THE CHARM OF MOTHERHOOD

Enhanced By Perfect Physical Health.

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, and with ample time in which to prepare, women will persist in going blindly to the trial.

Every woman at this time should rely upon Lydia E. Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY.

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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, OCTOBER 9, 1914.

NOTE AND COMMENT

Any villain who extracts "graft" from the necessitities of a people in war-time should not be fined or imprisoned—he should be shot. This is as true of Canada as of Belgium.—Montreal Star.

"Blesssd are the merciful, for they shall obtain mercy," is one of the beatitudes in which the Germans seem to take little stock. Nor can they believe that the meek shall inherit the earth.

The reading of so much war news by the people in this part of Ontario has caused some of them to begin "seeing things at night." Any light, appearing in a new place, is sure to be taken for the light of a hostile aeroplane, the stars appear to move rapidly in the sky, and the whirr of an owl's wings becomes, to their excited fancy, the humming of aeroplane motor.

Official notification has been received at Ottawa that the French government has temporarily suspended the duty on cattle, sheep and hogs and declared free of duty flour, grains, salt, meat, potatoes, frozen meat, oil cake, and horses. Most of these articles are produced in Canada and might in the opinion of the trade and commerce department be exported to France.

It is reported that large numbers of horses are being bought in the United States for the British army. A paper states that an Illinois firm of importers and breeders have received a contract from the French government to supply 15,000 horses at once, the prices ranging from $175 to $200. The same paper makes an estimate that altogether it is expected that upwards of 100,000 horses will be contracted for in the United States for foreign governments, to be used in the present war.

Every Woman

is interested and should know about the wonderful **MARVEL Whirling Spray**. The new Vaginal Syringe. Best—Most convenient. It cleanses instantly. 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 invaluable to ladies.

WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

It's Great to be a Farmer

It is a great thing to be a farmer—just a farmer. No matter what happens the farmer. No matter what happens the farmer's work will always be needed. As far as the necessaries of life are concerned he need not worry, and after all, does anyone need much more ? He can be sure of food, shelter and clothing at all times, and in all ages that has proven the soundest kind of wealth. Unless war over-runs his fields and destroys his crops, cattle and buildings, he is beyond the reach of want, and even if this does happen he can soon recover what he has lost. Another seedtime and harvest will put him on his feet again. It is well to have these facts in mind at the present time when governments and business organizations are so completely bewildered by the calamity that has overtaken them. Whoever may be worrying the farmer need not worry. He may rest secure in his lowly position.

The farmer of to-day is to all intents and purposes an educated man. He can read, write and think for himself. Moreover, he is a free men, jealous of the rights of freedom. —Peter McArthur, in Farmer's Advocate.

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 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation. m

A Lesson in Imperialism

One of the great object lessons of the present war has been the alacrity and eagerness with which the self-governing colonies of Great Britain, even including her Dutch subjects in South Africa, are prepared to cross the seven seas to fight for the Empire. It connotes the sense of citizenship that spreads through all her government. In the days of Ancient Rome the words "I am a Roman citizen" stood for all was best and greatest in liberty and freedom. It is even so with the empire on which the sun never sets. "I am a British citizen" is the talismanic phrase that carries its magic influence to the four corners of the earth.

Before the South African war Boer and Briton were traditional enemies. Today, while they may still have their political differences as to matters of internal economy, they are one in sympathy and purpose when the old flag is assailed, and the spectacle of a Botha and a Dewet, the one as premier of the South African Union, and the other as Minister of Agriculture of the Orange River Colony, is a striking illustration of British administration and its power to leaven the lump of apparently discordant elements into one patriotic, loyal and harmonious whole. It is the genius of Anglo-Saxon colonization and the secret of a world-wide domain.

Canada, Australia, New Zealand and the larger dependency of India, though their history is different from that of India, though their history is different from that of the Union, are at one with the motherland in the struggle against the hydra-headed monster of German autocracy and militarism, and will vie each with the other and with the home country in deeds of prowess and self-sacrifice. It is a sight for the nations and must add tremendously to Britain's prestige and power.

