

WOMAN SICK FOR YEARS

Wants Other Women to Know How She was Finally Restored to Health.

Hammond, Ont. — "I am passing through the Change of Life and for two years had hot flushes very bad, headaches, soreness in the back of head, was constipated, and had weak, nervous feelings. The doctor who attended me for a number of years did not help me, but I have been entirely relieved of the above symptoms by Lydia E. Pinkham's Vegetable Compound, Blood Purifier and Liver Pills, and give you permission to publish my testimonial." — Mrs. LOUIS BEAUCAGE, Sr., Hammond, Ont., Canada.

New Brunswick, Canada. — "I can highly recommend Lydia E. Pinkham's Vegetable Compound to any suffering woman. I have taken it for female weakness and painful menstruation and it cured me." — Mrs. DEVERE BARBOUR, Harvey Bank, New Brunswick, Canada.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact. Every suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

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, JUNE 20, 1913.

NOTE AND COMMENT.

Bad air is directly or indirectly the cause of most of our diseases.

You can live six days without water, forty days without food, and 100 years without booze; but only four minutes without air. Get all the fresh air you can hold. It is cheap and leaves no headaches.—Greenwood, B.C., Ledger.

Have a kind word and a pleasant smile for everyone. It doesn't cost anything and we never know the good it may do. It is really one's duty to treat everyone well, and more than that, to seek occasions for doing little kindnesses, to make a bright spot for someone every day of our lives. We have no right to live selfishly; we owe something to the world at large.

The very worst calamity, I should say, which could befall any human being would be this—to have his own way from his cradle to his grave; to have everything he liked for the asking or even for the buying; never forced to say: "I should like that, but I cannot afford it; I should like this, but I must not do it."

Every Woman

is interested and should know about the wonderful

MARVEL WHITING SPRAY

The new Vaginal Spray. Best Menstrual Care. It cleans instantly. Ask your druggist.

If you cannot apply the MARVEL, accept no other. You must apply it directly to the job—needed. It gives full relief. When used directions are included in bottle.

WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

Never to deny himself, never to exert himself, never to work and never to want. That man's soul would be in as great danger as if he were committing great crimes.—Charles Kingsley.

There are hundreds of thousands of men with their thoughts fixed absolutely on money making. They hate what threatens money. They love those that sympathize with money. They live, work, vote, talk, marry and cheat their friends for money. If they fail—as most of them do—they die unhappy. If they succeed money cheats them, and for all their devotion gives them nothing. "For what shall it profit a man if he shall gain the whole world and lose his own soul?" The man wastes his soul who devotes its forces only to accumulating wealth.

Since the Ontario Bank was wrecked \$10,000,000 has been realized from the salvage, and the shareholders who reluctantly paid up under the double liability requirement of the bank act will shortly receive a dividend of twenty per cent, which involves a disbursement of \$200,000. The dividend will probably be paid in July, and it is said, a second dividend will follow soon after. Some of the assets of the defunct bank have been disposed of at a much better figure than was ever hoped for.

The boy who has the freedom of the street after nightfall without business or permission is cultivating a dangerous habit. Any place where a body has no business is no place for him, be it on the street, in stores or in the livery barn. A boy that is all right will prefer his home, friends, books or newspapers to the class found on the street. Business men of all kinds look upon the boy loafers as the "dead beats" of the future. Boys, if you will adopt the right habits while boys, you will, in manhood, be useful to the world, and a source of comfort to your parents and friends, and then you will have the satisfaction of looking back upon a well-spent past.

Catarrh Cannot be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it, you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Props., Toledo, O.

Sold by Druggists, price 75c.

Take Hall's Family Pills for constipation.

Woman to the Front

Woman is making her way to her right place in civilization step by step. She is doing this by wisdom and not by folly—by showing herself a necessary factor in the body politic. A lady who is chairman of a London borough board of guardians has been accorded such of the functions of a magistrate as pertain to that office. Another lady who was chairman of an urban council had been refused the right to act as a full magistrate because she was a woman. Miss Duncan, chairman of the East Ham Board of Guardians would not thereby be a magistrate, had she been a man; so it seems that all the magisterial powers have been granted her that pertain to her office.

