

AILING WOMEN OF MIDDLE AGE

Mrs. Doucette Tells of her Distressing Symptoms During Change of Life and How She Found Relief.

Belleville, Nova Scotia, Can.—“Three years ago I was suffering badly with what the doctors called Change of Life. I was so bad that I had to stay in bed. Some friends told me to take Lydia E. Pinkham's Vegetable Compound and it helped me from the first. It is the only medicine I took that did help me and I recommend it. You don't know how thankful and grateful I am. I give you permission to publish what your good medicine has done for me.”—Mrs. SIMON DOUCETTE, Belleville, Yarmouth Co., Nova Scotia, Canada.

Such warning symptoms as sense of suffocation, hot flashes, headaches, back-aches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism and builds up the weakened nervous system. It has carried many women safely through this crisis.

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.

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Local Advertisers—First insertion per line, 10 cents; subsequent insertions 4 cents each time per line. Actual measure 14 lines to the inch.

BUSINESS CARDS—One inch and under, per year \$5.00.
Auctioneers—\$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 24, 1915.

NOTE AND COMMENT

Detroit Free Press: An ad. in a Buffalo paper calls for a woman to play second violin. If they get one who will consent to do that we'd like to look at her.

“There is more danger and destruction in a woman's smile than in years of strife,” says Dr. Anna Howard Shaw, noted writer. It's a sad old world. Kissing has been found to be dangerous, and now smiling is added to the list of unsafe diversions.

Florida recently enacted a law providing for local option in the matter of compulsory education. Counties or school districts may determine. Georgia, Alabama and Mississippi are now the only states in the American union that have no compulsory laws.

The Canadian Northern Railway has been completed to the Pacific coast, thus giving Canada another transcontinental line across the continent. Sir William Mackenzie, president of the company, has just returned from a trip over the road, his train being the first to make the run from Toronto to Vancouver. A regular passenger service will begin over the road October 1st.

Woodstock Sentinel-Review: If the German papers could get the Kaiser and his table out of their heads long enough to frankly face the question of why it is that in all the world to-day Germany has not a single friend on which she can con-

fidently rely, they might see a way for rendering some real service to the German people. They have sufficient of the scientific spirit to understand the cause of the universal distrust of Germany and they should not find it difficult to do so.

YOUNG MEN ARE WANTED

There is a call throughout the land for men to enlist. Young Men are Wanted—Preferably Unmarried Men.

The married and those in the middle 30's and 40's have responded in greater proportion than the unmarried and younger men.

Do the young men not want to take a man's part in the war, the most momentous in our history?

It looks like it from the numbers of them to be seen on our streets. Why are they hanging back?

What are they waiting for? Their services are needed now.

The war has reached its critical stage. All will be needed.

Young men, this is addressed to you. What do you say?

What hinders you from doing your duty?

Be a man among men. Enroll your name with the gallant boys who have made Canada famous in the fight for national liberty.

There is a loud call for Lambton's stalwart youths to join the ranks.

Seven of the thirty-three officers to complete the 70th Battalion are Lambton men. Five of the seven fill the higher commands, including the colonel, two majors and two captains.

They look to Lambton to rally to the colors and furnish a quota for which the county will have reason to be proud.

WILL YOU BE ONE?

\$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 that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers 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, O.
Sold by all Druggists, 75c.
Take Hall's Family Pills for constipation.

For The Merchant

The all-engrossing problem that confronts every merchant, is the quickest, surest and most economical method of moving merchandise from the counters into the public's hands.

There are several ways to do this, and the shortest cut is via the newspaper route. The proof of this statement is to be found in the columns of any newspaper one picks up. Advertising! And yet more advertising due to an increasing appreciation of the fact that “it pays to advertise.”

Merchants have come to realize that a newspaper ad. is far more resultful and efficient than any other kind of publicity.

Newspaper space, judiciously brought and judiciously used, will bring a return to the advertiser not to be secured through any other channel of publicity.—St. Thomas Times.

WATFORD DRUGGIST PLEASES CUSTOMERS

Taylor & Son report customers greatly pleased with the QUICK action of simple buckthorn bark, glycerine, etc., as mixed in Adler-ika. This simple remedy drains the old foul matter from the bowels so THOROUGH that ONE SPOONFUL relieves almost ANY CASE of constipation, sour or gassy stomach. It is so powerful that it is used successfully in appendicitis. Adler-ika never gripes and the INSTANT action is surprising. Taylor & Son, druggists.

Mrs. A. Hill, received a telegram from her son Ernest, telling her of the serious illness of his wife. Mr. Hill seems to have had more than his share of misfortune. A few years ago, when a resident of Sarnia, Mr. Hill suffered the amputation of one of his feet, through a railway accident.

To have the children sound and healthy is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Terminator.

AN AUTUMN FANCY.

This Smart Trotteur Frock Features Jumper Bodice.



A GIRLISH CREATION.

Smart trotteur frock of navy serge featuring a jumper bodice and circular skirt. A deep flounce with corded top is a feature of the skirt, while a short peplum lends a novel detail to the bodice. The gimp of plaid silk finishes at the neck with a smart faille collar. A smart felt hat goes very well with this trim outfit.

WARTIME PARIS.

How the Women of France Endure These Trying Days.

War Paris is like a beautiful widow just recovering from the first shock of a great sorrow and wondering if her black gown is becoming. So is the war Parisienne. She weeps for her lost, mourns with the fine dignity of a Roman matron, but the light for life and beauty is still in her eye, where, indeed, it will shine forever. She is that sweetest of all things, a woman between tears and smiles, because the one opens her heart and the other mirrors her mind.

