owed much of his best work to dreams. "The objects," he wrote, "which had occupied my attention during the day often reappeared at night in connected dreams. On awaking, a new composition, or a portion of one I had already commenced, presented itself to my mind."

We know, too, that the first canto of the "Henriade" came to Voltaire in his sleep, and that Coleridge dreamed one night more than 200 lines of his "Kubla Khan"—"the images," he says, "rising before me without any sensation or consciousness of effort."

Robert Louis Stevenson saw the central scene around which he wrote that wonderful story, "Dr. Jekyll and Mr. Hyde"? But, as Stevenson used to say, "The Brownies do half my work when I am asleep."

To Keep From Losing Breath.

Where respiration is rhythmical there is no loss of breath in walking fast, running up hill or going upstairs. The method of preventing breathlessness consists in maintaining the rhythm and the speed of respiration. When the breathing is rhythmic the breathing keeps pace with the step. The outbreathing must be twice the length of the inbreathing and not more than eighteen or twenty complete breath circuits must be made per minute.

THE latest designs in wedding cake boxes just to hand at this office.

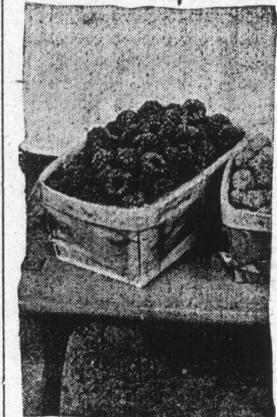
A CLEAR HEALTHY SKIN.—Eruptions of the skin and the blotches which bluish beauty are the result of impure blood caused by unhealthy action of the liver and kidneys. In correcting this unhealthy action and restoring the organs to their normal condition, Parmelee's Vegetable Pills will at the same time cleanse the blood, and the blotches and eruptions will disappear without leaving any trace.

Farm and Garden

BERRIES FOR MARKET.

Send Your Product in Uniform Packages and Watch Results.

One of the striking facts of the berry season every year is the astonishing variety of fruit packages which the consumer finds in the market. Boxes and baskets of both wood and paper, square, flat, oblong or flaring, some quart boxes short and some shorter, combine to make a medley which is confusing to the buyer. It is also a puzzle to the grower and a cause of positive loss when he changes his style of package. Really the grower need not do this if he makes proper preparations, but sometimes he is forced to when in sudden need he is un-



Photograph by Long Island agricultural experiment station.

RASPBERRIES READY FOR MARKET.

able to find his preferred style and therefore must take whatever the dealer has to offer.

Often in small shipping towns, where are perhaps only half a dozen growers, there will be found as many styles of packages as there are men. This can be nothing but detrimental to the business, because it prevents the interchange of boxes and crates, which might often be of great advantage. Such unnecessary diversity can be prevented by co-operative buying. In many places this system is now in practice.

Cost is saved by bulking together orders for packages, and uniformity of packages also improves market conditions. If all the growers of even a small neighborhood were so well organized that their supplies could be bought through one agency in a course of only a few years it would be an advantage of great value.—Farm and Fireside.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Little*

How's This?

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

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

PARTIES sending in news items are requested to sign their names, as otherwise the items cannot be published. The most innocent looking items sometimes have a hidden meaning reflecting on others, and to protect ourselves from unscrupulous persons we must insist on having the name of the sender.

50,000 FARM LABORERS WANTED

FOR HARVESTING IN WESTERN CANADA

"GOING TRIP WEST."
\$10.00 TO WINNIPEG
Plus half cent per mile from Winnipeg to MacLeod, Calgary, or Edmonton.

"RETURN TRIP EAST."
\$18.00 FROM WINNIPEG
Plus half cent per mile from all points east of MacLeod, Calgary or Edmonton to Winnipeg.

GOING DATES

AUGUST 20th—From all stations on all lines on and South of the Grand Trunk Main Line, Toronto to Sarnia, including all stations on the C.P.R. Toronto to Windsor (inclusive) and Branch Lines including Guelph sub-division from Guelph South and from Brantford South.

AUGUST 23rd—From Toronto, and all stations north of, but not including the Grand Trunk Main Line, Toronto to Sarnia, and from Toronto east to, but not including Kingston, Sharbot Lake and Renfrew; and C.P.R. Lines west of Renfrew.

AUGUST 25th—From all stations in Ontario, Toronto and Eastern Ontario, Junction and east; also east of North Bay, and Ontario, North Bay and west.

