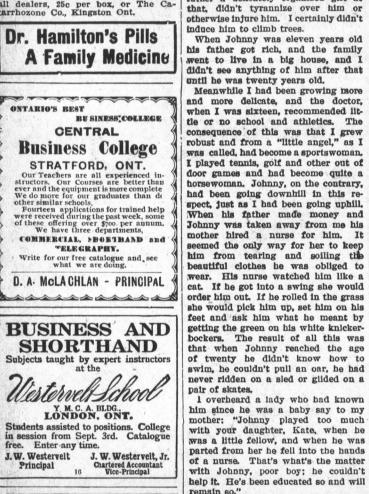
## DO YOU USE PILLS ? : " ..... AnAthletic If In Doubt About the Right

Pills to Use Read the Following Letter Carefully:

"I am one of those persons whose system requires aid," writes Mr. Young Gledhill, from Picton, "but it is so easily affected by reason of the great sensitiveness of the bowels that or-dinary drastic pills inflict great in-jury to the delicate coating, and excite such persistent activity as to be with difficulty checked difficulty checked. "I wish in the highest terms to ex-

"I wish in the highest terms to ex-press the great value of Dr. Hamilton's Pills in cases like mine, and I am sure also for elderly people and the very weak there is no pill like them. "Speaking of my own experience with Dr. Hamilton's Pills, I can say they have proved the most stimulating pills for the liver I have found. I have proved their tonic action upon diges-tion, and the same results have been secured by friends upon whom I have mon, and the same results have been secured by friends upon whom I have urged their use. The manufacturers are to be congratulated upon possess-ing so valuable a prescription, and the public should know that so valuable a temedy has been placed at their com-mand." No other pill for constipation, for

liver, kidney, or stomach trouble, com-pares with Dr. Hamilton's Pills; they are mild and sure always to restore health. Refuse substitutes. Sold by all dealers, 25c per box, or The Ca-tarrhozone Co., Kingston Ont.



"Horseback! I don't know how to wide a horse.

Girl

And What She

Achieved

By HELEN JENNINGS

Johnny Perkins and I were born in

adjacent houses, only Johnny was

born a year before me. Johnny had

no boys to play with, and there were

no girls living near me. The conse-

quence was that we began to play to-

gether as soon as we were old enough

to be playmates and kept it up till we

mother was content to have him in my

company. She said that when he

played with boys they abused him, tore his clothes, robbed him of his

playthings-in short, treated him with

all uncharitableness. They induced him

to climb trees, get into the mud and

say bad words. I, being a girl, and rather a delicately organized girl at

Johnny's

were past ten years old.

tled him down to a nurse.

kill him."

hum.

for the occasion.

"Ob,

his in mine, and said:

"You'll have to learn if you ride with me. Come; order a horse for yourself and one for me."

GUIDE-ADVOCATE, WATFORD, SEPTEMBER 20, 1912

A pained expression passed over his face. From force of habit he looked at bis mother, who said that John had not learned to ride. She had intended to have him take riding lessons, but had never been in a position to do so must excuse him.

"I'll be his riding master," I said 'Come, Johnny: let's have a canter.' I had purposely brought matters to a crisis. If John was a natural milk not he would obey his mother, who at tempted to command him by a frown It he was a man he would stand by me whether he knew how to ride or not There was a brief struggle within him and I won. He went out to the stable to select the horses and give his in structions. I ran upstairs, donned my ciding clothes, and when I came down John appeared in an immaculate riding suit-he had never worn it before-and going out to the porte-cochere, we nounted and rode away.

John had provided himself with a horse that could not be driven out of a walk, and even then the poor fellow had a hard time to keep his balance But I had made a beginning and made up my mind that before I had got through with him he should be jump ing logs and ditches. I was tempted to prick the animal he rode with a pin and get my pupil dumped on the turf. but I didn't wish to try too much at once, so I refrained. I gave him a short lesson of an hour, then permitted him to return to the house, take a bath and put on his evening clothes before dinner. He was quite exhaust ed, but seemed to be very proud of having ridden a horse.

It required only this much to con vince me that John was a man, like other men. He had been deprived of the elements of development. How can a plant thrive without sunlight? My old playmate had grown to manhood in obedience to a natural law. He was like a boy who had been taught to swim by reading swimming instructions from a book. In other words, he had not learned at all.

The next morning I came down to breakfast in a tennis suit, John in immaculate morning costume.

"Go straight upstairs," I said to him, "and come back in your shirt and trousers. Do you suppose you're going to entertain me sitting on the plazza? Not on your life! You'll play tennis."

