WOMEN OF MIDDLE AGE

May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.



change of Life and suffered for two
years with headache,
nervousness, sleepless nights and general weakness. Some
days I felt tired and
unfit to do my work.
I gave Lydia E.
Pinkham's Vegetable Compound a
trial and found good
results, and I also
find it a very helpful
Spring tonic and useful for constipation
from which I suffer much. I have recommended Vegetable Compound to several friends, and am willing you should
publish this.''—Mrs. MARTHA W. LINDSAY, 810 Robinson St., Regina, Sask.
If you have warning symptoms such
as a sense of suffocation, hot flashes,
headaches, backache, dread of impending evil, timidity, sounds in the ears,
palpitation of the heart, sparks before
the eyes, irregularities, constipation,
variable appetite, weakness, inquietthe eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We

LONDON BUSINESS COLLEGE Dundas and Richmond Sts.

begin taking the medicine at once. We know it will help you as it did Mrs. Lindsay.

London, Ontario
Write for information regarding our courses in Bookkeeping and Shorthand. Fall term opened on August 30th. N. STONEHOUSE, Vice-Principal. J. MORRITT,

ELLIOTT Business College Yonge and Charles sts., Toronto. Prepares young men and women for employment as accountants, stenog-raphers, typists, private secretaries, cashiers, commercial teachers, etc. Salaries to start \$15 to \$25 per week. Commence any time. Write for particulars.

W. J. ELLIOTT, Principal.

New Term from Nov. 1st |



The leading Commercial School of Western Ontario, Commercial, Shorthand and Telegraph departments, Graduates placed positions. Students may enter at any time.

Get our Free Catalogue. D. A. McLACHLAN, Principal.

TASTE ALONE

will tell how good it is

Just you trya loaf of our delicious Bread and you'll know why it is so popular in Watford and surrounding country.

F. H. Lovell's

Bakery - Confectionery

COATH THINK RAILWAY
CRAND TRUNK BALLWAY
TIME TABLE
Trains leave Watford station as foi-
lows :-
GOING WEST.
'Accommodation, 111 S. 44 a.m.
Chicago Express, 1712.47 p.m.

Chicago Express, 17...12.47 p.m.
Detroit Express, 83...6.48 p.m.
(a) Express, 5.....9.11 p.m.
(c) Express, 15.....10.10 p.m.
GOING EAST
Ontario Limited, 80...7.38 a.m.
Chicago Express, 6....11.16 a.m.
Accommodation, 110...2.28 p.m.
Accommodation, 112...5.45 p.m.
(a)—Stops to let off passengers
from Toronto.
(c,—Stops to let off passengers.
...C. W. VAIL, Agent, Watford.

Read the Guide-Advocate "Wants."

Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY tscription \$2 00 per annum in advance, \$2.50 in advance to the United States.

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Changes to suit advertisers if copy of change s in printer's hands by Tuesday noon. LEGAL ADVERTISING:— ist insertion per line, to cents, subsequent insertions 5 cents per line, Agate measure 14 lines to the inch. Business Cards-One inch and under, sper \$5,00. AUCTIONEER CARDS-One inch \$5 00.

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W. C. AYLESWORTH, Publisher. T. HARRIS, Editor.

Guide-Advocate

Member of Canadian Weekly Newspapers' Association

FRIDAY, NOVEMBER 19, 1920

Trees on the Prairie. The Canadian Forestry Associa-The Canadian Forestry Associa-tion sent to the Prairie Provinces during the summer of 1920 a tree-planting car in charge of an expert. The object was to enlist and direct the enthusiasm of the prairie people for tree-planting—a movement that has attained much importance in Manitoha Saskatchewan and Alber-

Manitoba, Saskatchewan and Alber-ta. The experiment has been an un-qualified success, for the help given to farmers and town residents in their tree problems will show splen-did results in a few years—when the trees now set cut grow to normal trees now set cut grow to normal size. The prairie need no longer be treeless, even in the dry belts, and no home need be without a protecting fringe. Near Lethbridge, one farmer has succeeded, in the driest years, in growing trees to fourteen feet. In another part of Alberta, an Englishman has succeeded in growing a wind-break of trees around his entire farm, and has a rich border of English perennials all along the side of the drive to his house. He does not suffer from drifting soil, as do his neighbors, and he has grown strawberries and other drifting soil, as do his neighbors, and he has grown strawberries and other tender fruits under the protection of the trees. This widespread tree-planting movement is one of the solid constructive features of Western life, and can be made a great economic and social asset. We in the East often regard trees as a sort of nuisance, but in the irrigation districts, and on the monotonously untricts, and on the monotonously un-

broken levels of Western Saskatchewan, they are prizes to be cared for as we care for rare roses and rhododendrons. Merrifield, the Modest.

