

# MADE WELL AND STRONG

By Lydia E. Pinkham's Vegetable Compound

Toronto.—I gladly give you my testimonial in favor of your wonderful medicine. Last October I wrote to you for advice as I was completely run down, had bearing down sensation in the lower part of the bowels, backache, and pain in the side. I also suffered terribly from gas.



After receiving your directions, I followed them closely and am now entirely free from pain in back and bowels, and am stronger in every way.

I also took Lydia E. Pinkham's Vegetable Compound before my baby was born, and I recommend it highly to all pregnant women.—Mrs. E. WANDBY, 92 Logan Ave., Toronto, Ont.

Another Woman Cured  
Maple Creek, Sask.—I have used Lydia E. Pinkham's Vegetable Compound and Blood Purifier, and I am now in perfect health. I was troubled with pains every month. I know other women who suffer as I did and I will gladly recommend your medicine to them. You may publish this if you think it will help others.—Mrs. F. E. Cook, Maple Creek, Sask.

If you belong to that countless army of women who suffer from some form of female ills, don't hesitate to try Lydia E. Pinkham Vegetable Compound, made from roots and herbs.

## Guide-Advocate

Watford, Ont.  
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HARRIS & CO. PROPRIETORS.

## Guide-Advocate

HARRIS & CO. PROPRIETORS  
WATFORD, SEPTEMBER 29, 1911.

### NOTE AND COMMENT.

The insane desire to be handsome has made more than one of our otherwise sensible girls do some downright crazy thing. The powder and rouge smeared on the freckled cheeks is too apparent a deception for the prudent young man not to see and with which he is disgusted. A freckled face with common-sense is handsomer than the best powder can make a face.

Punctuality can be cultivated. Slow coaches can be cured. Someone has said that the only way to catch a train is to start in time; and in this pithy sentence lies the gist of the only cure of the habit of punctuality. Two rules grow out of it. One is, "Always begin in time to get ready," and the other is, "When there are things to be done, decide which is the most important and do that first." Punctuality is a comfortable virtue in the family and in business and is entirely dependent upon your will.

Every school boy knows that a kite will not fly unless there is a

**Every Woman**  
It is essential and should know about the wonderful MARVEL Whirling Spray. The new Vaginal Syringe. Best. Most convenient. It cleanses instantly. Ask your druggist for it.  
If he cannot supply the MARVEL accept no other, but send stamp for illustrated book—sent. It gives full particulars and directions, available to ladies.  
WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

string tying it down. It is just so in life. The man who is tied down by half a dozen blooming responsibilities and their mother will make a higher, stronger flight than the bachelor, who having nothing to keep him steady, is always foundering in the mud. If you want to ascend in the world, tie yourself to somebody.

Every railroad in Canada and the United States will replace its right-of-way fences with beautiful flowering hedges if plans of the international Railway Gardening Association are carried out. R. W. Hutchison, landscape gardener of the Pennsylvania lines, and known as the "Father of Railway Gardening," advocated the hedge, and his sentiment was endorsed by the convention.

Early to bed, early to rise, makes a man healthy, wealthy, and wise. Thus runs the old saw, and there's more in it, probably, than many of us are willing to admit. Rushing things is all right if not carried too far. But some people in their mad desire to bag everything in sight, overdo it. To this class belongs an old lady who went to the stairway and yelled upstairs to a grown-up daughter: "Sally! Sally! Git up! Git up! Here it is four o'clock Monday morning, tomorrow's Tuesday, next day's Wednesday, half the week's gone and nothing done yet."

### The Tale of the Shirt.

A bride there was of not so many moons ago who knew more of fancy encores and dainty desserts than laundry work. Hubby had a pet negligee shirt of fine flannel he hated to trust to the washerwoman. Wife undertook to wash it with her own fair hands, and went at it so energetically she nearly rubbed the skin off her knuckles. Then she put soda and soap in the water and boiled the garment down to half the quantity. The result was something in the shape of a shirt, thick like felt, and of a rich creamy color. Though well moistened by tears it would not stretch. Neither did the salt drops spot it, so wife stitched the plain part round and round like a coil of rope and converted the placque into a winter hat.

### Tax Reform.

It is expected that at the next session of the Legislature of the Province of Ontario the question of eventually abolishing the present system of taxation will be discussed, the idea being to substitute something more just and equitable. That we should any longer tolerate the taxation of improvements is so absurd, that it seems scarcely necessary to argue in favor of taxing ground values instead. However, up to the present the Provincial Government has not seen fit to even seriously consider a change, whereby it would be possible to gradually reduce taxes on buildings, improvements, and business assessments, and at the same time increase taxes on land values to make up the differences. As I understand the plan as proposed by the Tax Reform Association, there is no idea of an immediate and radical change from one system to the other. It would on the other hand be gradual. That is to say the first year it might be possible to deduct from the assessed value of improvements, say 25% and add the same amount to the land tax. The second or third year 25% more might be taken from improvements and placed upon land, and so on, little by little, until the old system is entirely obliterated.

Unquestionably such a change as outlined by the Tax Reform Association will meet with a hearty approval of the majority of tax payers, once they fully understand that it is not a system of highway robbery, but is on the other hand an equitable and just method of collecting the taxes necessary to meet the bills. The immediate effect of abolishing the tax on improvements would be a political boom. The man who squats on a piece of ground waiting the time that his neighbors will get busy and make it more valuable for him, will find under the land tax system that he had better sell or improve it himself. He will do one or the other, rest assured; while, on the other hand, the man who would either build or improve and extend his present structures will not hesitate, for he would not feel the piling on of taxes which he now experiences. Taxing land at anywhere from one-quarter of its actual selling value and buildings at their full value as is now done in Toronto stand in the way of

progress and prosperity; and those who wish to see this city and this country properly and substantially built up should use every endeavor to prevail upon the Government to make the necessary changes in our system.—Saturday Night.