British Marching Song

"It's a Long Way to Tipperary," has become the marching song of the British Army, according to London despatches. It is not widely known in this country.

Up to mighty London came an Irishman one day.
As the streets were pav'd with gold, sure ev'ryone was gay.
Singing songs of Piccadilly, Strand and Leicester Square,
Till Paddy got excited, then he shouted to them there :—

Chorus :

It's a long way to Tipperary,
It's a long way to go ;
It's a long way to Tipperary,
To the sweetest girl I know.
Goodbye, Piccadilly, farewell, Leicester Square,
It's a long way to Tipperary,
But my heart's right there.

Paddy wrote a letter to his Irish Molly O'
Saying, "Should you not receive it, write and let me know ;
If I make mistakes in spelling, Molly dear," said he
"Remember, it's the pen that's bad, don't lay the blame on me."

Chorus.

Molly wrote a neat reply to Irish Paddy O'
Saying, "Mike Maloney wants to marry me, and so
Leave the Strand and Piccadilly or you'll be to blame,
For love has fairly drove me silly, hoping you're the same.

War Events

Now that news is filtering through regarding the prowess of British troops at the front, the record is entirely favorable. German experts derided the British expeditionary force as absolutely ineffective and as practically negligible. They are now disillusionized, and are by circumstances compelled to admit that the British troops, small though they may be in numbers, have been a determinative feature in this pan-European war.

Where German militarism has fallen down, and fallen down badly, is in its notion that unity can only be reached by force. The exponents of militarism have been, in the schools, taught to believe that the German army had before it only a continuous series of victories. The reaction will be all the more disastrous when that army realizes that its clay is just the same as that of its opponent.

This was early intimated when the German invaders met the serried ranks of the allies. Germany had the advantage at the start. German armies swept over Belgium like a cyclone and rolled down to the very gates of Paris. Just at the moment of investment a sudden change came—how or why is a matter that the annals of the war will reveal. What we do see is embattled armies struggling for advantage where time means everything for the allies and doom for the German defenders of autocracy.

Riddles.

Which is the longest letter in the alphabet? An l (ell).

Why does a fat man when squeezed compliment the ladies? Because the pressure makes him flatter.

What quadrupeds are admitted to balls, operas and dinner parties? White kids.

Why does a sculptor resemble a tippler? Because he is everlastingly soaking his clay.

What instrument of war does an angry lover resemble? A cross bow (beau).

Why are cats like unskillful surgeons? Because they mew-till-late and destroy patients (patience).

Why are gymnastics like the tide at low water? Because they develop the muscles (mussels).

About Earth and Sea.

The volume of the saline matter in the ocean is a little more than 4,800,000 cubic miles, or enough to cover the entire surface of the United States, exclusive of Alaska, 1.6 miles deep.

The volume of the ten mile rocky crust of the earth, including the mean elevation of the land above the sea, is 1,633,000,000 cubic miles.

One per cent of the contents of the oceans would cover all the land areas of the globe to a depth of 290 feet.—United States Geological Survey.

Cut to the Quick.

In this phrase "quick" is a substantive meaning vital part and is derived from the Anglo-Saxon "cwic," meaning "living."

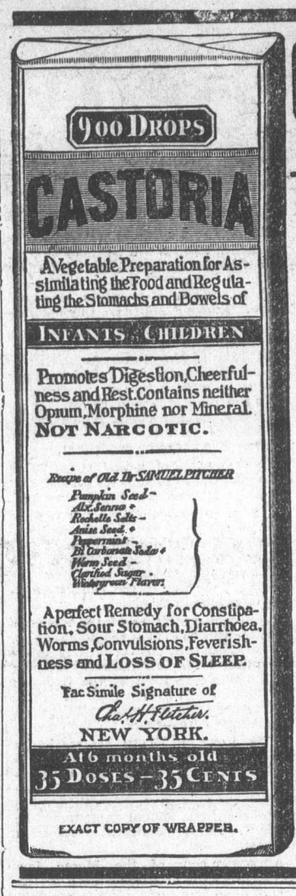
The expression signifies literally "hurt in a vital part" and is used to denote acute distress of mind caused by unkindness in word or act.