Pte. William Merrifield, now of Sault Ste. Marie, is, above all things a modest man, though a V.C. wearer. It is recalled of Merrifield that when he was returning home on the troop train with his unit, the 4th Battalion, train with his unit, the 4th Battalion, he was hunted up by a reporter who was intent on getting the tale of how he won the V.C. Merrifield simply wouldn't talk about it. Perhaps he couldn't. Anyway, the scribe says that as he tried to get the soldier to "loosen up" the big drops of perspiration stood out on the hero's bronzedface. It was less of an ordeal to win the medal than it was to tell how it was won. was won.

was won.

"For most conspicuous bravery and devotion to duty during the attack near Abancourt on the 1st of October, 1918. When his men were held up by an intense fire from two machine gun emplacements, he attacked them both single-handed. Dashing from shell hole to shell hole he killed the occupants of the first post, and, although wounded, continued to attack the second post, and with a bomb killed the occupants. He refused to be evacuated and led his platoon until again severely wounded.

Fighting the Plague. In England, in 1665, when the playue was raging, tobacco was regarded as an excellent protection against infection.

CATARRH CANNOT BE CURED with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the suytem. Hall's Catarrh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo O. All Druggists, 75c. Hall's Family Pills for constipation.

Neil McAlpine is tax collector at Glencoe. His salary is \$50.

WAR CAUSED FRICTION

AMERICANS LEARN ABOUT FEEL-ING IN CANADA.

They Have Been Investigating In the Dominion to Find Out Why We Do Not Admire Them as Much as They Admire Themselves - Some Sane Conclusions Reached Regarding International Relations.

TILLIAM S. M'NUTT in Collier's has an article on "As the Canadians See Us." He got started on the article by meeting a business man who told him that the Canadians were boycotting American goods. so he interviewed New Yorkers who had business dealings with Canada. One of them told him that the United States in 1919 did business with all the countries of South America to the value of \$969,276,505, and the balance of trade was \$167,473,203 against the United States. With Canada, in 1919, the United States did business to the value of \$1,282,667,business to the value of \$1,282,667.849, and the balance of trade was in favor of the United States to the amount of \$344,768,213. The United States sells more goods to Canada than to any other country in the world except Great Britain. These facts impressed Mr. McNutt, and he interviewed others.

He met a traveling man, just back from Canada, who said the Canadians

from Canada, who said the Canadians hated the Americans, and that he had had a terrible time. Another traveler, on being told of this, exclaimed:

"I know just what happened. He went over to Canada, and started in to tell all over again how America won the war. I'd bet anything that's what got him in wrong, and I wish they'd hang him before he got back! It's fellows like him who have made it hard for all of us in Canada. Americans go up there and blab around about how Americans won the war, and naturally the Canadians, who were in the war for more than four years, hear it and get sore at all Americans."

Mr. McNutt decided to come over to Canada and see what the state of feeling is, and he visited Toronto, Ottawa, and Montreal. He finds that nearly all Canadians have been made weary of the boastfulness and spread-eagleism shown in American movie films in Canadian picture houses; that they resent the abuse directed against Great Britain in certain American newspapers; that there is no boycott of American goods, although there is a campaign under way urging people to buy made-in-Canada goods. Every Canadian he met resents the fact that the Canadian dollar is rated away below par in the American market—he hates to less the explanar feels it to be a lose the exchange, feels it to be a dead loss, and in some way or other an injustice. In England people are familiar with the fluctuations of exchange; in Canada people are not, and as they are buying American goods all the time this discount on their own worky is consistent area. their own money is a constant annoy-

