

WOMAN HAD NERVOUS TROUBLE

Lydia E. Pinkham's Vegetable Compound Helped Her.

West Danby, N. Y.—"I have had nervous trouble all my life until I took Lydia E. Pinkham's Vegetable Compound for nerves and for female troubles and it straightened me out in good shape. I work nearly all the time, as we live on a farm and I have four girls. I do all my sewing and other work with their help, so it shows that I stand it real well. I took the Compound when my ten year old daughter came and it helped me a lot. I have also had my oldest girl take it and it did her lots of good. I keep it in the house all the time and recommend it."—Mrs. DEWITT SINCEBAUGH, West Danby, N. Y.



Sleeplessness, nervousness, irritability, backache, headaches, dragging sensations, all point to female derangements which may be overcome by Lydia E. Pinkham's Vegetable Compound. This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be the most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Guide-Advocate

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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, JANUARY 18, 1918
NOTE AND COMMENT

Christian Science Monitor: Calamity, on one side of the line or on the other was not necessary to the awaking in these later times, of kindly sentiment and warm friendship between the two countries, but it will serve in this instance to reveal in the United States something of the extent and genuineness of the admiration, respect and neighborliness which the mass of its sons and daughters entertain for their kinsfolk of the north. The opportunity which the disaster affords of putting into tangible form sentiments of regard for Canada and for Canadians, so often expressed by them during the last three years, will not be overlooked or neglected by the people of the south.

The Dominion Government is planning to place the country on a war basis with a view to conserving all of Canada's resources and throwing our full efforts into the war. It is expected that there will be much more drastic food regulations shortly and it would not be surprising if Canadians were put on a card system basis for sugar and other commodities of which there is a scarcity. There is absolutely to be a curtailment of the use of all kinds of luxuries as in Great Britain. Hotels and restaurants also will probably be restricted in their menus. The opening of spring will also probably see a curtailment of the use of gasoline for joy riding. Mobilization of farm labor to increase agricultural production and vigorous steps to stimulate production are expected.

As a vermicide there is no preparation that equals Mother Graves' Worm Exterminator. It has saved the lives of countless children.

The Chicago Milk Drivers' union is seeking women to replace the men drivers who have been called away to war.

Who Shall go Short in 1918?

At the beginning of a New Year the Food Controller appeals to all public-spirited citizens to study the facts of the world food situation and their own personal responsibilities in connection with the food shortage. Food is the most essential material thing in the world to-day. The situation in Great Britain, France and Italy is exceedingly grave. In all the neutral countries of Europe it is desperate. In Germany the workers have so deteriorated by reason of malnutrition that the output per capita has been reduced by about 33 per cent as compared with the first year of the war. There is not enough food in the world to go around on the same generous scale as before the war. Who shall go short?

The world shortage of supplies up to the present has been felt in this country only indirectly through the rapid advance in prices. Important saving has been effected in beef, ham, bacon and white flour, but far greater economies are required. As yet the great majority of the people have made practically no real food sacrifices. The need overseas is such that this continent must do its utmost. The people of Canada who have food in abundance must reduce their own consumption of certain foods and share with those who have not enough to maintain their physical efficiency. The Allied armies and civilian populations will then be given the support which they must have to win. There will be much suffering in Europe despite the best efforts of the people on this side of the Atlantic, but we at least have it within our power to ensure that such privations will be no greater than is absolutely necessary. It is our plain duty and privilege to support the morale of the fighting men and the civilian populations of Europe and ensure it from being endangered by the menace of starvation.

A Better Machine Gun

Announcement has been made of the development of an America machine gun capable of continuous firing, says "Popular Mechanics." Ammunition is carried to its feed block by an endless belt kept filled by an automatic reloading mechanism. Supply hoppers contain from 2,500 to 10,000 cartridges and are replenished or replaced without interfering with operation. Most machine guns fire about 500 shots a minute and are supplied with ammunition by belts holding approximately 250 cartridges. Thus they are able to fire uninterruptedly for only 30 seconds, while the new instrument spits thousands of missiles without pausing, and thereby does the work of two ordinary pieces.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and this is catarrh. Catarrh being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Catarrh Cure is taken internally and acts through the Blood on the Mucous Surfaces of the System thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hall's Catarrh Cure that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.
Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

Red Cross in France

There are 20,060 children in France at the present time receiving American Red Cross assistance, according to a cablegram just received from the Paris headquarters of the Red Cross. Complete medical care is being extended to 700 of this army of children, while dispensary medical care claims 3060 patients. Orphans and other children who are aided by the Red Cross directly or indirectly account for the remainder. Five hundred children per day, for instance, receive medical attention at the point of repatriation for nationals of France who are being returned from behind the German lines.—United States Bulletin.

THE OIL FOR THE FARMER.—A bottle of Dr. Thomas' Electric Oil in the farm house will save many journeys for a doctor. It is not only good for the children when taken with colds or croup, and for the mature who suffer from pains and aches, but there are directions for its use on sick cattle. There should always be a bottle of it in the house.



The Ford Saves the Hay and Oats the Horses Eat

IT HAS been estimated that five acres of land are required to maintain one horse for a year, and that the same five acres would produce nearly enough food for two people. If 50,000 Canadian farmers each replaced one horse with a Ford, 250,000 acres would be added to the Nation's source of food supply and enough extra food made available to feed 100,000 people.

