DOCTORS ADVISE OPERATIONS

Saved by Lydia E. Pinkham's Vegetable Compound.

Swarthmore, Penn.—"For fifteen years I suffered untold agony, and for one period of nearly two years I had hemorrhages and the doctors told me I would have to undergo an operation, but I began taking Lydia E. Pinkham's Vegetable Compound and am in good health now. I am all over the Change of Life and cannot praise your Vegetable Compound too highly. Everywoman should take it at that time. I recommend it to both old and young for female troubles."—Mrs. EMILY SUMMERSGILL, Swarthmore, Pa.

Canadian Woman's Experience: Fort William, Ont.—"I feel as if I could not tell others enough about the good Lydia E. Pinkham's Vegetable Compound has done for me. I was weak and tired and I could not rest nights. A friend recommended your Compound and I soon gained health and strength and could not wish to sleep better. I know other women who have taken it for the same purpose and they join me in praising it."—Mrs. WM. A. BUFFY, 631 South Vickar Street, Fort Williams, Ontario.

Since we guarantee that all testimonials which we publish are genuine, is it not fair to suppose that if Lydia E. Pinkham's Vegetable Compound has the virtue to help these women it will help any other woman who is suffering in a like manner?

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.

SUBSCRIPTION—$1.00 per annum in advance. $1.50 in advance to the United States.

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Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.

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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, JANUARY 10, 1913.

Wages and Living

The cost of living may seem high in Canada just now, but it is far more oppressive in Britain — when the wages paid in the two countries are taken into consideration. The majority of workers in England maintain the struggle for existence on incomes which Canadian laborers would scorn. Hundreds of thousands of Old Country families live on less than a pound or $5 a week. Typical family budgets have been compiled to show where all this money goes.

A London railway carriage washer keeps himself, a wife and three children on 18 to 21 shillings, or $4.32 to $5.04 a week. When the wife has met the calls for rent, light, fuel and insurance she has only about $2 left for food. Less than 50 cents is spent on meat in the whole seven days, and the remaining $1.50 goes for what look like very inadequate quantities of potatoes, bread, butter, suet, jam, tea, cocoa, milk and sugar Each of the five members of this family manages to exist on less than six cents worth of food a day, and there is nothing over for amusements, recreations, street car journeys, doctor's bills or anything else.

Another Londoner collects fares on an omnibus at from $3.84 to $4.80 a week. On this pitiable wage he strives to house, clothe and feed himself and his wife and five children. These seven persons between them get only about 50 cents worth of meat in a week, and their expenditure on all kinds of food averages a cent and a half per head per day. The Mother Country does a vast and increasing trade, and is enormously wealthy, but the money does not filter down to the workers. Millions are poorly paid and fed and still other millions without work and always on the verge of starvation are supported all the time by public and private charity.

Every Woman

is interested 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 booklet, sealed. It gives full particulars and directions invaluable to ladies.

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

A LINIMENT FOR THE LOGGER.—Loggers lead a life which exposes them to many perils. Wounds, cuts and bruises cannot be altogether avoided in preparing timber for the drive and in river work, where wet and cold combined are of daily experience coughs and colds and muscular pains cannot but ensue. Dr. Thomas' Eclectric Oil, when applied to the injured or administered to the ailing, works wonders. m

Algebra.

Algebra was cultivated in the ninth century by the Arabs, especially by the Arabs of Spain, who, it is said by the best authorities, derived their knowledge of the science from the Hindus The first printed book on algebra was published in 1494 by Luca Paciolo. Thomas Harriot's important discoveries appeared in 1631, and 1637 the celebrated philosopher Descartes applied the science of geometry, thus paving the way for the triumphant work of Newton and Laplace.

Impractical on the Face of It.

"I understand," said Mr. Erastus Pinkley, "dat dey has invented a machine foh washin' an' ironin' money."

