

### 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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HARRIS & CO. PROPRIETORS

Guide-Advocate

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WATFORD, NOVEMBER 28, 1913.

### NOTE AND COMMENT.

Prof. Mackenzie told a Toronto audience that eating meat is unhealthy. Comforting advice this, considering the most prohibitive price of that article of diet.

Evidence comes from different quarters of a slowing down in commercial activity. In a number of smaller cities and towns of Ontario some factories are running on short time or have shut down altogether. In Toronto 2,500 people are out of work, with a prospect that the number will reach 5,000 before Christmas.

A short time ago the Scientific American offered prizes for the subject “What are the Ten Greatest Inventions of our Time?” The following is the result of the vote reduced to a percentage basis: Wireless telegraphy, 97 per cent.; aeroplanes 75; X-Ray machine 74; automobiles 66; motion pictures 63; reinforced concrete 37; phonograph

### Dr. Morse's Indian Root Pills

are just the right medicine for the children. When they are constipated—when their kidneys are out of order—when over-indulgence in some favorite food gives them indigestion—Dr. Morse's Indian Root Pills will quickly and surely put them right. Purely vegetable, they neither sicken, weaken or gripe, like harsh purgatives. Guard your children's health by always keeping a box of Dr. Morse's Indian Root Pills in the house. They

Keep the Children Well

37; incandescent electric lamp 35; steam turbine 34; electric car 34; calculating machine 33; internal combustion engine 33; radium 27; submarine boats 24; picture telegraphy 24; electric furnace 21; Diesel engine 18; color photograph 17; dictograph 16, type-setting machine 15.

It may surprise many to learn that the maple sugar and syrup crop in Canada is worth about two million dollars per year. In the province of Quebec the industry has maintained a strong foothold, more especially in those counties that contain more or less rough and rocky land. In Ontario it also bulks large, and in New Brunswick and Nova Scotia considerable quantities of sugar and syrup are made each spring.

Allison Star:—How time flies! It is only twenty-two years since Sir John McDonald passed off the scene, and yet Sir John never dodged an automobile, never heard the stuttering of a motor bike, never held a strap in a trolley car, never posted a letter regularly for less than three cents, never listened to the squeaky voice of a phonograph, never saw an aviator capering round in the atmosphere with a heavier-than-air machine, never dispatched a message by wireless, and never was kept awake at night by the frantic howling of an “emergency.”

Prof. E. E. Prince, Dominion Fisheries Commissioner, who has returned to Ottawa after a fortnight at Washington, reports that President Wilson and the United States Fisheries Department are now anxious to promptly clear up all the difficulties which have so far prevented the international fisheries treaty of 1909 from coming into actual operation. Dr. Hughes Smith, the United States Commissioner on the joint international board will come to Ottawa during the first week in December to further confer with Prof. Prince and the Fisheries Department there in reference to putting the draft regulations prepared three years ago, governing fisheries in all boundary waters, into effect without further undue delay.

Dr. Hastings, in his report to the Toronto board of health, said: “The number of cases of pneumonia for October is somewhat in excess of that for the corresponding month of last year. The disease has been on the increase for years, and no efforts put forth by the departments of health seem to have had any influence in its control. The increase in all large cities has been approximately ten per cent. Attention has recently been drawn to the influence of city smoke in the increase of this disease.”

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

### A School Teacher's Enterprise

One of the most interesting letters recently received by the Dairy Commissioner, Ottawa, is from a school teacher in Alberta who asks for milk record forms and literature on the subject of cow testing, because—now listen: Some of the boys in the school are starting a contest in recording the production of individual cows to last one year. This opens up a new field for every school teacher and for thousands of boys in our country schools. In this we would be following somewhat slowly in the wake of many schools in the United States and

**SHILOH** quickly stops coughs, cures colds, and heals the throat and lungs. :: :: 25 cents.

New Zealand where the use of the Babcock milk tester has been taught for some time. In a dairy country like this, we should be out blazing trails for other teachers and boys to follow.

No better work could be taken up by such lads, for any record work of that kind must infallibly lead to better, vastly better, conditions on dairy farms. Probably these Alberta lads will soon be excellent dairymen obtaining seventy-five or one hundred dollars per cow.

Needless to say the Dairy Division of the Department of Agriculture will be only too ready to supply blank forms and instructions in all such cases.

### St. Andrew's Day

Sunday next is St. Andrew's Day, the day much honored by Scotsmen in every part of the earth. When memories of Scotland and her sons are recalled in various ways. All that is known of St. Andrew from revelation, history and tradition has been told time and again, at St. Andrew's banquets, in response to the toast “The Day an' wha' Honor it.”

Many reasons have been given why St. Andrew was chosen as the Patron Saint of Scotland. One of these states, it was due to the fact, that Andrew was the disciple who discovered the loaves and fishes. His keenness in this respect being regarded as emblematical of a predominant trait in Scottish character. Modern Scotsmen, however, maintain that Andrew was chosen as the patron saint of their country because his life and character are symbolical of the peculiar good works that are naturally inherent upon Scotia's sons to perform.

Tradition says it was about the year 809 that Saint Andrew was formally adopted as the Patron Saint, of Scotland, and that St. Andrew's cross then became part of her insignia. About this time an order of knighthood was instituted, called the Knights of St. Andrew or of the Thistle.