### The "Artful" Chinaman.

A German Jew, who keeps a pawnbroker's shop in Sydney, is blessed with one daughter who now and then keeps shop while her father attends sales on the lookout for bargains. During the temporary absence of old Moses recently, a meek-looking Chinaman walked into the shop and asked Rachel to show him some "welly good watches." Rachel handed down four from the shelf at the end of the counter, marked respectively "fifty-dollar watch," "forty-dollar watch," "thirty-dollar watch," and "ten-dollar watch," and arranged them in line on the counter, in order of their value. John inspected them, and taking advantage of Rachel's momentary inattention, slipped the ten-dollar watch into the place occupied by the forty-dollar watch, and handed over a ten-dollar note, saying:

"I take cheapee watchee."  
Shortly afterwards Rachel detected the swindle and sought refuge in tears. On the return of old Moses she related the misadventure, with many protestations of concern.  
"Never mind, mine tear," said the father, with a dry chuckle, "dese watchees were all the same price—six dollars; but vat a scoundrel dot Shinaman must pe, don't he?"

### Deal Gently.

Don't criticise your neighbors' faults, no matter what they do.  
Don't ridicule the masses, or malign the chosen few.  
Don't think yourself a censor for the silly human flock.  
And just remember as you go, that any fool can knock.

Don't laugh at those who make mistakes and stumble by the way.  
For you are apt to follow them and almost any day.  
Don't think the others shitting sand while you are solid rock.  
And don't forget, for heaven's sake, that any fool can knock.

Don't be a puller-down of fame on other men conferred.  
Don't give a parting kick to one who fell because he erred.  
Don't think that you are perfect and the only size in stock.  
And now once more, just bear in mind, that any fool can knock.

### Condensation.

Here is a news item from Bellefontaine:  
Henry Wertz, 14, of Botkins, shot through the left lung when his rifle accidentally exploded yesterday, died to-day.  
The correspondent has told:  
Who was shot.  
How old he was.  
Where his residence was.  
In what part of the body he was shot.  
How he came to be shot.  
What he was shot with—revolver, shotgun or rifle.  
When he was shot.  
When he died.  
And all in eighteen words. We commend this little news dispatch to teachers as a high example of the possibilities in condensation. We further urge its consideration upon those business men who dictate three pages of letter to convey three words of information.

## A Discovery of Vast Importance

It is Now Admitted That Bronchitis, Asthma, Catarrh, Coughs, and Colds Can Only Be Quickly Cured By Mixing a New Medicine With the Air You Breathe.

Scientists acknowledge that medicated air treatment is the only treatment that will cure these diseases, and that stomach medicines are worse than useless.  
Catarrhazone air treatment has been found to be the most effective way to cure all diseases of the throat, lungs, and nasal passages. Its action is so prompt that in less than an hour an ordinary cold is cured, and after a more thorough use of Catarrhazone, Bronchitis, Catarrh, and all diseases of the throat and lungs are completely cured.  
Catarrhazone is a very simple and powerful method of treatment. You simply breathe it through the inhaler and it immediately passes over every air cell of the throat, lungs, and bronchial tubes, curing and healing as it goes.  
Catarrhazone treatment affords little drops of healing for sore places in the lungs, throat, and nasal passages.

## Catarrhazone Does This, And Cures

YOU TAKE THIS MEDICINE IN AIR  
Price 25c, 50c and \$1.00 at all druggists or by mail from The Catarrhazone Co., Kingston, Ont., and Buffalo, N. Y.

# NA-DRU-CO LAXATIVES

do their work without affecting the rest of the system. Nursing mothers take them safely. 25c. a box at all druggists.  
National Drug & Chemical Co. of Canada, Limited

# 2 IN 1 SHOE POLISH

Absolutely free from acid, turpentine or other injurious substances. It preserves the leather and keeps shoes like new, always soft, and gives a brilliant, smooth and lasting shine.  
Made in Canada and sold in all parts of the world.  
It is good for your shoes.  
THE F. F. DALLEY CO., Limited, 16 HAMILTON, Ont., BUFFALO, N. Y. and LONDON, Eng.

## Do You Own a "PARKYTE" Or Are You a Slave to Ill-Health?

A "Parkyte" Sanitary Chemical Closet  
in your home is the strongest kind of insurance against the germs of disease. It is a preventative against epidemics and contagion in the summer, and an absolute necessity the year round.  
Requires neither Water nor Sewage; can be placed in any part of your home; costs less than a CENT a day, and lasts a lifetime.  
Endorsed by the leading Physicians, and Health Officials; Specified by the most prominent Architects, and adopted by whole Municipalities.  
OVER 15,000 HAVE BEEN INSTALLED IN CANADIAN HOMES IN LESS THAN ONE YEAR.  
Ask Your Dealer For Prices.  
The "PARKYTE" SANITARY CHEMICAL CLOSET is made in Canada by PARKER-WHYTE, Limited, WINNIPEG, Man.  
BRANCHES:—Toronto, Montreal, Calgary and Vancouver, and is sold by J. MCKERCHER, WATFORD, Ontario.

## GOOD CUTLERY

ARE you beginning to think that Cutlery is not what it used to be? If so it is time to try some of ours. Our first thought is for Quality and we stand behind anything we sell to be as represented.

Pocket Knives, Pen Knives, Razors, Butcher Knives, Table Cutlery, Shears, Etc. Large Assortment. Right Prices.

The N. B. Howden Est.

We Do All Kinds of Printing.