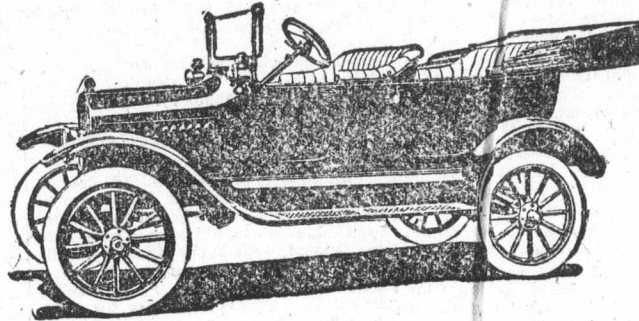
Just think what a great service this means to the country at the present time and the benefit to the farmers from the sale of food produced on this acreage.

A Ford car also saves the farmer a week or more of valuable time each year, which can be used for further productive work. The Ford travels three times as fast as a horse and rig—costs less to run and keep, and is far easier to take care of. With labor so scarce and high priced, time means money, so do not delay in getting your Ford.

Ford

- Runabout - \$475
- Touring - \$495
- Coupe - \$770
- Sedan - \$970

E. O. B. FORD, ONT.



RAY MORNINGSTAR - Dealer - Watford.

The Guide-Advocate JOB PRINTING DEPARTMENT

YOUR ORDER SOLICITED
ALL WORK SATISFACTORILY DONE
PRICE REASONABLE

THIS is no time to be practising False Economy. Don't imagine because you have a fire on that it is cheaper to bake your own Bread and Cakes. Remember, you must have extra heat, and you know the cost of wood and coal these days! So Save your Fuel and Buy your Bread and Cakes from **LOVELL'S**

Made the Supreme Sacrifice

- WATFORD AND VICINITY
- Lt.-Col. R. G. Kelly
 - Capt. Thos. L. Swift
 - Sergt-Major L. G. Newell
 - Pte. Alfred Woodward
 - Pte. Percy Mitchell
 - Pte. R. Whalton
 - Pte. Thos. Lamb
 - Pte. J. Ward
 - Pte. Sid Brown
 - Pte. Gordon Patterson
 - Pte. F. Wakelin, D. C. M.
 - Pte. J. Wakelin
 - Pte. G. M. Fountain
 - Pte. H. Holmes
 - Pte. J. Stillwell
 - Pte. Macklin Hagle
 - Sergt. Clayton O. Fuller
 - Gunner Russell Howard Trenouth.
 - Pte. Nichol McLachlan
 - Corp. Clarence L. Gibson
 - Signaller Roy E. Acton.

Every rose has its thorn — and the thorn outlasts the rose.

No matter how deep-rooted the corn or wart may be, it must yield to Holloway's Corn Cure if used as directed. m

VINOL

Positive—C

It is all very but can they b the formula c statements we
Cod Liver oil
Manganese
Iron
Sodium Citrate
Phosphates, Ca
Any doctor ingredients of above, combi needed to mak All weak, nervous men this at our exp There is not store strength old people, de persons who r Try it. If y ished, we wil without quest fairness and

Taylor & Son, Also at the best towns.

MEN WHO

149 BA

- Lieut. W. I. Ottawa.
- Lieut. R. D.
- Sergt. W. I.
- Sergt. M. W.
- Sergt. S. H.
- Sergt. E. A.
- Sergt. W. C.
- Sergt. Geo.
- Sergt. H. M.
- Sergt. C. F.
- Corp. W. M.
- Corp. J. C.
- Corp. J. Me.
- Corp. S. E.
- Corp. H. C.
- Corp. C. Sk.
- Corp. C. E.
- L. Corp. A.
- B. O. S.—B.
- C. O. S.—C.
- Pte. A. Ban.
- Pte. F. Coll.
- Pte. A. Den.
- Pte. J. R. G.
- Pte. H. Jam.
- Pte. G. Law.
- Pte. R. J. I.
- Pte. C. F. I.
- Pte. W. C. J.
- Pte. T. E. S.
- Pte. A. H. I.
- Pte. G. A. I.
- Pte. A. W. I.
- Pte. W. J. S.
- Pte. W. C. J.
- Pte. R. Clar.
- Pte. S. L. M.
- Pte. J. McC.
- Pte. C. Atcl.
- Pte. H. J. M.
- Pte. H. B. J.
- Pte. G. Voi.
- Pte. T. A. C.
- Pte. D. Ben.
- Pte. F. J. R.
- Pte. E. May.
- Pte. C. Has.
- Pte. S. Gral.
- Pte. W. Pal.
- Pte. H. Tho.
- Pte. F. T. W.
- Pte. B. Tre.
- Pte. E. A. S.
- Pte. W. Zav.
- Pte. W. J. S.
- Pte. Lot Ni.
- Pte. John L.
- Pte. Eston.
- Pte. E. Co.
- Pte. F. A.
- Pte. F. Wh.
- Pte. Edgar.
- Pte. White.
- Pte. McGar.
- Pte. Wilson.
- Pte. Richa.
- Pte. L. H.

No Fr

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