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, backaches, 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.

PUBLISHED EVERY FRIDAY.

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Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, MAY 14, 1915.

NOTE AND COMMENT

I wonder if William Howard Taft, who once said that the tie which binds Canada to the Mother Country is light and almost imperceptible, has read the story of Langemarck.

Germany claims the capture of 1000 Canadians. She also claimed that the captain of the Dresden had blown up his ship rather than allow her to fall into British hands.

"Fifteen years ago," says the Aylmer Reformer, "the first automobile was brought to Aylmer by David Marshall. To-day there are in a circle surrounding this town and in the town itself over 250."

The country weekly and the small town daily can establish the dignity and value of local life. The villages, towns and smaller cities of Ontario have not rewarded the work of their own newspapers. Ontario has failed to encourage the editors of local weeklies and dailies to fill a place that can never be filled by city newspapers.—Toronto Telegram.

"There never was anything finer. There never can be anything finer," said General French of our Canadian boys, but—they shed their blood freely! And all over Canada the mother hearts stand still as they wait for the blow to fall, wait for the bullet which laid their boy low and which, speeding over land and sea, will finally rest in the mother's heart. Thank God for the boys who are to-day "Dead on the field of Glory" and thank God for the mothers and wives who stand to-day and wait and make no moan.

Buffalo Express: Considering that the only control over commerce which the Germans are able to exercise is maintained by submarines which sink merchantmen without stopping to ascertain whether they are carrying contraband or not, and often without even allowing the crews to escape, the new German order extending the contraband list looks almost like sarcasm.

Crooked Men

There are some men so crooked that they can't lie straight in bed. They will only stop lying and cheating when their stammering tongues and itching fingers lie silent in the grave." They can't make a sale without faking, and they can't take off a trial balance without teetering. Crookedness is a hard thing to shake when it gets a hold on a fellow. When he can't deceive others he takes satisfaction out of deceiving himself. "A false balance is abomination to the Lord," whether it be a pair of grocery scales or any other kind of truth-telling apparatus. It is an abomination to men also, and when a man once gets the reputation of a moral juggler, it is a hard thing to get people to believe he has honest moments. Tell the truth and shame the devil. It's better to lose a little money or a few friends than lose your character and reputation.

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 surface. Hall's Catarrh Cure is not a quack 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.

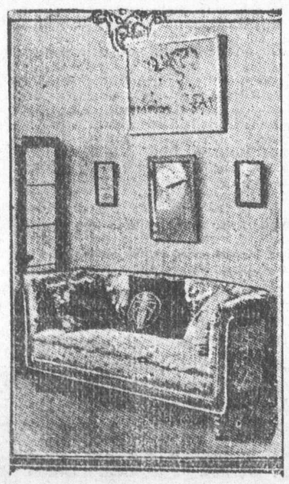
Sold by Druggists, price 75c.

Take Hall's Family Pills for constipation. m

ATTRACTIVE ROOMS.

Simplicity, Comfort and Good Taste Should Reign Through the Home.

No room in the house has greater possibilities of remodeling, especially if old fashioned and in need of freshening, than the living room. It is the heart of the home, where throb the collective activities, intelligencies and pleasures of the household. It should never be the expression of the taste or hobby of an "individual," but a harmonious whole which is the outcome of one mind striking fire from another, a particular talent, fraternizing with



USEFUL AND HANDSOME SOFA.

its brother talents, a neutral ground where every hobby makes room for his neighbor.

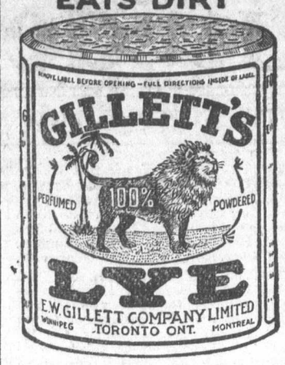
A neutral ground. That is the keynote. And neutrality combines simplicity with diplomacy, comfort and good taste.

It should be simplicity itself because a cluttered room, whether it be the clutter of too many designs and colors in rugs, wall paper, hangings or woodwork or an endless conglomeration of furniture and bric-a-brac, is never attractive nor restful. An empty space is far better than an ugly, useless piece of furniture, and this also applies to ornaments. A simply furnished room should be able to stand the "homey" disorder which is bound to take place in a home of varied activities and tastes. Open, half read books, tumbled cushions, magazines and newspapers, sheets of music, bits of sewing and the masculine touch of a pipe or two contribute its greatest attraction—"the home atmosphere."

