GUIDE- IDVCCATE, WATFORD, SEPTEMBER 29, 1916

YOUNG WOMEN MAY AVOID PAIL

Need Only Trust to Lydia E. Pinkham's Vegetable Compound, says Mrs. Kurtzweg.

Buffalo, N.Y.-" My daughter, whose picture is herewith, was much troubled



table Compound. She praises it highly as she has been relieved of all these pains by its use. All mothers should know of this remedy, and all young girls who suffer should try it."-Mrs. MATILDA KURTZWEG, 529 High St., Buffalo, N. Y.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been re-stored to health by this root and herb remedy.

If you know of any young wo-man who is sick and needs help-ful advice, ask her to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass. Only women will receive her letter, and it will be held in strictest confidence.

Guide=Advocate

Watford, Ont.

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HARRIS & CO. PROPRIETORS

uide-Udvocate HARRIS & CO. PROPRINTOR

WATFORD, SEPTEMBER 29, 1916

NOTE AND COMMENT

use of a team and buggy, and having the privilege of profitable employment near home. It takes a profitable business to make such a plan attractive to either proprietor or laborer but it stimulates good management on the part of both.-Ex.

Both as a measure of national retrenchment and as a means of re lieving the labor scarcity in muni tions industries and agricultural work the Government is seriously considering either stopping or at least slackeningdown very materially until after the war all work on the new Welland Canal and on the recon-struction of the Parliament Buildings. The saving in money would be six or seven millions per year. Three or four thousand men would be re leased for other work or for war service. It is understood to be the opinion of at least several members of the Cabinet that there is no necessity of completing either project. The Welland Canal deepening is consid-ered as a work of national necessity for future lake traffic, but it is assert ed that no interests will be seriously eopardized if the work is postponed for two or three years until the strain of war financing and war demands

for money is over.

The new plan which is now under consideration by the Dominion Government to stimulate recruiting through a national service committee will be announced shortly. The plan will call for close co-operation between those in charge of the actual recruiting and those directing the output of munitions and the employment of labor for the manufacture of munitions. The new body, which is to have charge of the work will be representative of all Canada, probably of each military district, and while there will be close local supervision of recruiting, there will also be a general supervision based upon a comprehensive plan. Compulsory service is not looked for, despite the fact that Ottawa! is and has been receiving strong representations in favor of it. Registration is a modi-fied form there may be, but it is early to outline the scheme until the Government is ready to announce it.

Get Rich Quick Scheme

One of the nerviest and most mod-ern "Get rich quick" schemes on record was pulled off in a theater in Cleveland last week, when two smooth alleged real estate artists advertised that they would sell lots at Bob-Lo Gardens, Wayne County, Mich., at the price of the deeds. Naturally the theater was filled to the doors, and a thousand lots were picked up in a jiffy at \$8.50 each, by persons who supposed that they were buying these lots on our Bob-Lo island. The first known of it in this vicinity was on Friday, when detect

AFRICAN LAKE SEIZED. Taking of Tanganyika Was a Rom antic Struggle.

While the eyes of the world have een fixed on the absorbing events at Verdun, says the Kansas City Star, there has been enacted unnoticed and in a far theatre of the war scarcely laid down in maps, a drama of arms almost unrivalled in the romance of Jules Verne. A British expedition, consisting of only 27 officers and men, after a journey of a year, penetrated to the heart of Africa and brought to a successful conclusion operations that transferred from German to British control a region im-measurably greater than the entire territory for which vast armies are now battling on the Western European front.

The goal of the expedition was Lake Tanganyika, on the flank of the German East African colony. To German East African colony. To reach it the expedition, which in numbers and in the almost fantastic nature of its design, resembles the band of adventurers which Clive led into India, undertook a railway jour-ney from Cape Town to Fungurumee, which lives north of Dhodesin from which lies north of Rhodesia, from which point it had to literally hew its way through the bush for 166 miles to the Lualaba River, which flows into Lake Tanganyika 350 miles further on. Over this entire distance the expedition transported two armed motor boats, the Mimi and the Tou-Tou, dragging them through the bush by ox team and traction engines, hewing roads, bridg-ing gullies and streams and overcom-ing difficulties that would seem almost insuperable in a country of civilization where every aid of en-gineering was instantly at hand. The water supply failed, not enough be-ing found even for the boilers of the tractors, and hundreds of natives had to be impressed to carry water in jars for miles through the jungle.

When the river was reached one set of troubles was merely exchang-ed for another. The boats were launched, but mud bars, treacherous currents, and numerous obstructions made the journey by water almost as slow as that through the bush. Even when the lake was reached it was found necessary to construct harbon works to protect the craft from the sudden and violent storms of the region

At length the Mimi and the Tou-Tou were got in fighting trim and the hunt for the German flotilla began. The day after Christmas the German gunboat Kingani was sighted on Boxing Bay, and after a spirited on Boxing Bay, and after a spirited fight was captured. A six-weeks' cruise of the lake followed before this victory was clinched by the sinking of the Von Weissman, the German flag ship in the East African waters. It was the . Trafalgar of Africe leaving the Pritch in com Africa, leaving the British in com-plete possession of the region.

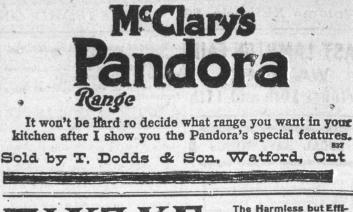
The account of this extraordinary expedition, when it shall be written, will prove more interesting to lovers of the adventurous than many great-er operations in better known fields. It is exploits like this that give the touch of romance to war which the gigantic struggles in the European theatres have failed to impart.