He gave a sickly smile, marched upstairs, came back in sporting costume. and after breakfast we went out to the court. He played the game, though he had begun too late to make much of a hand at it. When we had played one set he was tired, but I kept him at it till an hour before luncheon, and he went in to the tub reeking with perspiration.

At the end of the week a great change had come over John. He had got some of the "soft" out of him and had entered upon a new career. I had been a link for him between his mother and freedom. Before the week exred he had declared his independ-I had been very fond of my little ence and developed a natural taste for playmate, and now that I had been athletic sports. He was like a plant changed from a tragile girl to a sportsbrought from a cellar and placed in woman I felt awfully sorry for the the shower and sunshine of an April boy. Johnny had been handicapped. day. He wouldn't hear of my leaving. What I didn't like especially was the I must stay on indefinitely, as long as influence I had had on him in the be-I would. ginning. I blamed myself for his con-His mother needed some one to take him from her influence as much as he. dition, for, I argued, if he hadn't played with me when he was a little chap She had followed a habit and was not his mother couldn't afterward have sorry when she saw that I was trying to undo what she had done, for there When I was nineteen I went to visit is no mother who does not wish to see her son manly, even though she be the at the Perkinses. When I saw Johnny I wanted to cry. A more helpless man cause of his effeminacy. I remained at the Perkinses for a never saw. He had never mingled month and even then found it hard to get away. I had nearly killed Johnny, with any except swells, and none but the most effeminate swells would have him around. I couldn't believe that he but he said "he liked it." His mother was the dear, honest, sympathetic, self didn't approve of that part of it and asked me if a taste for athletics necessacrificing boy I had been so fond of and had remembered as my dear little sarily involved breaking persons' necks. playmate. "Well," I said to myself, "I'll get I replied that an occasional neck was necessarily broken in athletics, as well some of that out of him if I have to as in other less strenuous pursuits. A year passed, during which I was I had been invited to spend a week at constantly spending short or long the Perkins country home, and I de-termined to make the most of that terms at the Perkinses. Athletics were to Johnny like a new toy to a child. In the winter he learned to skate and week. Pocketing my repugnance to Johnny's effeminacy, I ran up to him with outstretched hands, taking both in the summer to swim. He was great-ly handicapped on account of learning those accomplishments late in life and "Oh, John; I'm jolly glad to see you had he not had a strong natural taste again, old fellow. I've been eager for it ever since I received your mother's invitation. We'll have a hot time while I'm here. We'll just make things for them would not have learned them at all. As it was, he became fairly proficient in them. I was repaid for all my trouble-if it can be called such-by John himself. Among other sports, I was fond of He looked at me in a half frightened way and said he was "rewy much pleased to meet me again." He "re-membewed our childhood days vewy canceing. It seems to me the most dangerous of all outdoor sports, even for those who can swim-that is, if they go too far from land. One day well." He seemed to be a bit taken back by my exuberance and especially my slang, which, by the bye, I adopted Johnny and I were padding in a canoe on a bay of the Atlantic ocean. We ventured too far out and were caught "Have we time for a ride before dinin a squall. We saw it coming and death in it. In John the nature of a ner?" I asked. "We can talk over old times together in a canter." strong man triumphed over the disadyes, I'll tell James to bring vantages he had so long endured. He became the anchor, I the clinger. He round the anto, or would you pwefer to go in the box wagon? James usually ordered me to lie down in the bottom of the boat in order to preserve its

equilibrium, while he crouched as low as possible and still worked a paddle, Watching the wind coming over the water, he kept the canoe in a position to be struck on the stern instead of on the side.

We plunged on the crests of the waves for awhile, but no strength or skill could keep us straight before them. The canoe turned, and the next wave that struck us keeled it over. Both swam for the boat, which floated bottom up, and caught it.

There is a good deal in this story about what I did for John and very little about what John did for me, and yet what he did for me, though concentrated within half an hour, was worth many times my efforts in his behalf.

The wind howled; the rain poured down on and about us, obscuring the land. The waves dashed themselves against us as if determined to drive us from our frail support. And during this time John was holding me in my perllous position, both of us clinging to the canoe. Then when it was all over and boats came to our assistance they took me aboard unconscious.

I had saved John from a life of effeminacy, and he had saved me from death. I found him as necessary to me as I had been to him, and we have never parted.



Men and women-do you want a splendid head of luxuriant hair free from scalp itch and dandruff? 2BW0 8 Do you want hair so bewitching radiant that it compels the admiration of all who see it?

