

GIRL COULD NOT WORK

How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.—"I had pains in both sides and when my periods came I had to stay at home from work and suffer a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E. Pinkham's Vegetable Compound?' My mother bought it and the next month I was so well that I worked all the month without staying at home a day. I am in good health now and have told lots of girls about it."—Miss CLARICE MORIN, 22 Russell Street, Taunton, Mass.



Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, headache, dizziness, dragging-down sensations, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs, much suffering might be avoided.

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free advice which will prove helpful.

Guide-Advocate

Watford, Ont.
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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, AUGUST 31, 1917
NOTE AND COMMENT

At the present rate the cost of the war to every man, woman and child in Canada is \$535 for the year.

All soldiers, even if under 21 years, will vote in the next election. This is right and proper. A man who is old enough to fight for his country is old enough to vote for it.

Hon. W. J. Hanna, Canadian Food Controller, calculates that food wasted in the garbage pails of Canada each year through carelessness and lack of kitchen economy amounts to \$56,000,000 per year, or about \$7 per head of population.

American coal dealers who increase the price for anthracite more than 10 cents a ton before September 1st, will be considered by the Federal Trade Commission as openly declaring "a policy of profiteering." Automobileists are asked to cooperate with the American Government in stopping excessive use of automobiles during the war in order that the gasoline needs of the United States and its Allies may be met.

The promise of plenty of potatoes for next winter is important and is based upon a greatly increased acreage. British Columbia has an acreage increase of 5 per cent; Alberta an average acreage; Saskatchewan, a substantial increase; Manitoba average; Ontario, 10 per cent above average; Quebec, some increase; New Brunswick 20 per cent; Nova Scotia 25 to 35 per cent and Prince Edward Island, from 10 to 15 per cent increase over last year, and a large crop is indicated by the present appearance of the crop in each of these provinces. Now if the Food Controller will keep a sharp eye on the speculators

the people may be able to secure plenty of potatoes at a fair price and so be able to reduce the consumption of wheat so loudly asked for.

A small English lad, who had been in more than one controversy with his mother over his belligerent activities, was out walking one day when the mother thought she saw a boy on the other side of the street making faces at her beloved. "Willie," asked mother, "is that horrid boy making faces at you?" "He is," replied Willie, giving his coat a tug. "Now, mother don't start any peace talk—you just hold my coat for five minutes."

"The children of Belgium are crying for food. Serbia has been overrun by the enemy. Half of Roumania is occupied. Much of France is laid waste. Ten nations of the world are on rations. Sixty million men are withdrawn from production for war service. To feed the Allied armies and nation, the men and women of Canada must pledge themselves to maximum production, the elimination of waste, and the largest possible consumption of perishable foodstuffs," says Hon. W. J. Hanna, Canadian Food Controller.

First Sale of Poultry for Belgium

The Canadian Poultrymen's Belgian Relief Association are going to hold a Sale of Pure Bred Poultry at the Canadian National Exhibition, Toronto, on Labor Day, September 3rd, 1917.

Any Ontario breeders who have not already donated still have time to help along this good work by sending their donations to Raymond E. Bruton, R. R. No. 2, Hamilton, Ont., who will forward shipping instructions and tags.

This work is authorized by the Allies Agricultural Relief Committee of which Dr. Robertson of Ottawa is chairman and is backed by the Dominion and Allied Governments.

All proceeds will go for the relief of Wives and Families of Belgian Poultrymen in the devastated region.

This will also be a chance for breeders to buy stock from some of the best flocks in Ontario and Quebec.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Cure is taken internally and acts through the blood on the mucous surfaces of the system. Hall's Catarrh Cure was prescribed by one of the best physicians in the country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Cure is what produces such wonderful results in catarrhal conditions. Send for testimonials, free. F. J. CHENNY & CO., Props., Toledo, O. All Druggists, 75c.
Hall's Family Pills for constipation.

Proper Methods for Buttermaking

Few people trouble themselves about the reason that creamy butter is to be preferred to dairy butter, but by way of introduction to Bulletin No. 53 of the Dairy and Cold Storage Branch, Ottawa, Dairy Commissioner Reddick furnishes an explanation. Incidentally he also points out that a good deal of damage is done to the trade by inferior dairy butter. The bulletin, for which Mr. George H. Barr, Chief of the Dairy Division, is responsible, in concise terms describes the whole process of butter making, tells the utensils that should be used and how they should be used, gives the results of experiments with the separator as regards temperature and variations in speed, deals with the care of cream in cooling and preparing for churning and in pasteurizing gives expert counsel as to salting and working and points to the advisability of attractive packing in parchment paper. He also points out the requirements of the law in branding or marking and supplies practical hints on care of utensils. Finally, he tells in terse terms how to get the best results in farm dairy work. Both the bulletin and a blue print of the plan for a dairy that is given can be had free by application to the Dairy Commissioner or to the Publications Branch, Department of Agriculture, Ottawa.

Countless have been the cures worked by Holloway's Corn Cure. It has a power of its own not found in other preparations.