AUGUST 30th—From Toronto and all stations west, in Ontario, North Bay and west, including C.P.R. stations, Sudbury to Sault Ste. Marie, Ontario.

ONE-WAY SECOND-CLASS TICKETS WILL BE SOLD TO WINNIPEG ONLY

One-way second class tickets to Winnipeg only will be sold. Each ticket will include a verification certificate, with an extension coupon. When extension coupon has been signed at a farmer, showing he has engaged the holder to work as a farm laborer, the coupon will be honored up to September 30th for tickets at rate of one-half cent per mile coupon will be honored up to any station west of Winnipeg on the Canadian Pacific, Canadian (minimum fifty cents) to any station west of Winnipeg in Manitoba, Saskatchewan or Alberta, but not west of Edmonton, Calgary or MacLeod, Alta.

A certificate will be issued entitling purchaser to a second-class ticket good to return from any station on the Canadian Pacific, Canadian Northern, or Grand Trunk Pacific Railways in Alberta, Saskatchewan and Manitoba east of MacLeod, Calgary and Edmonton, to original starting point by the same route as travelled on going journey on or before November 30th, 1912, on payment of one half cent per mile (minimum fifty cents) up to the ticket agent on arrival at destination, and works at least thirty days at harvesting.

• For full particulars see nearest C.P.R. Agent, or write—
H. G. MURPHY, D.P.A., C.P.R., Toronto

Watford's Civic Holiday

Thursday, August 22, 1912

GRAND EXCURSION

UNDER THE AUSPICES OF THE
WATFORD SILVER BAND

SARNIA

VIA GRAND TRUNK RAILWAY, AND TO
DETROIT

BY STAR LINE STEAMER, CITY OF TOLEDO.

RAILWAY TIME TABLE AND FARE

	Fare to Sarnia.	Fare to Detroit.	Train Leaves.
LONDON.....	\$1.25.....	\$1.80.....	6.00 a.m.
HYDE PARK.....	1.15.....	1.70.....	6.08 "
KOMOKA.....	1.05.....	1.60.....	6.20 "
STRATHROY.....	1.00.....	1.55.....	6.40 "
KERWOOD.....	.85.....	1.40.....	6.52 "
WATFORD.....	.65.....	1.20.....	7.06 "
KINGSCOURT.....	.55.....	1.10.....	7.13 "
WANSTEAD.....	.50.....	1.05.....	7.19 "
WYOMING.....	.45.....	1.00.....	7.25 "
MANDAUMIN.....	.40.....	.95.....	7.35 "

ARRIVE AT SARNIA WHARF 8.00 a.m.

CHILDREN OVER 5 AND UNDER 12 HALF FARE.

Special Train will leave Sarnia Town Station on arrival of Boat from Detroit, Thursday, August 22nd.

Tickets are good returning August 23rd, on train leaving Sarnia Tunnel at 4.25 p.m., giving those who wish to remain, two days in Detroit. The palatial steamer, "City of Toledo" has been specially chartered for this trip, and excursionists are assured a delightful ride to the City of the Straits, with ample time to visit the many points of interest. The boat will stop at Bell Isle Park, going and coming, and excursionists can spend the time there instead of going so Detroit. Sarnia tickets good going and returning August 22nd.

Tickets can be had at the G. T. R. depot the night before. Railway and boat tickets for Detroit are combined, avoiding delay and confusion at the dock.

F. LUCKHAM, PRESIDENT. F. K. MATTHEWS, BAND MASTER.
C. S. KERTON, SECRETARY. T. L. SWIFT, TREASURER.

WESTERN FAIR

SEPTEMBER 6th to 14th, 1912

London's Great Exhibition

Liberal Prizes Instructive Exhibits
Speed Events each day
New Art Building filled with Magnificent Paintings

Attractions

Programme Twice Daily Live Stock Parade Daily
Besses o' the Barn Band
of Cheltenham, England, One of the greatest Brass Bands in the World, and several others.
Aerial Acts, Comedy Acts, Trampoline and Acrobatic Acts, Seabert's Equestrienne Act, and others.
The Midway better than ever.
Fireworks each Evening.

SINGLE FARE RATES OVER ALL RAILROADS FROM KINGSTON TO DETROIT
Special Excursion Days, Sept. 10th, 12th, 13th.

Price Lists and all information from
W. J. REID, President A. M. HUNT, Secretary



WOC ve sightly, expensiv lived.