Do you want a scalp as immaculately clean and bright as a newly-minted coin? Do you want to use a hair dressing Do you want to use a nar pressing that will surely prevent baldness, that always refreshes and invigorates and makes your entire head feel fine? Then spend 50 cents this very day and get a bottle of PARISIAN Sage at any drug store or toilet goods counter. Use it as directed and you will never care to nee ordinary tonics again.

use ordinary tonics again.

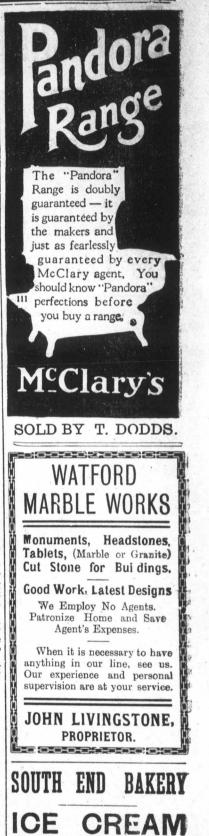
nse ordinary tonics again. No poisonous sugar ot lead, no sulphur no injurious ingredients in PARISIAN Sage. Ask for PARISIAN Sage. T. B. Tavlor & Son guarantee it.

CARE OF THE CAT.

How Pussy Should Be Corrected and How She Should Be Fed.

It isn't a very nice task to punish pussy if you're fond of her, but there are times when she must be chastised. This is how to do it, according to Mr. Louis Wain, the great authority on

the fascinating feline. In the first place, don't actually strike the cat. A blow merely numbs it. And when the spine, which is its most sensitive part, is struck-particularly if the cat is old-it is likely to spring at the striker.



The Fountain

A man who has a weak and improperly digest his food will soon weak and impoverished, and that ciently nourished.

Dr. PIERCE'S GOLDEN makes the stomach stron digestive juices, restores argestive funces, restores assimilation perfect, inv purifies and enriches the i flesh-builder and restors strong in body, active i

This "Discovery" is a pure, bsolutely free from alcohol and ingredients are printed on its wra mostrums. Its every ingredient is medicine. Don't accept a secret i remedy of KNOWN COMPOSITION. A many cures made by it during past World's Dispensary Medical Associ



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SATISFACTION GUARANTEED

RICHARD BROCK & SON dwives me in the wagon." "Neither. I'll.go on horseback." RNER H BON AND MAIN STS., WATFORD

When pussy does anything wrong, frighten the wrongdoer by striking a stick on the ground. A cat is most sensitive to sounds and will connect this new noise with what it has done. It feels more intensely than most animals; hence its supposed savagery in cases. Cats are highly electrical, and it is very good to have one perch on one's shoulder or knees.

The best food for puss is raw meat, chopped up, and only one meal a day should be given. Most of the mistakes which are made in training cats arise from an absence of knowledge of the cat's character and constitution, Londen Answers.

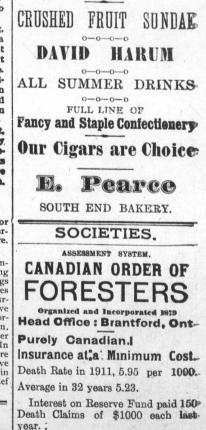
Mother Graves' Worm Exterminator does not require the help of any pur-gative medicine to complete the cure. Give it a trial and be convinced. m

Honey is sometimes put to extraordinary uses. For instance, persons seeking safety for delicate seeds and bird eggs safety for delicate seeds and bird eggs which are to be shipped long distances pack them in honey. Hindus for centur-ies have used new honey as a laxative and old honey as an astringent. Abor-igines of Persia offered honey to the sun. Greeks still mix it with milk or water and use it as a libation to the dead. In our section of India milk on home. one section of India milk and honey are handed to all bridegrooms as they arrive at the door of the bride's father, and in ancient Egypt honey was long a chie ingredient of embalming fluid.

## Dr. Morse's Indian Root Pills

exactly meet the need which so often arises in every family for a medicine to open up and regulate the bowels. Not only are they effective in all cases of Constipation, but they help greatly in breaking up a Cold or La Grippe by cleaning out the system and purifying the blood. In the same way they relieve or cure Biliousness, Indigestion, Sick Headaches, Rheum-atism and other common ailments. In the fullest sense of the words Dr. Morse's Indian Root Pills are 47 A Household Remedy

MON DE



RESERVE FUND, DEC. 31, 1911.

Insurance - - \$3,609,249.06

Sick and Funeral Ben't 245,683.45-

Total - - - \$3,854,932.49

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