"Go' long, man," replied Miss Miami Brown. "You knows des as well as I does dese white folks ain' g'ineter leave no clotheslines full of two dollar bills hangin' out in de yard."

Talking Business.

He—Does a woman when she's married expect her husband to tell her his business affairs?

She—I don't know, but a woman expects a man to talk business when he's courting her.

Friends.

"If a man is friendless it is his own fault."

"That's right. Why, there are fine fellows standing on every corner who would gladly borrow money from him."

Defined.

"Maw, what's a lambrequin?"

"It's a kind of short drapery to cover the curtain fixtures—something like the straggling mustache your Uncle Sime grows to hide his funny-looking mouth."

A MODERN MIRACLE

He Had Eczema 25 Years and Doctors Said "No Cure."

Yet Zam-Buk has Worked a Complete Cure.

This is the experience of a man of high reputation, widely known in Montreal, and whose case can readily be investigated. Mr. T. M. Marsh, the gentleman referred to, lives at 101 Delorimier Avenue, Montreal, and has lived there for years. For twenty-five years he has had eczema on his hands and wrists. The disease first started in red blotches, which itched, and when scratched became painful. Bad sores followed, which discharged, and the discharge spread the disease until his hands were one raw, painful mass of sores. This state of affairs continued for twenty-five years!

In that time four eminent medical men tried to cure him, and each gave up the case as hopeless. Naturally, Mr. Marsh tried remedies of all kinds, but he, also, at last gave it up. For two years he had to wear gloves day and night so terrible was the pain and itching when the air got to the sores.

Then came Zam-Buk! He tried it, just as he had tried hundreds of remedies before. But he soon found out that Zam-Buk was different. Within a few weeks there were distinct signs of benefit and a little perseverance with this great herbal balm resulted in what he had given up all hope of—a complete cure! and the cure was no temporary cure. It was permanent. He was cured nearly four years ago. Interviewed the other day, Mr. Marsh said: "The cure which Zam-Buk worked has been absolutely permanent. From the day that I was cured to the present moment I have had no trace of eczema, and I feel sure it will never return."

If you suffer from any skin trouble, cut out this article, write across it the name of this paper, and mail it with one cent stamp to pay return postage to Zam-Buk Co., Toronto. We will forward you by return a free trial box of Zam-Buk. All druggists and stores sell this famous remedy, 50c. box, or three for $1.25. Refuse harmful substitutes.

WASHING OUT A WOUND.

Tincture of Iodine is About the Safest Antiseptic to Use.

Carbolic acid, one of the most valuable antiseptics known to surgeons, is at the same time one of the most dangerous. It is used daily, almost hourly, by operators in the hospitals. The layman who understands its perils may wash wounds out with it safely, but the best surgeons say that inexperienced persons had better let it alone.

No wound should ever be bound up with bandages soaked in even the mildest solution of carbolic acid, for the skin absorbs it readily, and poisoning is apt to follow prolonged use. An eminent New York surgeon had a case a few weeks ago of a child whose finger had turned black after being dressed too long with a 2 per cent solution of carbolic acid, and when he called this paper's attention to the case he was expecting to be obliged to cut off the finger.

The most commonly used antiseptic is bichloride of mercury (corrosive sublimate), but this is one of the deadliest poisons known and as it has no color or odor is easily mistaken for water. To avoid this it is customary to color solutions of it. Colored tablets are made especially for making solutions of any given strength. Dr. Albert S. Morrow in "The Immediate Care of the Injured" says it should be used as a wet dressing on wounds in a solution of 1.2000 of 1.5000, the latter made by dissolving one 7½ grain tablet in 2½ quarts of water. As a wash for a wound it may be used in a 1,1000 solution (one 7½ grain tablet to a pint of water).

Iodine is another antiseptic that is highly recommended. It is used commonly on dirty wounds, where there is danger of infection and a doctor's services are not immediately available. In such cases the tincture of iodine is used pure and is applied by dipping a wad of cotton or antiseptic gauze in it and swabbing out the wound, being careful to penetrate this thoroughly.—New York World.

