

SUFFERED EVERYTHING

For Years, Restored To Health by Lydia E. Pinkham's Vegetable Compound.

Canadian women are continually writing us such letters as the two following, which are heartfelt expressions of gratitude for restored health:

Glanford Station, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound and never found any medicine to compare with it. I had ulcers and falling of womb and doctors did me no good. I suffered dreadfully for years until I began taking your medicine. I also recommend it for nervousness and indigestion."

Henry Clark, Glanford Station, Ont. Chesterville, Ont.—"I heard your medicines highly praised, and a year ago I began taking them for falling of womb and ovarian trouble. My left side pained me all the time and just before my periods which were irregular and painful it would be worse. To sit down caused me pain and suffering and I would be so nervous sometimes that I could not bear to see any one or hear any one speak. Little specks would float before my eyes and I was always constipated."

Guide-Advocate Watford, Ont.

PUBLISHED EVERY FRIDAY. Subscription—\$1.00 per annum in advance. \$1.50 in advance to the United States.

Table with 4 columns: Space, One Year, Half Year, 3 Months. One column 85¢, Half column 50¢, One-fourth column 25¢.

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

HARRIS & CO. PROPRIETORS. WATFORD, SEPTEMBER 11, 1914.

NOTE AND COMMENT.

"Steady" is the word. There is absolutely no reason for panic in Canada. Our business should go pretty much as usual even if profits are not earned for a season.—Globe.

While a few years ago Canada had a large outgoing butter trade it has practically disappeared. Cheese is on the decline as well. Reasons are said to be that the American and Western Canada are buying up our good cattle. We cater more for the local market and the Northwest trade. Australia and New Zealand have out Canada out of the butter trade of Great Britain.

It is predicted among housewives that an aftermath of the war will be an unlimited supply of domestic help, the present depleted ranks being filled up with the thousands of widows and fatherless women, who rendered destitute will come out to this country demanding work of any kind. Not a very cheerful way of looking at the outcome.

Michigan has adopted an automobile regulation which requires the headlights of automobiles to be

Every Woman should know about the wonderful MARVEL Whirling Spray. It cleanses, soothes, and relieves. WINDSOR SUPPLY CO., Windsor, Ont.

frosted at the edges so that the light is thrown only on the road in front of the machine. The ordinary disk light casts a glare which illuminates the whole road from fence to fence, and many feet in the air. The new type of illumination is said to be much less alarming to horses, and less annoying to pedestrians on the sidewalks.

It is only a few years ago that the German Emperor declared that "Our future lies on the sea." Since that day the German navy has drunk confidently to the toast, "That Day." In their vision "the day" was that on which they should meet the British fleet upon the high seas. To-day the whole world is listening anxiously for the whispers, rumors, rumblings coming from the North Sea that seem to portend a speedy decision.

A movement is on foot in Western Ontario to get small towns which wish to contribute to the cost of participation by Canada in the European war and don't know how to do so best, to contribute horses. This movement was started last week by Hon. Adam Beck and already has been largely successful. Many of these towns are in an excellent position to secure horses which would be suitable for artillery or general military purposes. In the Militia Department it is stated that there is no more suitable gift and the people seem to favor this plan.

HOME HINTS

Be natural and be proper, but not too proper. Happy is the man who conserves his God-given power until wisdom and not passion shall direct it.

Leather knee pads are suggested to make it easier for the young man to propose. We fail to see the need of them, however. Seeing that no woman nowadays is ever known to refuse, prayers are somewhat of a superfluity.

If a child has any sensibility, scolding either kills it or makes it vicious. Children have rights which ought to be respected as much as their elders. They are as quick to see an injustice, and know as well as anyone else when parents are making fools of themselves.

Six cents a year is about all one may safely expect one dollar to earn. And it must work day and night to do that. When you try to compel it or coax it to earn twenty cents a year it is very likely to balk, and just as like as not you will never see your dollar again, let alone the twenty cents. Most of the failures in big business and in small are due to the fact that many men are unwilling to put the dollar to work, and be satisfied with a legitimate and reasonable profit.

To say that you do not care what people think of you, usually means that you prefer that they think you rude, proud and uncivil; and that you are so morally diseased that you enjoy the pain that this gives you, as a chronic dyspeptic enjoys the pain in his stomach. Sane and healthy souls want to be loved and admired. And this end is attained only by politeness and agreeableness.

Beware of Ointments For Catarrh That Contains Mercury

As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75¢ per bottle. Take Hall's Family Pills for constipation.

Immigration officials have instructions to hand all Austrians and German recruits over to Capt. Robinson, of the 27th regiment, who is instructed from headquarters to provide escorts for the guard for transmission of those taken in charge to Kingston. The 7th of London, prior to this, furnished the escorts. This duty is undoubtedly an honor to our local soldiers.—Sarnia Observer.

Table Manners

Canadian men are good workers. They see their wives and children but little except at the table. That seems to be about the only family gathering. What a spectacle is the common management of these family meetings! The father sits in glum silence, and shovels in as fast as he can swallow. The children follow the parental example. The food is passed only when asked for, and is then passed in silence.

There is nothing human about it. We cannot see in what essential particular it differs from a group of pigs gathered about a trough.

If these gatherings are rightly managed; if the experiences of the children in their schools were lovingly called out by parental interest; if such news as the parents had picked up since the last meeting were told—if this were the scene at the table three times a day if would grow by what it feeds. The table meeting would be more attractive to the small people. The parents would grow into a loving oneness with their children. It would in truth prove the greatest blessing to every member of the group, and in the long run would contribute more to the physical, intellectual, social and moral development of the young people than any other agency can name.

