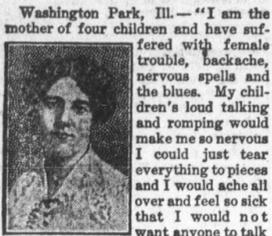


I OWE MY HEALTH

To Lydia E. Pinkham's Vegetable Compound.



Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."

—Mrs. ROBT. STROEDEL, Moore Avenue, Washington Park, Illinois.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

Guide-Advocate

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HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, JANUARY 11, 1918

NOTE AND COMMENT

Newfoundland, the oldest British overseas possession, has been made a dominion, as a reward for the gallantry of her overseas forces.

The Kaiser talks of bringing peace by the hammering of the iron fist. Yes, that's the way the Allies will bring it and Wilhelm will be the object of a great deal of the hammering.

Despite the plea that it was a shame to let corn be used for making liquor when fowl and rabbits are so hungry, Magistrate Miers, of Walkerville, assessed fines of \$5 and \$10 each on seven citizens of Ford for thefts of corn from the farm of Hiram Walker & Sons. Provincial officers who worked up the cases against the men, say that more than \$800 worth of corn was taken.

Here is the way they get after tax dodgers in the U. S. The Wyandotte Herald says: "The Government is going to send out men to instruct taxpayers in preparing income tax returns. It will be up to the taxpayers to hunt up these men, who will be sent into every county seat town and some other towns besides, to meet the people. Postmasters, bankers, and newspapers will be able to tell when the Government's income tax man will be around, and where to find him. He will answer questions, swear you to the return, take your money, and remove the wrinkles from your brow. Returns for 1917 must be made between January 1st and March 1st, 1918."

The story is told of a minister, a returned soldier and a Sunday School class, who were all gathered together at an east end church last Sunday afternoon. The

minister rolled out a beautifully colored chart, showing the flight of the holy family into Egypt. "And," said the pastor, using the pointer, "the angel said unto Joseph, 'take ye the mother and child and flee into Egypt. Is not that beautiful, children?'" asked the minister. "Here you see Joseph, the angel, the mother and the child. In the background is Egypt." Before he could go any further a small voice was heard inquiring, "where is the flea?" And the returned soldier made a dive for his breeches waistband; collected himself again, looked about and bloomed the color of a Scottish rosebud.

Doctoring at Sea

The Captain of a tramp steamer in the Gulf of Mexico was lately taken ill with ptomaine poisoning. With death staring him in the face on account of inadequate medical aid, he decided to call, by wireless, for assistance from the physicians at a naval station a hundred miles away.

The message was picked up by a ship's surgeon seven hundred miles away, and the ship's surgeon made all haste to reply to this strange "S.O.S." with a full and detailed prescription, which was without much difficulty made up from the tramp steamer's medicine chest, and the captain's life was saved.

A fireman on a Canadian Pacific liner which carries no surgeon was attacked in mid-ocean with internal hemorrhage. Wireless communication was secured with an Allan liner, and details of the symptoms transmitted across a thousand miles of ocean. A prescription was not only received, but daily consultations took place for some time, and the medicine was "changed" several times.—Tit Bits.

\$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 unpatient 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.

Like Father, Like Son

The gentle art of acquisitiveness which is found in so pronounced a degree in the character of the German Crown Prince may have been inherited from his father, if the story of his royal tour to the East, told in a recent issue of Cornhill Magazine is to be credited. At Damascus, according to this article, the Kaiser was taken to see the house of one of the chief Moslem effendiye (corresponding to the landed gentry of Great Britain), who have a wonderful reception room furnished with old inlaid mushrabayah rich catpets, and embroideries, such as are hardly to be seen now-a-days. This room was one of the sights of Damascus, and travellers were often taken to see it. The Kaiser admired everything greatly—so much, indeed, that the effendi, with true Eastern politeness, answered him with the common Eastern formula, "It is all yours!" The Kaiser said nothing at the time, but within half an hour of his departure a number of the royal packers appeared, who removed the pick of the effendi's cherished heirlooms, if not the whole. In view of the Crown Prince's recent acquisition's behind the lines in France, this anecdote is interesting.

Women canteen workers in the French army are making use of the German prisoners by having them make tin cups from old tin cans.

One of the biggest jobs in Canada today is held by a woman, Miss Violet M. Ryley, general dietitian for the military hospitals commissions upon whose belt swings the key of every kitchen in the military convalescent hospital in Canada. Miss Ryley is responsible for 35,000 meals every day.

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.

Got a Cold?

Peps will give you relief. Simply dissolve a Peps tablet in your mouth. Your breath carries the medicinal Pine vapor, which is released, to all parts of the throat, nasal and air passages, where a liquid medicine could not possibly reach. This vapor destroys all germs with which it comes in contact, soothes and heals the inflamed membranes and fortifies you against coughs, colds, sore throat, bronchitis and grippe. Peps contain absolutely no harmful drugs and are therefore the safest remedy for children.