A Joke.

Small Johnny's father said that he
Considered that most boys
Were little firecrackers—they
Are so filled up with noise.

But Johnny said his pa was wrong;
That he had always found
Himself more like a pinwheel that
Is always whizzing round.

An Oil That is Famous.—Though Canada was not the birth-place of Dr. Thomas' Eclectric Oil, it is the home of that famous compound. From here its good name was spread to Central and South America, the West Indies, Australia and New Zealand. That is far afield enough to attest its excellence, for in all these countries it is on sale and in demand. m



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CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

WATFORD PLANING MILL PRODUCTS

A busy plant in a lean year, is a sure sign, that some one is delivering the goods. -:- -:- -:- -:-

Consider the advantage of buying from a concern, that manufactures all the different lines that you require. That concern will give you service. -:- -:- -:-

We handle all the different kinds of wood material, used in building houses, and manufacture same at our mill, for this reason, we can sell you at rock bottom prices.

Our mill is complete in every respect, there is nothing too large or too small for us to manufacture and no order too large or too small for us to handle. -:- -:-

SEE US FOR SILOS

ESTABLISHED 1870. **GEORGE CHAMBERS**

FIRST ANNUAL

Fruit, Vegetable, Flower and Honey Exhibition

UNDER THE AUSPICES OF THE

Lambton County Fruit and Vegetable Growers' Association

WILL BE HELD IN THE ARENA

SARNIA, OCTOBER 28, 29, 30, 1914

$700 SEVEN HUNDRED DOLLARS IN PRIZES $700

Commercial Displays of Fruit, Vegetables and Honey by Local Associations.

Special Classes for Individual Exhibitors, Consisting of Boxed Apples. Barrelled Apples, Plate Exhibits, Single Specimen Exhibits, Grapes, Pears, Preserved Fruits, Jams and Jellies.

In connection with the Exhibition will be held a Convention of Fruit and Vegetable Growers of Lambton County for which the best fruit experts available are being secured.

ORCHESTRA EACH EVENING.

Boost your County by sending an exhibit and being present yourself.

For Prize List and full information apply to the Secretary.

G. G. BRAMHILL, Sec'y., Petrolea. DR. A. J. GRANT, Pres., Thedford.

CANADIAN PICTORIAL

Canada's Most Artistic and Popular Magazine

Its pictures pertaining to the war are alone worth the money.

This elegant magazine delights the eye while it instructs the mind concerning the picturesque doings of an interesting and highly entertaining world.

Each issue is literally crowded with the highest quality of photogravures, many of them worth framing.

It is the most popular "Pick-me-up" on the waiting room tables of the leading doctors throughout the Dominion, and in the big public libraries it is literally "used up" by the many who are attracted by its entertaining and beautiful pages.

It's a "love at sight" publication and it has departmental features of great interest to the young woman and the home-maker.

Of it—just to quote one man's praise from among thousands—the late Rt. Hon. Lord Strathcona, wrote : I may be permitted to say so, is a credit to Canada." (Signed) STRATHCONA.

On trial to New Subscribers—Twelve months for only 65 cents.

The "Canadian Pictorial" is published by THE "PICTORIAL" PUBLISHING CO., "Witness" Block, Montreal, Canada. Try it for a year.

Women have colds in their heads much less frequently than men because they are not accustomed to heavy head coverings.

Nothing as Good for Asthma. Asthma remedies come and go but every year the sales of the original Dr. J. D. Kellogg Asthma Remedy grow greater and greater. No further evidence could be asked of its remarkable merit. It relieves. It is always of the same unvarying quality which the sufferer from asthma learns to know. Do not suffer another attack, but get this splendid remedy to-day. m