Safety First on the Farm

In the Province of Ontario, during the year 1912, there were 1,831 deaths due to external violence. Many of these occurred on the farms. No less than 25 were caused by injuries received from animals. Many others were due to carelessness around farm machinery, unsafe harness causing horses to run away, falling through open trap-doors or down feed chutes, ladders breaking, etc. In some cities, and over some railways lines, a "safety first" campaign is under way. "Stop, look, listen," is a splendid warning sign for a railway crossing, but its equivalent should be sounded in many other places. The risks to life and limb on the farm are so numerous and so plain that one would expect to see them largely removed, but they are not. Children on the farm should be taught the dangers inseparable from association with live stock, and to be careful always. The bull may be thought to be safe and gentle, but he can never be trusted. Three deaths, in one week, by going among the casualties in the press reports during June, 1914. Farmers are repeatedly taking chances by getting in front of the knife of the mower or binder, to make some adjustment or repairs, while the horses are hitched and liable to start, and thereby cause a serious accident. When threshing and silo-filling time comes, every precaution should be taken to guard against accidents. Prevention is a long and times better than neglect and carelessness, which latter often leads to accidents and loss of life. Human life is held far too cheaply and if the parents fail to teach the children to be careful, and to avoid unnecessary risk and danger, they can scarcely escape responsibility when preventable accidents, causing disfigurement or loss of life, occur.

No man or woman should hobble painfully about because of corns when so certain a relief is at hand as Holloway's Corn Cure.

For catching small animals in high grass there has been patented a trap consisting of a board from which projects a number of barbed hooks.

Two eminent physicians are on their way from the United States to China to study native methods of combating epidemics, especially cholera.

The efforts of the women of Dunnville to raise funds for the hospital fund was a success in every way. The fund now amounts to \$410, and more is still coming in.

The Academy of Medicine will care for needy dependents of absent soldiers and look after the practice of doctors on service.

The cheapness of Mother Graves' Worm Exterminator puts it within reach of all, and it can be got at any drug-gist's.

There are 239 municipalities in the Province of Ontario in which liquor licenses are at present in operation, and in all of which local option campaigns may be brought on this year, says the Pioneer, the official moral reform organ.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of J. C. HITCHCOCK. In Use For Over Thirty Years CASTORIA. A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP. NOT NARCOTIC. 16 months old 35 Doses - 35 CENTS. EXACT COPY OF WRAPPER.

Western Fair LONDON, CANADA Ontario's Popular Exhibition September 11th to 19th, 1914. INCREASED PRIZE LIST. Magnificent Programme of Attractions. Two Speed Events Daily. New Fireworks Every Night. COME AND SEE. The Dominion Experimental Farm Exhibit and The Canadian Royal Dragons. The Con. T. Kennedy Shows will fill the Midway. Music by the best available Bands. Reduced Railway Rates commencing Sept. 11th. Special Excursion Days, Sept. 15th, 16th, 17th. All tickets good till September 21st. ALL INFORMATION FROM THE SECRETARY W. J. REID, Pres. A. M. HUNT, Sec.

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You can cook to the and bake an oven full McC Pano Range at the sive fea about. Let the McCl T. DODDS &

The Awful Consequences of Present European War. "A member of Lloyd's," the insurance firm of the world, writes in the London Chronicle, directly before the outbreak of war, said: "Every great Continental State is living on capital or credit and this capital and credit will be destroyed. Countries far removed from Europe will suffer too. The stress of capital which have been developed Argentina and Brazil will dried up. There are few countries the world which stand to lose more by the war than will Canada. Half-finished industrial schemes, railroads, newly built and bonded, are still dependent for life on European credit, and once support of that credit is withdrawn no man can foresee the count future. But it is in Europe the blinding effect of war will be felt greatest intensity. "Great fine houses," says Mr. Hirst, "great merchants and manufacturers will down like nine-pins. Capital will, in fact, be close, shops will employment will drop and em fall. Back of all this there is ominous shadow of War's twin sisters, Famine and Pestilence. Of the great nations now engaged war, Russia alone is capable of producing food enough for her people."

Stoppage of Grog. How great has been the change the sentiment of the world toward the consumption of alcoholic liquor during the last fifteen years is shown by the change that has taken place in supplies for the soldiers. When the Canadians who volunteered service in Africa left for the front they were from the day they sailed, supplied with a ration of twice a week. The whole fighting in Africa was given its as a necessity all through the campaign. To-day things are different. Among the first items of news came from Russia after the outbreak of war, is the startling announcement that the sale of liquor throughout Russia has been prohibited. Lord Kitchener, the Minister of War, we hear that no spirituous liquor will be forwarded to the English soldiers fighting in France. only will the government not over regular rations, but it also refuses to forward consignments of by friends as gifts to individual soldiers. In Canada, Colonel E has shown himself equally opposed to the use of liquor by the and has made the strongest resolutions against its introduction to camp at Valcartier, even threatening to dismiss from the service any found with liquor in his possession. These are signs of the times, and indicate how strongly and universally the tide of public opinion is set against alcoholic drinks.—Wi

Use Miller's Worm Powders in a battle against worms is won. powders correct the morbid condition of the stomach which nourishes worms these destructive parasites cannot after they come in contact with the fine. The worms are digested by powders and are speedily evacuated other refuse from the bowels. So is imparted to the organs and the of the child steadily improves. A Frenchman has mounted a frame on a sled in such a way that pedalling he drives it over snow with an aerial propeller. Children Cry FOR FLETCHER'S CASTOR