But, when the custom of having a special St. Andrew's Day first came into existence, cannot be ascertained, nor yet why the 30th of November should have been fixed upon, seeing this particular day, so far as known, has no special connection with the life or death, of St. Andrew. Practically St. Andrew's day is just a day specially set apart for Scotsmen to “blow their ain horn,” and well may they be excused for doing so, for there is perhaps no part of the world which has not been and is not being benefited by Scotsmen. Wherever they have gone, they have carried with them an intense love and an undying memory of their native land. It is that which induces Scotsmen wherever they may be to get together and celebrate St. Andrew's Day.

### CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. H. Fletcher*

The next move of the dissatisfied “pre-ninety-niners,” who are up against the proposition of paying a higher rate or losing all they have or losing all they have paid into the Independent Order of Foresters, may be Government investigation into the affairs of the order. At a meeting at Toronto of the dissatisfied section of the order, a letter was read from Hon. W. T. White stating that the first time he was in Toronto he would be pleased to hear their side of the case. It is not known just what course can be taken to overrule the decision of the Supreme Court, but the securing of a lawyer may make this clear. According to an old member of the order nothing has been done in this section but he intimated that whatever step was taken by the Toronto faction would be supported both morally and financially both here and elsewhere.

### There is a likelihood that the next session of the Ontario Legislature may be called a few weeks earlier than those of precedent. An idea to this effect has been gaining strength among those who are in close touch with provincial affairs, and who claim that the large program of legislation to be handled will necessitate a lengthy session at all events. Several bills or measures of unusual interest to the province are looked

## D. D. D. In Hospitals; Standard Skin Cure

How many hospital patients, suffering the frightful itch, the raw scorching pain of skin disease, have been soothed to sleep by a soothing fluid washed in by the nurse's hands?

That fluid is the famous D. D. D. prescription for eczema. THE SUPERVISING NURSE of one of our prominent Catholic institutions (name of nurse and institute on application), writes regarding a patient. “The disease had eaten her eyebrows away. Her nose and lips had become disfigured. Since the use of D. D. D. her eyebrows are growing, her nose and face have assumed their natural expression.” How many eczema sufferers are paying their doctors for regular treatment and are being treated with this same soothing, healing fluid?

DR. GEO. T. RICHARDSON frankly

writes “D. D. D. is superior to anything I have ever found. Soft and soothing, yet a powerful agent.”

To do the work, D. D. D. Prescription must be applied according to directions given in the pamphlet around every bottle. Follow these directions—and see! And it certainly takes away the itch at once—the moment the liquid is applied. The skin is soothed—calmed—so thoroughly refreshed—delightfully cooled! All druggists of standing have the famous specific as well as the efficient D. D. D. Skin Soap. But we are so confident of the merits of this prescription that we will refund the purchase price of the first full size bottle if it fails to reach your case. You alone are to judge. T. B. Taylor & Sons, Druggists, Watford, Ontario.

D. D. D. Prescription—for 15 years—the standard skin remedy

## Plumbing and Heating

If you are building this year we will be glad to estimate the cost of a bath room for you. Our man has city experience and will guarantee work to pass any inspector.

Bucks Reliance, Pease Economy and Kelsey Furnaces are leaders that require no description. Our prices are low and work guaranteed.

The N. B. Howden Est. PLUMBING AND HEATING ON SHORT NOTICE

## House Furnishings

MASON & RISCH	Our aim is to keep the latest and most popular goods in our line, and carry the FINEST ASSORTMENT of all lines of FURNITURE for	NEW & SECOND HAND SEWING MACHINES
PIANOS, GRAMOPONES, STRING INSTRUMENTS, MUSIC BOOKS, SHEET MUSIC, EDISON RECORDS	Parlor, Dining Room, Bedroom, Library or Kitchen.	REPAIRS FOR STRING INSTRUMENTS
	Comfort, Elegance, Durability and Value are features that our goods are noted for.	THE NEW CURTAIN STRETCHER
	No Big Profits to Pay Here	
	Our prices are as low as consistent with reliable goods.	
	Let us show you the new patterns.	

## HARPER BROS. FINE FURNITURE FUNERAL DIRECTORS

for during the sitting. There is no doubt that the commission on good roads will have an interim report on the year's work and an outline of the practical steps to be taken in different parts of Ontario. In this connection it will probably involve something in the nature of a subsidy. The announcement of the Premier some time since that the Government was considering the appointment of a medical commission to examine the theory and practice of medicine in the Province is looked

upon to show development before the House adjourns.

Miller's Worm Powders do not need the after-help of castor oil or any purgative to complete their thoroughness, because they are thorough in themselves. One dose of them, and they will be found palatable by all children, will end the worm trouble by making the stomach and bowels unattractive to the parasites. And not only this, but the powders will be certain to exert most beneficial influences in the digestive organs. The German village of Remborn has a linden tree which is said to be more than 1,200 years old.

## Every

### Home Buttermaking

Market reports invariably of creamery butter higher than that which is made on the farm. It is unfortunate that circumstances at times make it impracticable for dairy farmers to patronize a creamery. When this can be done, not only the profits, as a rule, increased, much hard work is taken away from the overburdened members of the family.

There is no good reason why cream made in the home dairy should not be as fine as that made in a creamery where cream produced under a manner of conditions has to be shipped. All that is necessary is the buying out of a well established system in feeding the cows, caring for the milk and cream and the churning and putting up of the butter in order to teach the proper method.

### Children Cry FOR FLETCHER'S CASTORIA

London • Toronto • Montreal

### MAKE by always CAN

We are supplying for human skill to We have reduced every purpose.

Car If you have no