Peps

MAKE BREATHING EASY.

The Food Controller Says:—

The Report of the Minister of Agriculture for France, which shows a total cereal crop of less than one half of that for a normal year, emphasizes the necessity that Canada should strain every effort to provide food needed overseas for the Armies and the populations behind the fighting lines. There is a large deficit among all the cereals with the exception of barley. Despite very great efforts to maintain production, the native wheat supply of France is the poorest on the record for the last fifty years, amounting to only 39,482,160 quintals (1 quintal=220.46 lbs.), as compared with 89,919,050 quintals in 1913, 76,636,065 quintals in 1914, 60,630,200 quintals in 1915, and 55,767,320 quintals in 1916.

As a consequence of the greatly reduced production of food on the farms of France, the people of the Republic may have still further to reduce their consumption of bread. The bread card system has been adopted in Paris and the other large centers and the amount of wheat and flour which may legally be used in bread is limited to 80 per cent. France has already made tremendous sacrifices and in this time of need is dependent more than ever before upon the people of North America for food. The call has come to us to ensure that so far as it is possible supplies will be forthcoming in order that the soldiers need not have their rations reduced below the efficiency minimum and that thousands of women and children may be saved from terrible suffering and even from actual starvation.

There are available for the people of Canada numerous wholesale substitutes for wheat flour. Let us remember that the waste of even a spoonful of flour means depriving our Allies of food which is urgently needed now and which may be desperately needed before the next harvest, unless we are prepared to do our utmost to reduce our own consumption of wheat and make greater use than we are making at present of substitutes.

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

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

NOTHING BUT THE BEST

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents for MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., AND ALL KINDS OF REPAIRS. NEW AND SECOND HAND SEWING MACHINES AND ALL SUPPLIES.

OUR PRICES ARE RIGHT, AS LOW AS IS CONSISTENT WITH RELIABLE GOODS

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERPAKERS



TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flax & Wheat and Barley, All Kinds Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

INTERNATIONAL STOCK FOOD

FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL

ALL KINDS OF GRAIN TAKEN IN EXCHANGE

Chopping and Rolling Done While You Wait

PHONE 39

The Guide-Advocate JOB PRINTING DEPARTMENT

YOUR ORDER SOLICITED ALL WORK SATISFACTORILY DONE

PRICE REASONABLE

TIRED, NERVOUS, HOUSING TROUBLE

Now She is... Berkeley, Cal. Irritable, no appetite and was always work was a great other medicine built me up and have a good appetite. Every nervous, should try it.—2107 Dwight W. We ask every down, ailing woman to try this cod liver oil guarantee to help if it fails to help.

Taylor & Son, D. Also at the best drug stores.

MEN WHO EAT 149 BATS

- Lieut. W. H. Ottawa.
- Lieut. R. D. S.
- Sergt. W. D.
- Sergt. M. W.
- Sergt. S. H.
- Sergt. E. A. I.
- Sergt. W. C.
- Sergt. Geo. C.
- Sergt. H. Mu.
- Sergt. C. F. F.
- Corp. W. M.
- Corp. J. C. A.
- Corp. J. Menz.
- Corp. S. E. D.
- Corp. H. Coe.
- Corp. C. Skill.
- Corp. C. E. S.
- L. Corp. A. I.
- B. O. S.—B. C.
- C. O. S.—C. I.
- Pte. A. Banks.
- Pte. F. Collins.
- Pte. A. Demm.
- Pte. J. R. Ga.
- Pte. H. Jamie.
- Pte. G. Lawrie.
- Pte. R. J. La.
- Pte. C. F. La.
- Pte. W. C. Pe.
- Pte. T. E. St.
- Pte. A. H. Le.
- Pte. G. A. Pa.
- Pte. A. W. St.
- Pte. W. J. S.
- Pte. A. J. S.
- Pte. R. Clark.
- Pte. W. C. A.
- Pte. S. L. Mc.
- Pte. J. McCl.
- Pte. H. Atch.
- Pte. H. J. Mc.
- Pte. H. B. H.
- Pte. G. You.
- Pte. T. A. Gi.
- Pte. D. Benn.
- Pte. F. J. Ru.
- Pte. E. Maye.
- Pte. C. Hask.
- Pte. S. Grah.
- Pte. W. Faln.
- Pte. H. Tho.
- Pte. F. Thon.
- Pte. B. Tren.
- Pte. E. A. Sh.
- Pte. W. Zavi.
- Pte. W. J. S.
- Pte. Lot Niel.
- Pte. John La.
- Pte. Eston F.
- Pte. E. Coop.
- Pte. F. A. C.
- Pte. F. Whi.
- Pte. Edgar.
- Pte. White.
- Pte. McCarr.
- Pte. Wilson.
- Pte. Richar.
- Pte. L. H. A.

No Fr

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