Inconsistency

When winter held us in its crutches and froze us to the marrow-bones with many oburgative touches we stated in most earnest tones that we disliked the brand of weather which chilled our vitals to the core, and kept them so for months together; we longed for summer warmth once more as in our beds we lay half frozen, wrapped tightly in an icy sheet which sleeted around as we were dozing and let the frost attack our feet. Then through the dreary hours we shivered and for the summer's warmth we pined, so we could leave our toes unknived in peace and quietness of mind. But when the mercury is crawling to dizzy

heights, and we perspire, we start a grievous caterwauling about the heat as we retire. Oft of a stilly night there rises a weird and melancholy chant from people of all sorts and sizes who want to get to sleep and can't. "This heat," they wail, has snapped our reason and melted us to spots of grease; oh, would that it were down to freezin', and then we could repose in peace! Yet if J. Probs took our opinion on matters touching heat and cold supplied to this our great Dominion, we still would paw the air and scold.

Telephoning in Australia

In Australia, for ordinary telegrams not exceeding 16 words the charge to any part of the country is 24 cents; possibly over distance greater than between Halifax and Vancouver the cheapest rate in the world. The Commonwealth telephone service is established on pay call system, each effecting call costing one cent. Telephones may be installed on the party service for ten dollars a year, plus a cent for each call. In cities of over 100,000 inhabitants an exclusive service costs \$30 a year, and for all effective calls subscribers are charged a cent a call, for calls above 2,000 half yearly the rate is reduced to three calls for one penny. There has recently been a marked expansion in the establishment of public (slot) telephones. They are placed conveniently in prominent places such as retail stores and railway stations and connection is frequently made with the Intercolonial and overseas steamers immediately they are berthed at wharfs.

Sell-Reliance

It is not in the sheltered garden or in the hot house, but on the rugged Alpine cliffs where the storms beat most violently, that the toughest plants are reared. The oak that stands alone to contend with the tempest's blasts only takes deeper root and stands the firmer for ensuing conflicts; while the forest tree, when the woodman's axe has spoiled its surroundings, sags and bends and trembles and perchance is uprooted. So it is with men. Those who are trained for self-reliance are ready to go out and contend in the sternest conflicts of life; while men who have always leaned for support on those around them, are never prepared to breast the storms of adversity that arise. Many a young man, and for that matter, many of those who are older—halts at his outset upon life's battlefield and falters and faints for what he conceived to be the necessary capital for a start. A few thousand dollars or hundreds, or something handsome in the way of money in his purse, he fancies to be about the only thing necessary to procure his fortune.

TO ASTHMA SUFFERERS. Dr. J. D. Kellogg's Asthma Remedy comes like a belting hand to a sinking swimmer. It gives new life and hope by curing his trouble—something he has come to believe impossible. Its benefit is too evident to be questioned—it is its own best argument—its own best advertisement. If you suffer from asthma get this time-tried remedy and find help like thousands of others.

Canada's Abounding Prosperity

1. A trade of over one billion dollars.
2. A surplus over consolidated fund of 55 millions.
3. A reduction of over 23 millions in the national debt.
4. An increase in revenue of \$2 millions.
5. An increase in imports and exports of over 105 millions.
6. Two years' revenue would pay the national debt.
7. Debt per head of population, forty dollars.
8. Wealth received in the country from the United States through 140,143 immigrants estimated at 140 millions.
9. Three-fold increase in immigration from Britain since 1908.
10. Total immigration from all countries 402,000, or 1,200 a day.

An old bachelor says that woman's proper sphere is a ball of yarn.

Regularity

of the bowels is an absolute necessity for good health. Unless the waste matter from the food which collects there is got rid of at least once a day, it decays and poisons the whole body, causing biliousness, indigestion and sick headaches. Salts and other harsh mineral purgatives irritate the delicate lining of the bowels. Dr. Morse's Indian Root Pills—entirely vegetable—regulate the bowels effectively without weakening, sickening or griping. Use

Dr. Morse's Indian Root Pills

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations, and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher.