No Wonder.

To the average Scottish church-goer the minister who reads his ser-

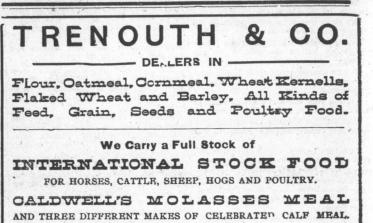
Clean; smokeless and odorless oven means perfect cooking and baking. This is assured by ventilation and the nickel-coated non-rust steel lining in

12



cent remedy for Headache Neuralgia, Anaemia, Sleep-lessness, Nervous Exhaustion. &c. ALL DRU

GEORGIAN MFG. CO., . COLLINGWOOD, ONT.



IALL KINDS OF GRAIN TAKEN IN EXCHANGE Chapping and Rolling Done While You Wait

PHONE 39

HANDSOME, LUXURIOUS FURNITURE

Extension Tables Brass Beds Iron Beds Buffets Sideboard Parlor Tables Walnut Beds Oak Beds China Cabinet Card Tables Pedestals Dresser Chiffonier Magazine Stands Child's Rockers Book Cases Dressing Table Jardinere Stands Bed-Room Chair Secretaries Hall Seats Umbrella Stands Rocking Chairs Desks Kitchen CabinetsHall Racks Morris Chairs Hall Mirrors Music CabinetsLiving Room Chairs Felt Mattresses Dining Chairs Library tablesCouches Parlor Sets Pictures Davenports, and anything kept in a first-class furniture store. MASON & RISCH PIANOS

Agents for Mason & Risch Pianos, Gramaphones, String

Instruments, Sheet Music, Edison Records, &c., and all kinds of repairs. New and second hand sewing machines

BROS.

and all supplies.

HARPER

handle a pick or pen, a wheel-barrow or a set of books, dig ditches or edit a paper, ring an auction sale bell or proud of them. It does not even of them as old so and, so's boy. what you want to do and do it; take off your coat and make a dust in the burg Echo. world. The busier you are the less deviltry you will get into, the sweeter will be your sleep and better satisfied will the world be with you.

Many men have had difficulty in keeping help on the farm, even after they have gone to the trouble of raising it. Home-grown labor is generally the best, if it is given the right encouragement. One Missouri farmer, who is co-operating with the agricultural college in keeping farm records, has decided that he can afford to pay his son 25 per cent. of the net profits from the farm for his The young man has worked work. under his plan for about four years and has never failed to clear as much, or more, than hired hand's wages, besides getting his living, the

ives came here to investigate. Of course they found it was a hoax. Saturday last a touring car drove write funny things, you must work. down to the Bob-Lo dock, the driver, Don't be afraid of killing yourself a business man of Clevelaud, asked with work. Work gives an appetite where Mr. Barr had his subdivision for meals, gives the appreciation of a on Bob-Lo, and he and two nephews holiday. There are young men who had invested in three lots, and were do not work, but the world is not very anxious to see what they had bought. When he learned what the know their names; it simply speaks real state of affairs was, and that of them as old so and, so's boy. lots on Bob-Lo could not be bought The great busy world dces not even if covered with gold dollars, he just know that they are here. So find out said "Stung," and jumping into his auto frisked out of town .--- Amherst-

The Czarina of Russia is the least luxurious of all the royal consorts in the matter of dress.

Worms sap the strength and undermine the vitality of children. Strengthen them by using Mother Graves' Worm Exterminatar to drive out the parasites. m

Women will be admitted to the new aviation school at Richmond, New South Wales, on the same terms as men and will stand the same chance for appoint.

A Dayton (O.) munition factory em-ploys over 4,000 women who receive the same pay as the men employed in the plant. Some of the workers earn as high as \$7 per day.

Dragged Down by Asthma. The man Dragged Down by Asthma. The man or women who is continually subject to asthma is unfitted for his or her life's work. Strength departs and energy is taken away until life becomes a dreary existence. And yet this is needless. Dr. J. D. Kellogg's Asthma Remedy has brought a great change to an army of sufferers. It relieves the restricted air tubbs and guards against future trouble. Try it. M.

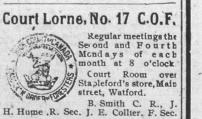
Mrs. Estelle L. Lindsay is the first woman in a city of the first class in the United States to enjoy the distinction of being a member of city councils.

For many years the women of the towns in Kansas have been able to vote for municipal officers and as a result they are very well drilled in the political

mom is a weak sort of preacher. In a Highland village the minister was always offending in this respect. At last a deputation of his congregation waited on him to point out that they would prefer him to preach without reading every word from a manu-script. "Ah, my friends," he said reading every word from a manu-script. "Ah, my friends," he said sadly, "I must apologize; but I have a bad memory. If I had not it in writing I should forget what I have to core," "Wild forget what I have "Weel, meenister," was the is scathing answer, "if ye to say." spokeman's scathing answer, canna remember yer ain discoorses ye canna blame us gin we forget them."

Hard and soft corns both yield to Hol-loway's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action

SOCIETIES.



CRAND TRUNK SYSTEM TIME TABLE

Trains leave Watford Station as follows:

GOING WEST Accommodation, 75.....8 44 a.m.

Chicago Express. 3.....11 19 a.m. Accommodation, 83..... 6 44 p.m. GOING EAST

Accommodation, 80 7 48 a.m. New York Express, 6...11 16 a.m. New York Express, 2.....3 05 p.m. Accommodation, 112.....5 16 p.m. C. Vail, Agent, Watford



At Right Prices.

The N. B. Howden Est.

CASTORIA For Infants and Children **Use For Over 30 Years**