The conclusion at which Mr. Mc-Nutt arrives is that the friendship between Canada and the United States will long out-last the friction. He thus advises Canadians: "Be a little patient with the seeming boost-fulness of the Americans as expresed in the movies and in some periodi-cals and newspapers. Perhaps, after all, the individual Yankee is not as all, the individual Yankee is not as vain-glorious and susceptible to flattery as some of the American movie, periodical, and newspaper writers may think. At least remember that most of the flamboyant conversation was meant for family ears only, and believe that it is as embarrassing to the majority of Americans as it is annoying to the majority of Canadians. Remember also that in our dark days during the Civil War the American dollar was worth only 40 cents in Canada, and that it did not get back to par until 1879." All of which advice is good. He advises Americans to remember that Canada has gone through a terrible ordeal, and that it is necessary to strengthen justice with a little gratitude.

Sunken Ships Recalls War. Thirty miles east of Kingston, Ont., in the St. Lawrence river, lies the hulk of the Canadian steamer Sir Robert Peel, which was fired and sunk during the Patriot War of 1837-38.

It was on the night of May 30.

sunk during the Patriot War of 1837-38.

It was on the night of May 30, 1838, that this steamer, en route from Prescott to Toronto. Ont., with nineteen passengers and \$20,000 in specie for paying the troops in Upper Canada, was taking on wood at what was then called McDonnell's wharf, when a company of men led by Bill Johnson, known as the hero of the Thousand Islands, disguised and painted like Indians and armed with muskets and bayonets, rushed aboard, shouting: "Remember the Caroline!" The night was dark and rainy. The passengers who were asleep in the cabin, together with the crew, were ordered ashore and had to leave. The Peel was then pushed out into the river and turned and sunk. All the attacking band escaped punishment. Several were tried at Watertown, N.Y., for arson, but were acquitted.

Johnston kep. a hotel for years at Clayton, N.Y., formerly known as French Creel. Ha was a national.

confidential friend of William Lyon Mackenzie, leader of the rebellion in Upper Canada in 1837. His daughter, Kate Johnston, furnished the band with supplies while they were outlawed and in hiding among the Thousand Islands.

Both Suitable. An old gentleman entered a country newspaper office and approaching the editor said, "I want to get ropics of your paper for a week back." z

The editor replied: "Hadn't you better also try a porous plasfer?"

Safes were first brought to a start STUNNING DRESS FOR FALL



A black satin creation with jet for trimming, with dainty linen collar and cuffs. The lace edging adds distinc-tion to this model which may be worm through fall and into win-

You know it! It begins with a tickling, irritating sensation in your throat. You cough to clear the throat. In a moment there it is again!

A minute's peace, then again you cough, and so on until you cough your throat sore, and by the time the cough is sufficiently allayed to permit you to sleep, you are thoroughly worm out. This kind of experience is particularly trying to old

Peps make this sort of thing quite unnecessary.

Put a Peps pastille on your tongue and allow it to slowly dissolve. Healing fumes are then liberated, which mingle with the breath and are carried to the remotest parts of the air passages and lungs, allaying the invitation and southing the the irritation and soothing the inflamed membranes, thus end-ing the cough and making sleep

laryngitis, asthma, sore throat and colds. Try Pers at our expense. Send this advertisement and kestamp (for return postage), to Peps Co., Toronto, and receive FREE TRIAL PACKAGE. All dealers, Soc. box.

From Chrome Leather A Horsepower Hame Strap



These two articles are made from chrome leather, the strongest, toughest leather known. They will not harden with sweat or water. They have great strength and wearing qualities that will more than please you. May we show you our fine selection of halters and harness, B

N. B. HOWDEN ESTATE J. McKERCHER, Watford



Like the 3,000 other Ford Servie Stations in Canada, we have always given thoughtful consideration to the suggestions of Ford owners. If difficulties have occurred we have noted them. If suggestions for improvement have been made we have given attention to them. And we in our turn have reported these suggestions to the Ford factory.

These suggestions have been acted upon, so, that the Ford Car you purchase today embodies the experience of those 3,000 Ford Service Stations and of 190,000 Canadian Ford owners as well.

TOURING, without starter. \$ 675
TOURING, without starter. \$ 775
COUPE \$1100
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TRACTOR \$ 790
War Tax and Freight extra.