The Kind You Have Always Bought

In Use For Over 30 Years

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

SPRING

Housecleaning generally makes it evident that a new piece of Furniture would be an improvement to some room. Let us show you the new patterns. Our stock comprises everything for Parlor, Dining Room, Bedroom, Library or Kitchen. Comfort, Elegance, Durability and Value are features that our goods are noted for. No Big Profits to Pay Here. Our prices are as low as consistent with reliable goods.

HARPER BROS.

PHONE 31

FINE FURNITURE FUNERAL DIRECTORS

A. D. HONE

PAINTER and DECORATOR

Specialist in Hand Painted Decorations.

The Best Work at Reasonable Prices. Estimates Furnished

A COMPLETE LINE OF

Samples of WALL PAPER on Hand.

When you have work in his line let him figure on it.

"I want to be procrastinated at the next corner," said Mr. Erastus Pinkly. "You want to be what?" demanded the conductor. "Don't lose your temper. I had to look in the dictionary myself before I found out that 'procrastinate' means 'put off'."

Occasionally a spinster looks really glad.

Hope deferred giveth the promoter cold feet.

Furthermore, the rolling stone never reaches the top.

It's hard for some people to stand success—in others.

A gentleman always speaks well of a woman and religion.

Possibilities are all right in a way, but they never prove anything.

We never knew a man to dodge greatness when it was thrust in his direction.

"I see you leave your husband's card and you're own card, but what is that other card?" "That's Fido's. He leaves cards for all the dogs in our set."

—Kansas City Journal.

There is nothing repulsive in Miller's Worm Powders, and they are as pleasant to take as sugar, so that few children will refuse them. In some cases they cause vomiting through their action in an unsoftened stomach, but this is only a manifestation of their cleansing power, no indication that they are harmful. They can be thoroughly depended upon to clear all worms from the system.

CENTRAL BUSINESS COLLEGE

STRATFORD, ONT.

Canada's Best Business College

We have thorough courses and competent experienced instructors. We do more for our students and graduates than do other schools. At present we have applications offering from \$50 to \$100 per annum for trained help. Business men know where they get the best help.

We have three departments—

COMMERCIAL, SHORTHAND AND TELEGRAPHY

GET OUR FREE CATALOGUE

D. A. McLAHLAN - PRINCIPAL.

The Damp

When surplusulates in the Furnace the damper releases pipe. When the damper closes

If you install a will never be broken with furnace gas your house.

Mc Sunsl
London Toronto Mont
Hamilton C
SOLD



Our Lawn Mowers are

A full line of Carpen

SEE T

NEW PERF

T. DOD

Evartownline

Dad's Dope

The cool weather has checked spread of the spring fever that is prevalent at this season of the year.

Gustave Puppe, a German banker short about seven million dollars accounts, has disappeared. Puppe probably fled to escape being made bankrupt by the bank's creditors.

An American automobile manufacturing concern offers a prize for a man a new lady's car. Why not call it "Last Word"—every woman would insist on having it.

Chicago maids are protesting a being required to wash their mist pet dogs. A long felt want was filled by the invention of a canine w cleaner.

Surgeons have succeeded in building new chin on a Baltimore girl. To plete the treatment, all the patient do is to keep it perfectly quiet for three weeks.

Lillian Russell advises her readers to wear a placid countenance. With the parlor carpet hanging a clothes line and the bedding sea over the back yard when company a housecleaning week, it would require great effort.

A Berlin man was given thirty d prison for calling a girl a "camel" the telephone. Had he called h elephant he would have got six m

A pessimistic fisherman is defin one who when he gets a bite conv himself that it is only a German ca

A Cleveland man and his wife admitted to the bar on the same Should they happen to be engag opposite sides of a case a few auth not to be found in the law lib might be quoted.

The estimated value of the estate recently deceased prize fight cham has dwindled from \$100,000 to \$20,0 a week. After it runs the gauntlet c law courts the widow will receive mite.

Children Cry FOR FLETCHER'S CASTORIA