

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—“For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble.”—Mrs. ALICE HELLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy. Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience.

If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

Guide-Advocate

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

Guide-Advocate

WATFORD, JANUARY 17, 1919

Pte. Dionne of Sarnia, reported killed, has arrived home.

Owing to decreased attendance, at Walkerton public school, one room has been closed.

Kingsville will likely pave its main street this coming. There is an agitation to get away from the mud and slush of the rainy season.

Frederick T. Hoskin, aged 90 years one of Strathroy's oldest and most highly respected residents, and for years in the tin-smithing business there, died Thursday as a result of an accident a week ago in which he fell on the sidewalk and fractured his hip. It was impossible to reduce the fracture.

Only the uninformed endure the agony of corns. The knowing ones apply Holloway's Corn Cure and get relief.

Prof. W. H. Day, B. A., who has been officially connected with the Guelph Agricultural College as a fellow demonstrator and lecturer, and for 12 years past professor of the department of physics, resigned. The resignation will not take effect until March 14. He has purchased an interest in, and will be associated with as secretary and manager, of the Shinn Manufacturing Company, of Canada, with offices and factory at Guelph.

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Medicine, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, it is taken internally and acts upon the Blood on the Mucous Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catarrh Medicine fails to cure. Send for circulars and testimonials.

F. J. CHENEY & CO., Toledo, Ohio.
Sold by Druggists, 75c.
Hall's Family Pills for constipation.

Stefansson and His Work

AFTER a period of over five years spent in exploring the previously unknown territory of the Arctic regions, Vilhjalmur Stefansson, commander-in-chief of the Polar expedition which left Canada in June, 1913, arrived recently in Ontario and reported officially to Deputy Minister Desbarats, of the Department of Naval Services.

Mr. Stefansson's work has resulted in the collection of valuable scientific information and data. Stefansson left Ottawa in the month of May, 1913, and proceeded to the coast, leaving Victoria in June. He was commissioned by the Department of Naval Service to explore the then unexplored regions north of Alaska and west of the known Canadian islands. He has not only accomplished this, but in addition has done far more in the way of geographical survey and correction.

The main vessel of the expedition was the ill-fated Karluk, and, in addition, smaller gasoline vessels were added to the expedition at Nome, consisting of the Alaska, Polar Bear and Challenge.

There were thirteen scientific specialists attached to the party and it was necessary, the explorer explained, to go all over the world to secure these technical experts, New Zealand, Australia, England, France, Denmark, the United States and Canada all contributed their share of the brains that were to make the expedition the success that it has proved to be. Six of the scientists hailed from Canada, viz., Dr. R. M. Anderson, Ottawa; Kenneth Gordon Chipman, Ottawa; John J. O'Neill, Mr. Malloch, of Hamilton, and J. R. Cox, geographical survey. The expedition was financed entirely by the Canadian Government, and during the period of exploration there were approximately 100 men in the service. The average number of men with the expedition at any one time was between 60 and 70.

“Many of the news reports carried may have implied that sickness was our greatest enemy,” said Stefansson. “That is erroneous. The great enemy of the north is the ice. From Nome we went directly north, and it was not long before we encountered ice difficulties. The most serious blow that we sustained was the loss of the Karluk. The vessel got caught amid the ice floes and was eventually broken up. On board the Karluk was what was probably the finest scientific apparatus and equipment of any polar expedition. The Government spared no expense in fitting us out with the most modern equipment, and all this was lost. Thus our expedition was badly crippled. Our source of supplies was cut off by this disaster and we lived on the country, travelling by sled.”

Asked what the approximate area of the unexplored region was, Stefansson said it was about 1,000,000 square miles, of which perhaps 400,000 square miles had been explored.

The scientists with the party included a stratigraphical geologist, a geological mineralogist, two topographers for the making of maps, one terrestrial magnetician, one oceanographer to sound the depths and make reports on the sea bottom, etc., one marine zoologist, three anthropologists to study the people, one mammalogist, and the expedition surgeon, Dr. MacKay, of Edinburgh.