Let us consider her a little as she trips along the Rue de la Paix, for she really won't object. Why should she? That might be her arch reply, but she would say nothing, knowing the eloquence of silence under admiration.

The Parisienne is naturally sensitive, sympathetic, not merely to her surroundings, but to atmosphere, a more delicate element. Therefore she is wearing a vivandiere skirt, a coat or blouse with a high military collar, a hat having the air of a tattoo and long legged boots in brown or gray cloth. That is the general picture she makes, and if Napoleon, who understood women, could see her he would find her very appealing to his sense of generalship. Not an Amazonian touch, not the suggestion of it, for such would be a clumsiness unworthy of the Parisienne. And still there she is, with the war all over her, in plaits and tucks, and she never looked more taking.

If the Parisienne were placed in a new, strange world she would seize its fashions in a day and make them part of herself. That is her wonderful secret in the mysterious affair of dress. She never lets its vagaries tyrannize over her, but by some heaven system of sap and mine reduces them to her own characteristics. You don't notice until you stare that she has annexed the mode militaire, because there is no evident advertisement of the fact about her. But you know instinctively that she is dressed in the note of the time, and that means reverence, graciousness, imagination, a salutation to manly chivalry in the trenched field from beauty at home. There is no set intention of this and no desire to achieve a picture; simply natural feeling takes artistic expression as if by the wave of a fairy wand.

The Man With Asthma, almost longs for death to end his suffering. He sees ahead only years of endless torment with intervals of rest which are themselves fraught with never ceasing fear of renewed attacks. Let him turn to Dr. J. D. Kellogg's Asthma Remedy and know what complete relief it can give. Let him but use it faithfully and he will find his asthma a thing of the past.

Jack Free, son of one of our former Presbyterian pastors of this village, who has been attending university in Montreal, has given up college and is in training preparatory to doing his bit for his country.

900 DROPS

CASTORIA

Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of

INFANTS CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC.**

Recipe of Old Dr. J. C. SANDELL, FLETCHER

Pumpkin Seed—
Almonds—
Castor Oil—
Syrup—
Ginger—
Sassafras—
Sage—
Violet—
Vermilion—
Vinegar—
Water—

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.

Fac-Simile Signature of
Chas. H. Fletcher
NEW YORK.
At 6 months old
35 DROPS—35 CENTS

EXACT COPY OF WRAPPER.

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 CERTAIN COMPANY, NEW YORK CITY.

THE 'WILLIAM BUCK' LINE

ANY purchaser of this line is assured of lasting satisfaction. The oldest and most reliable in the Dominion.

HAPPY THOUGHT STEEL RANGES
HAPPY THOUGHT CAST RANGES
RELIANCE FURNACES

LET US GIVE YOU PRICES TO-DAY

THE N. B. HOWDEN EST.

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
Chopping and Rolling Done While You Wait
PHONE 39

GRAND TRUNK RAILWAY SYSTEM TIME TABLE.

Trains leave Watford Station as follows

GOING WEST

Accommodation, 75 8 44 a.m.
Chicago Express, 3, flag 12 13 p.m.
Accommodation, 33 6 39 p.m.

GOING EAST

Accommodation, 80 7 43 a.m.
New York Express, 6 11 11 a.m.
New York Express, 2, 3 05 p.m.
Accommodation, 112 5 18 p.m.

C. Vail, Agent Watford

The bank barn of John Watson, West Williams, was struck by lightning on Sunday night and was soon a mass of flames. The season's crops were consumed.

Fair Dates

Forest—Sept. 29, 30.
Strathroy—Sept. 20 to 22.
Petrolia—Sept. 22 to 24.
Sarnia—Sept. 23 to 29.
Wyoming—Oct. 1, 2.
WATFORD—OCT. 5, 6.
Alvinston—Oct. 7, 8.
Glencoe—Sept. 28 to 29.
Brigden—Oct. 4, 5.
Florence—Oct. 11, 12.

If the wolf had any sense he would move around to the door of a rich man. A woman with a shapely figure is as proud of it as a man is of a million dollars.

The range with pure reservoir stamped for

MCCORMICK
Pancreas
Range reservoir enough and preserving. See the
SOLD BY T. I.

New Furniture

Never has there been such an immense store showing. All the large margins from have a fine assortment your home at price Watch our window offered from week to melled Bed Room sets of newest design different designs in which would look ch

HARPER

FURNITURE PHONO
ALL KINDS OF MUSICAL INSTRUMENTS

Guide-Advocate Want

Makes Buildings 30 Degrees Cooler

On a hot summer day the temperature in the upper part of a building covered with J-M Asbestos Ready Roofing is from 15 to 30 degrees cooler than with any other roofing. The white asbestos surface reflects the heat instead of absorbing it and transmitting it to the rooms below.

This is only one of the exclusive features of

J-M ASBESTOS ROOFING

Besides making a building cooler in summer and warmer in winter, it is the only ready roofing that never needs painting. J-M Asbestos is also the only ready roofing that is fire-proof.

Its First Cost Is The ONLY COST.

Write or call today for Samples and Booklet.

G. CHAMBERS

Craze For Calendars

The craze for calendars has grown immensely during the past few years so much so, that it would be well for the merchant if he would set down and figure out whether, from business getting viewpoint, the expense is warranted, or whether it is an expensive vanity to connect his name with a pretty picture. Advertising is good advertising, but as the aim of the ordinary merchant is to get the most business for the least outlay in money, we have grave doubts that the use of the calendar is giving him return at