

YOUNG WOMEN MAY AVOID PAIN

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 with pains in her back and sides every month and they would sometimes be so bad that it would seem like acute inflammation of some organ. She read your advertisement in the newspapers and tried Lydia E. Pinkham's Vegetable 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, headache, dragging-down sensations, fainting spells or indigestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

If you know of any young woman who is sick and needs help, 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.
PUBLISHED EVERY FRIDAY
Subscription \$1.00 per annum in advance. \$1.50 in advance to the United States.

ADVERTISING RATES.

Space	One Year	Half Year	3 Months
One column	\$88	\$48	\$22
Half column	48	28	12
One fourth column	28	12	7

Shorter periods 12 cents per running inch.

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.

LOCAL ADVERTISING—First insertion per line, 10 cents; subsequent insertions 5 cents each time per line. Aerate measure 14 lines to the inch.

BUSINESS CARDS—One inch and under, per year \$5.00.

AUCTIONEERS CARDS—\$5.00 a year.

LOCALS—10c per line each insertion. Minimum charge 25 cents.

Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, SEPTEMBER 29, 1916

NOTE AND COMMENT

Forest Standard.—Whether you 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 write funny things, you must work. Don't be afraid of killing yourself with work. Work gives an appetite for meals, gives the appreciation of a holiday. There are young men who do not work, but the world is not proud of them. It does not even know their names; it simply speaks of them as old so and so's boy. The great busy world does not even know that they are here. So find out what you want to do and do it; take off your coat and make a dust in the world. The busier you are the less devilry 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 work. The young man has worked 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

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Chas. H. Fletcher*

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 re-trenchment and as a means of relieving the labor scarcity in munitions industries and agricultural work the Government is seriously considering either stopping or at least slackening down very materially until after the war all work on the new Welland Canal and on the reconstruction of the Parliament Buildings. The saving in money would be six or seven millions per year. Three or four thousand men would be released 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 considered as a work of national necessity for future lake traffic, but it is asserted that no interests will be seriously jeopardized 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 modified 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 modern "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 detectives came here to investigate. Of course they found it was a hoax. Saturday last a touring car drove down to the Bob-Lo dock, the driver, a business man of Cleveland, asked where Mr. Barr had his subdivision on Bob-Lo, and he and two nephews had invested in three lots, and were very anxious to see what they had bought. When he learned what the real state of affairs was, and that lots on Bob-Lo could not be bought if covered with gold dollars, he just said "Stung," and jumping into his auto frisked out of town.—Amherstburg Echo.

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 Exterminator 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 appointment after the war.

A Dayton (O.) munition factory employs 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 or woman 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 tubes and guards against future trouble. Try it.

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 game.

AFRICAN LAKE SEIZED.

Taking of Tanganyika Was a Romantic Struggle.

While the eyes of the world have been 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 Germany to British control a region immeasurably 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 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 journey from Cape Town to Fungurume, which lies north of Rhodesia, from which point it had to literally bow 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, bridging gullies and streams and overcoming difficulties that would seem almost insuperable in a country of civilization where every aid of engineering was instantly at hand. The water supply failed, not enough being 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 exchanged 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 harbor 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 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 Africa, leaving the British in complete 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 greater 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 sermon is a weak sort of preacher. In a Highland village the minister was 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 manuscript. "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 say." "Weel, meenister," was the spokesman's scathing answer, "if ye canna remember yer ain discourses ye canna blame us gin we forget them."

Hard and soft corns both yield to Holloway's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action. m

SOCIETIES.

Court Lorne, No. 17 C.O.F.

Regular meetings the Second and Fourth Mondays of each month at 8 o'clock Court Room over Stapleford's store, Main street, Watford.

B. Smith C. R., J. H. Hume R. Sec. J. E. Collier, F. Sec.

GRAND TRUNK RAILWAY 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

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

McClary's Pandora Range

It won't be hard to decide what range you want in your kitchen after I show you the Pandora's special features.
Sold by T. Dodds & Son, Watford, Ont

TAKAKE

The Harmless but Efficient remedy for Headache, Neuralgia, Anaemia, Sleeplessness, Nervous Exhaustion, &c.
GEORGIAN MFG. CO., COLLINGWOOD, ONT.

TRENOUTH & CO.

DEALERS IN
Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of 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
Crapping and Rolling Done While You Wait
PHONE 39

HANDSOME, LUXURIOUS FURNITURE

Buffets	Extension Tables	Brass Beds	Iron Beds
Sideboard	Parlor Tables	Walnut Beds	Oak Beds
China Cabinet	Card Tables	Pedestals	Dresser
Chiffonier	Magazine Stands	Child's Rockers	Book Cases
Dressing Table	Jardiniere Stands	Bed-Room Chair	Secretaries
Hall Seats	Umbrella Stands	Rocking Chairs	Desks
Morris Chairs	Hall Mirrors	Kitchen Cabinets	Hall Racks
Music Cabinets	Living Room Chairs	Felt Mattresses	Dining Chairs
Parlor Sets	Library tables	Couches	Pictures

Davenport, and anything kept in a first-class furniture store.

MASON & RISCH PIANOS
Agents for Mason & Risch Pianos, Gramophones, String Instruments, Sheet Music, Edison Records, &c., and all kinds of repairs. New and second hand sewing machines and all supplies.

HARPER BROS.

PHONE 31.
FINE FURNITURE MUSICAL INSTRUMENTS UNDERPAKERS

HOT WEATHER NECESSITIES

New Perfection Oil Stoves
Puritan Oil Stoves
Refrigerators,
Ice Cream Freezers,
Harvest Tools,
Gloves
And General Hardware,
At Right Prices.

The N. B. Howden Est.