THE BLACK BALL.

A Cunning Scheme That Was Spoiled by Quick Thinking.

Two young men in a French village were called on to draw for conscription. One only was wanted to complete the number, and of the two who were to draw one was the son of a rich farmer and the other the child of a poor widow.

The farmer ingratiated himself with the superintendent of the ballot and promised him a present if he could find means to prevent his son from going in the army. In order to accomplish this the official put into the urn two black balls instead of one white and one black ball. When the young men came, he said:

"There are two balls, one black and one white, in the urn. He who draws the black one must serve. Your turn is first," pointing to the widow's son.

The latter, suspecting that all was not fair, approached the urn and drew one of the balls, which he immediately swallowed without looking at it.

"Why," said the superintendent, "have you done that? How are we to know whether you have drawn a black or a white ball?"

"Oh, that's very easy to discover," was the reply. "Let the other now draw. If I have the black, he must necessarily draw the white one."

There was no help for it, and the farmer's son, putting his hand into the urn, drew the remaining ball, which, to the satisfaction of the spectators, was a black one.

Power of the Spectroscope.

The almost uncanny power of the spectroscope, which has made it such a powerful instrument of research, is the following: If any element such as iron, copper, sodium and the like is heated sufficiently to be vaporized and the light of this heated vapor is analyzed by the spectroscope, it does not give a continuous spectrum, but only very narrow portions of the colors, so that in reality the view presented is that of a series of bright lines of the various colors. Each chemical element has its own characteristic set of lines.—Century.

Well Disposed Little Cousin.

A little girl who lives in a small town in Missouri wrote the following letter to her cousin: "We is all well, and mother's got the his Terricks, brother Tom is get the Hupin Kaugh, and sister Ann is got a babee, and I hope these few lines will find you the same. Your affecshunate kuzen."—Kansas City Times.

Music.

"Mrs. Irons, if that infernal cat of yours keeps me awake as he did last night I'll shoot him."

"I wouldn't blame you a bit if you did, Colonel Stormley. Only it wasn't the cat; one of my boarders is learning to play the oboe."—Chicago Tribune.

Third Annual Course —IN— AGRICULTURE —AT— Petrolea

From Jan. 14th to Feb. 8th, 1913

(In the Agriculture Office.)

Under the direction of the Agricultural Department of the Petrolea High School.

Soils, Farm Crops, Feeding and Management of Live Stock and fruit growing will be thoroughly discussed. Practice will be given in taking levels for drainage and in identification of weeds and weed seeds. Live stock judging will be an important feature of the course, while men of experience in growing and marketing of fruit will give special lectures.

Demonstration lectures in Stock Judging, Packing Fruit in barrels and boxes, and Poultry by experts will be important features.

This Course will be adapted to the requirements of young men on the farm. Come and take advantage of this course. All is free.

WM. CLYDE, Prin. High School. W. H. PORTER, Dist. Representative. R. M. TIPPER, Assistant.

3-2

A. D. HONE

PAINTER and DECORATOR

Specialist in Hand Painted Decorations.

he Best Work at Reasonable Prices. Estimates Furnished

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Samples of WALL PAPER on Hand.

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

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MERCHANTS' BANK OF CANADA

President ..... SIR H. MONTAGU ALLAN
Vice-President ..... JONATHAN HODGSON, Esq.
General Manager ..... E. F. HEBDEN

Paid-up Capital	$6,000,000
Reserve Fund and Undivided Profits	5,458,878
Deposits Nov. 30, 1911	63,494,580
Assets Nov. 30, 1911	81 928 960

183 BRANCHES IN CANADA.

General Banking Business transacted. SAVINGS DEPARTMENT at all Branches. Deposits of $1.00 and upwards received and interest allowed at best current rates.