The living room should be comfortable and restful to mind, eye and body with solid, well made furniture, carefully placed and shaded lights, soft neutral tinted walls, low toned rugs and hangings, never so intricate nor conspicuous in design or color that they create restlessness by torturing the eye of the beholder. Easily accessible books, a capacious desk or writing table and a sofa designed for use and equipped with cushions for use and not for show. No cushion has an excuse for being save the one with an easily laundered cover against which the head can rest without the uneasy feeling that possibly you may be soiling it or with the still more disturbing feeling that it may be already in that condition.

The sofa pictured here was in a room which had been recently finished over. All the pieces were of walnut and were reupholstered in a tapestry in which the predominating shade was a brown a trifle lighter than the walnut framework and was figured with brownish leaves like the soft brown often seen when oak trees have donned their autumnal coloring. The cushions were all of washable materials in the same tints.

GILLETT'S LYE EATS DIRT



A FEW DON'TS FOR PARENTS.

Don't forget that children, like plants, suffer seriously from want of sunlight.

Don't forget that children are more seriously affected by impure air than grown people.

Don't let the nursery be used as a laundry nor a larder. Food should never be kept in it.

Don't forget that lowered vitality makes children more liable to catch any infectious disease.

Don't say "don't" to your little one. Remember to tell the child what he is to do, not what he is not to do.

Don't forget that little children are easily depressed by gloomy surroundings, and this lowers their vitality.

Don't forget that you sometimes do harm to your children by doing too much for them. There are things that it is far better to teach the children to do for themselves.

Don't shake or scold a child who wakes up and cries out in the night. Often night terrors are a purely nervous affection and any harshness only makes matters worse.

Don't think that money is wasted in buying pretty paper and bright colored paint for the decorations of the nursery. Money spent on brightening life at its opening will bear good interest in health and happiness.

Don't think that any room in the house will do for the nursery, as "it's only for the children." The sunniest most airy and most cheerful room in the house should be given to the children if you want them to be healthy.

A safe Pill for suffering women.—The secluded life of women which permits of little healthful exercise, is a fruitful cause of derangements of the stomach and liver and is accountable for the pains and lassitude that so many of them experience. Parmelee's Vegetable Pills will correct irregularities of the digestive organs and restore health and vigor. The most delicate woman can use them with safety, because their action, while effective, is mild and soothing. m

Some office holders get up and howl about the burden of holding a political office, but never think of resigning.

Many a man who talks like a war hero compels his wife to interview the janitor every time he has to make a kick.

The best evening ties are those that keep married men at home after dark.

"Rough on Rats" clears out Rats, Mice, etc. Don't Die in the House. 15c. and 25c. at Drug and Country Stores. mr12-m6

Furniture That Satisfies

Is our hobby, and we know that our showing will please you, no matter how exacting your taste may be. We have the very NEWEST DESIGNS in

BUFFETS, SIDEBOARDS, CABINETS, AND PARLOR, DINING AND BEDROOM GOODS

If you need a new piece of furniture kindly call and see our our spring stock.

PORCH AND LAWN CHAIRS are now required. Let us show you what we can do in this line.

Our Furniture is a delight to those who admire good goods.

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.

HARPER BROS.

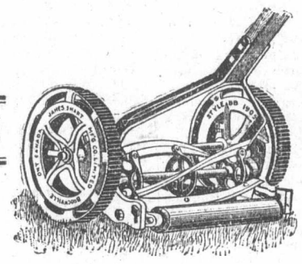
PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

LAWN MOWERS

WE ARE SOLE AGENTS FOR THE UNEQUALLED

BROCKVILLE



MACHINES

LIGHT RUNNING GOOD LOOKING SATISFACTORY

14 inch, 3 knife, 8½ inch drivewheel.....$3.75
16 inch, 3 knife, 8½ inch drivewheel.....$4.00
16 inch, 4 knife, 9 inch drivewheel.....$4.50
16 inch, 4 knife, 10½inch drivewheel.....$6.00

N. B. HOWDEN ESTATE

THE STORE WITH THE STOCK

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

INTERNATIONAL STOCK FOOD

FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

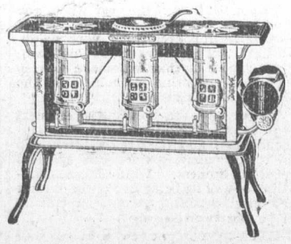
CALDWELL'S MOLASSES MEAL

AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE

Chopping and Rolling Done While You Wait

PHONE 39



IF YOU BUY THE OLD RELIABLE

NEW PERFECTION OIL STOVES

You are assured of lasting satisfaction. We can supply you with two, three or four burners; with or without high shelf, or warming closet. A postal card will bring an illustrated catalog or a stove to your door.

T. DODDS & SON

SOLE AGENTS FOR NATIONAL CABLE LIGHTNING CONDUCTORS