The universities represented on the expedition were Toronto, McGill, Massachusetts Technical Institute, Boston, Yale, State College of Iowa, Oxford, Glasgow, Edinburgh, University of Paris, an engineering institute in Sydney, Australia, and Harvard, which was represented by the explorer. Mr. Stefansson took his post graduate course at Harvard and was for some time a lecturer in that university.

Asked when he had received news of the great war, the famous explorer stated that he first knew that there was a war twelve and a half months after it had started. This information was only received by luck. A whaler which had gone a long way out of its ordinary course brought the news to Stefansson, otherwise he would not have heard for two or three years, as he received no official mail for three years.

Regarding living conditions in general, Stefansson stated that he could be quite as comfortable in the northern regions as elsewhere.

Deputy Minister Desbarats paid high tribute to the explorer and the manner in which he had accomplished his object.

“Stefansson has added to Canada several unknown lands in the Arctic region; he has done exceptionally valuable work by exploring oceans. He has discovered, at certain points, that there was only ocean, where land was supposed to exist. His experiments and his work of sounding the ocean and studying the currents, and of studying the behaviour of the ice fields will be most valuable. He has shown the possibility of living on ice floes in the Arctic.”

Mr. Desbarats stated that the explorer found that Musk Ox existed in certain regions, and had a theory that there might be some industrial possibilities there. Stefansson had discovered coal also. There was

copper in great quantities.

Mr. Desbarats stated that with the loss of the Karluk there had been a serious loss of life.

“Three prominent scientists and two other scientific experts died on Wangle Isle from exposure,” said the Deputy Minister. “Malloch, of Hamilton, died there. Then Dr. MacKay, Murray and Beuchag, all noted scientists, left the party after the wreck, and in their attempt to gain land they were lost in the Arctic night and have never been heard of since.”

The world's sheep stocks have decreased by 54,000,000 since the war began.

PELL RALLYING MEN.

How Capt. R. A. West Won His V. C.

Particulars may be cited of two cases which exemplify the bravery shown by men who receive the Victoria Cross.

Capt. Richard Annesley West, of a tank corps, while commanding a battalion of light tanks, found the infantry endangered by an enemy counter-attack. Despite extremely heavy machine-gun fire and the propinquity of the enemy, West rallied men who had lost their officers and hastily issued orders. West then rode up and down in front of them in face of certain death, encouraging the men and calling to them: “Stick to it, men; show them fight; and for God's sake, put up a good fight.” He fell riddled with machine-gun bullets. His magnificent bravery inspired the infantry to redoubt efforts and the hostile attack was defeated. West was a Canadian.

Another member of the tank corps, Lieut. Cecil Harold Howell, showed equal disregard for his personal safety. When commanding the whipple light tanks he left the tank and crossed open ground under heavy shell and machine-gun fire in order to rescue the crew of another whipple which had slid into a large shell hole and had overturned and was afire. The tank door was jammed against the side of the shell hole. Howell, unaided, dug away the entrance to the door and released the crew, thereby saving them from otherwise certain death.

Social Hygiene.

The Social Hygiene Association of Canada has endorsed the principles adopted at the New York conference, and the Dominion Government has been requested to adopt the general principles in any plan which they may have in view for Dominion control. The principles are as follows:

1. That the single standard of morals should prevail for men and women.
2. That continence is compatible with health and intellectual vigor for both sexes.
3. That men and women should serve together whenever possible on bodies whose functions concern the development and enforcement of moral standards.
4. That prostitutes be not treated as a class apart from other women, and that prostitution be not recognized as a trade.
5. That all measures, either preventive or repressive, concerned with social morality, apply impartially to men and women.
6. That a simultaneous vigorous attack on venereal disease should be made, and that the issues of public health and morals be thoroughly correlated.
7. That sound sex education be incorporated into one entire educational system in homes, school, college, and the church and press.
8. That social and economic adjustments granting to the individual decent living conditions and adequate recreation are essential to progress in social morality. These adjustments concern especially:
 - (a) Housing conditions.
 - (b) Industrial conditions, including conditions of work and wages.
 - (c) Proper and sufficient recreational opportunities.

Big Howitzer for Ontario.