Watford Branch :- F. KENWARD, Manager

T. DODDS & SON

Hot Water Heating
Steam Heating
Hot Air Heating
Plumbing Supplies
Brass Goods, Tools, Wrenches, Etc.,
for all kinds of works.

Eavetroughing and all kinds of General Tinworks carefully and promptly attended to.

T. DODDS & SON.

Wanted

A hat for the head of navigation.
A nightcap for the brow of the hill.
A monocle for the eye of opportunity.
A toothbrush for the teeth of the wind.
A stickpin for a matrimonial tie.
A pair of sleeves for the arms of the sea.
A glove for the hand of fate.
A manicure for the finger of scorn.
Link buttons for the cuffs of misfortune.
A corset for the waste of time.
Suspenders for breaches of trust.
A shoe for the foot of the hill.

SOMETHING MORE THAN A PURGATIVE—To purge is the only effect of many pills now on the market. Parmelee's Vegetable Pills are more than a purgative. They strengthen the stomach, where other pills weaken it. They cleanse the blood by regulating the liver and kidneys, and they stimulate where other pill compounds depress. Nothing of an injurious nature, used for merely purgative powers, enters into their composition. m

A Card to the Club.

Old Colonel Dick Bright of Washington was shaved, for years by a colored barber, who, not being blessed with the splendid longevity of the colonel, finally died. Bright went to the funeral, and at the dinner table that evening said he had put his visiting card in the old barber's coffin.

"That's the craziest thing I ever heard of" remarked a friend. "What on earth did you do that for?"

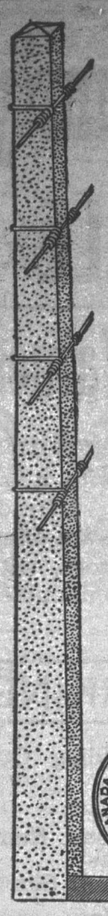
"Well, if he goes to heaven he won't need it. But if he goes to the other place it will introduce him to a lot of good fellows."

Kindness, unselfishness, and self-control are not commodities that can be bought with money.

Captain Leighton, of Port Frank received an engine from Parkhill this week and is getting a building ready to start a saw mill at the Port.

SHILOH

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



Turn i

EVERY fa hours in jobs" to fence posts. You when you want a are all ready to uses for concrete

"What

NOTE—This 160 to use ce and addr

CANADA CEMENT COMPANY LIMITED PORTLAND CANADA CEMENT MONTREAL

WATFORD GRANITE AND MARBLE WORKS

All the Latest Designs in MONUMENTS, HEAD STONES, MARKERS, Etc

ORDERS PROMPTLY EXECUTED.

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FUNERAL DIRECTORS —AND— LICENSED EMBALMERS
Twenty Years' Experience.
Night and Day Calls prompt attended to. Phone 21.
Residence Above Store, Main Street.

FODDER

By Department of Agriculture, Pet

No wiser and more profitable New resolution could be made for 1913 t determination to feed the farm stock ter and more economically than ev fore. When we say "economically do not mean to scrimp them, that travagance, we mean to feed in su way that the stock will respond liberally for the food consumed an turn larger profits to the herds Some farmers feed year after year re less of profit and loss and kno whether they keep the animal or th mal keeps them. Resolve that h forth the animal must keep you or "good bye."

The animal body is made up mai four classes of substances, water, a mineral matter, nitrogenous matter fat. The proportions in which these stances occur vary with the age of th imal, its treatment and the func which it is expected to perform. tissues made up of these various sub oes are constantly breaking down a is the object of the good feeder to re and add to them with a minimum an of expense, and it is by carefully s ing the composition of feeding stuff the requirements of animals that a deal of information may be obt which will be of inestimable value practical farmer.

Before we can give any intelligen formation regarding rations for dif animals it will be necessary for the er to understand a few terms which tical feeders apply to different co ents of fodder.

Protein (nitrogenous matter) is a

Shiloh

The family remedy for Coughs and Shiloh costs so little and does so