ONTARIO PEOPLE CALLED TO BE SPARING OF FUEL

Government Demands Rigid Economy in Use of Gas and Coal

By means of large display bills the Ontario Government, at the request of the Dominion fuel controller, is drawing the attention of the public to the fuel situation in the province. It is pointed out that war conditions have affected the normal supply of coal and rendered imperative that every consumer practice the utmost thrift. Municipal, religious, educational and other authorities and bodies are requested to repeatedly urge and impress the following considerations upon the public.

1. Refrain from using fuel of any kind, including gas, until it becomes absolutely necessary.
2. Practice rigid economy in the use of fuel.
3. Wherever possible use substitutes for coal to the fullest possible extent.
4. Guard constantly against waste of fuel when making or cleaning fires, and when using gas.
5. Thoroughly sift all coal ash, and burn the residue. The result will be surprising. One-tenth of the fuel originally fed to the fire has been recovered and utilized in this way.

Canada Has Done Better

(Cincinnati Times-Star)

Canada up to date has produced 455,000 volunteers for the gallant armies sent over the sea. Recruiting lately has been dropping off materially owing to the difference of the French Canadian provinces. Yet Canada has, in proportion to her population, infidently done better than our country has done in the way of volunteering. Canada's population is between seven and eight millions. Ours is one hundred millions, yet, according to a recent Washington statement, our volunteers including those for the regular army, the navy, aviation corps, officers' training corps, railroad and other engineering corps, national guard, marine corps, and other corps, have not numbered more than one million. If Canada needed the draft our own need was much more urgent. We must push its application with a sure and inflexible hand if we are to get from it the results promised.

The Duty of the Individual

Strict economy is needed in the use of all food stuffs by each and every individual householder. Our food supplies must be conserved, but they should not be hoarded. Of what use is a mine unopened, a forest untouched or land untilled? By the conservation of our food supplies, we mean that they should be used in the wisest possible way and shared equally. We should eliminate superfluities and luxuries and eat the things that are substantial, plain and nourishing. There are many foods produced in Canada, such as corn, peas, beans, oats and barley, which are not used as much as they could or should be. Unless provision is made to care for and properly use the garden vegetables, much of this material will be wasted. Perishable things should be canned wherever possible. Rhubarb, tomatoes and other vegetables should be put away for winter use.

Every Soldier Should Have a Vote

Parliament is justified in leaving nothing undone to enable the polling of every soldier's vote at the coming general election. No man—no woman—in Canada today is so well entitled to cast a vote on the one issue that has to be decided as he or she who has offered life as a sacrifice on the altar of country. Conventions in Canada may worry over tariff reform, partisans may juggle words in resolutions, blatherskites may prate of democracy, and cowardly orators may cry for liberty, but all this pot boiling is worthless as wild mustard compared with the voice of him who calls for help "from the agony of the battlefield." Everything is justified that will permit the completest registering of that cry in the only manner in which it can be effective—to do less were criminal.

Worms in children if they be not attended to, cause convulsions and often death. Mother Graves' Worm Exterminator will protect the children from these afflictions.

Never Disappoints You

You'll never be disappointed or have to worry about your cooking or baking if you use a "Pandora." In this range nothing has been omitted that could make it more efficient, economical or durable. Write for free booklet.

McClary's

PANDORA RANGE

LONDON TORONTO MONTREAL WINNIPEG VANCOUVER
ST. JOHN, N.B. HAMILTON CALGARY
SASKATOON EDMONTON

For Sale By T. DODDS & SON.

Western Fair

London, Canada

Sept. 7th to 15th, 1917

1867—"A half Century of Success"—1917

The Great Agricultural Exhibition of Western Ontario

\$32,000.00 in Prizes and Attractions

A very interesting Programme, including Military and other features—TWICE DAILY.

FIREWORKS EACH NIGHT
TWO SPEED EVENTS DAILY

REDUCED RAILWAY RATES

Prize Lists, Entry Forms and all information from the Secretary.

LIEUT.-COL. W. M. GARTSHORE, A. M. HUNT, President. Secretary.

Lower Than Market Prices

- Detroit Vapor Oil Stove.....21.50
- Perfection Oil Stoves.....15.00 to 16.00
- Hot Blast Oil Stoves.....1.25
- Bissell's Vacuum Sweepers.....7.00
- Bissell's Carpet Sweepers.....3.00
- Lawn Mowers.....3.75 to 6.75
- Screen Doors.....1.25 to 2.25
- Screen Windows.....25c to 40c
- Screen Wire, Poultry Netting, Etc.

The N. B. Howden Est.

NOTHING BUT THE BEST

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents for MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., AND ALL KINDS OF REPAIRS. NEW AND SECOND HAND SEWING MACHINES AND ALL SUPPLIES.

OUR PRICES ARE RIGHT, AS LOW AS IS CONSISTENT WITH RELIABLE GOODS

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAILERS

EATS DIRT
MADE IN CANADA
GILLET LYE

Fall Term
CE
P...
C...
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Departments
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help is many
graduating.

D. A. McL...

The New York
ford railroad is
crossings with
six hours a day.

2 and
10, 20, 50

Illustration of a person, possibly related to the 'EATS DIRT' advertisement.