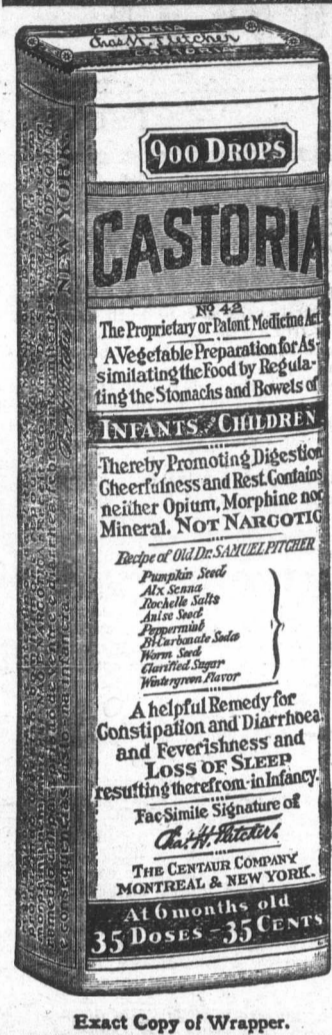
To the 116th Battalion of Ontario county belongs the honor of capturing the big howitzer gun which Sir William Hearst has accepted on behalf of the Ontario Government. The war trophy, which it is expected will reach Toronto shortly, will be given a place of honor in the Queen's Park in front of the Legislative Buildings.

The big gun fell into the clutches of the heroic Canadians in the battle of Amiens last August, in which the 5th platoon of “B” Company, led by Lieut. W. A. Orr, son of Dr. R. B. Orr, curator of the Provincial Museum at the Normal School distinguished themselves in splendid style. The gun was captured by this company after a night of heavy fighting and rounding up of several hundred Hun prisoners.

The gun will grace the Queen's Park as a memorial to the late Col. Sam Sharpe, M.P., the fighting commander of the battalion.

It is in Demand.—So great is the demand for Dr. Thomas' Electric Oil that a large factory is kept continuously busy making and bottling it. To be in demand shows popular appreciation of this preparation, which stands at the head of proprietary compounds as the leading Oil in the market, and it is deserving of the lead.

Children Cry FOR FLETCHER'S CASTORIA



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Posters
Dodgers
Tickets
Auction Sale Bills

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ROLL

Men and V T

27TH R
Thos L Swift
15th, 1915
Bury C Bink
L Gunn New
F C N Newel
A H Woodwa
Sid Welsh
M Blondel
R W Bailey
R A Johnston
C Manning
F Phelps
R W Smith
J Ward, kill
F Waskelin, I
T Waskelin, v
H Whittait

FRINCE
Gerald H Br

CA Barnes
Edmund Wa
J Burns
C Blunt
S F Shanks

2ND I
Lorne Lucas
Chas Potter

3
Percy Mitche
Lloyd Howd
Geo Fountat
Gordon H
Hospital, I

3
E C Crohn
Macklin Hag
Stanley Rogt
Henry Holm
1916
C Jamieson

Wm Mitchell

7
Ernest Lawr
1918.
C H Loyeday
S R Whalton
Thos Meyers
Vern Brown, I
Sid Brown, I

2
Thomas Lan
M
Fred A Taylor

Wm Macnall

J Tomlin
Basil Saunde

ARS
T A Brandon
Norman McL
Allen W Edv
Basil Gault

1
Nichol McL
6th, 1917

3RD R
Alfred Levi

1
Clayton O F
18th, 1917

1
RR Annett

R H Trenou
8th, 1917
Murray M F
Ambrose Ga

Lient. Gerl
on Oct. 16
Austin Potte

Russ G Clau

John J Brow
1st

Surgeon Fr
AR
Eglin D HC
Capt. L. V.

AR
Frank Ello
Arthur McK
Henry Thor

Roy E Actoi

CF Luckha
Romo Auld

Walter A R
Clare Fuller

Edgar Pren

21ster W

Lient M R J
Lient. Leon
July 1, 1
J. C. Hill, I
Lient. J. B.

15
WESTE
Reginald J
James Phai
Russell Mel
Leo Dodds
John Staple
Hiel. McC
Tom Dodds
Wellington
Lloyd Cool
J. Richard
Oct. 11, 1