MOTHER OF LARGE FAMILY

Tells How She Keeps Her Health — Happiness For Those Who Take Her Advice.

Scottville, Mich.—"I want to tell you how much good Lydia E. Pinkham's Vegetable Compound and Sanative Wash have done me. I live on a farm and have worked very hard. I am forty-five years old, and am the mother of thirteen children. Many people think it strange that I am not broken down with hard work and the care of my family, but I tell them of my good friend, Lydia E. Pinkham's Vegetable Compound, and that there will be no backache and bearing down pains for them if they will take it as I have. I am scarcely ever without it in the house.

"I will say also that I think there is no better medicine to be found for young girls. My eldest daughter has taken Lydia E. Pinkham's Vegetable Compound for painful periods and irregularity, and it has helped her.

"I am always ready and willing to speak a good word for Lydia E. Pinkham's Vegetable Compound. I tell every one I meet that I owe my health and happiness to your wonderful medicine." —Mrs. J. G. Johnson, Scottville, Mich., R F D. 3.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and today holds the record of being the most successful remedy for woman's ills known.

Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY.

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ADVERTISING RATES.

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One fourth column	22	12	7

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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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Business Cards—One inch and under, per year $6.00.

Auctioneer Cards—$5 00 a year.

Locals—10c. per line each insertion. Minimum charge 25 cents.

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

HARRIS & CO.
Proprietors

Guide-Advocate

HARRIS & CO. Proprietors.

WATFORD, JUNE 6, 1913.

NOTE AND COMMENT.

Experiments are being made in Boston with bamboo poles to take the place of steel in reinforced concrete. Steel is scarce and dear in China, while bamboo is plentiful and cheap, and it is hoped that it may be possible to substitute the wood in certain kinds of concrete work.

The Kingston penitentiary now boasts of a population of 492, the largest since 1839, when 629 names were on the roll call. Of these 60 are life prisoners, also a record number. Despite these figures there has been a slight decrease in number of convictions, especially those of a serious nature. Of the 492 souls, only 11 are women.

Sara Bernhardt, the divine Sara, declares that she would starve to death the militant suffragettes. But she wants a vote. She said to the reporters: "I have nine menservants. I am superior in every imaginable way, and yet they have a share in the government of France, while I am a cipher. But we will see. In ten years, I tell you, there will be a different story." To be sure there will.

In the supplementary estimates there appears no provision for a monument to Tecumseh although $7,500 has been granted towards a Champlain monument at Orillia, and grants made to several other projects of like character. This will be a keen disappointment to the Thamesville Tecumseh Memorial Association, as a goodly sum has been subscribed locally and it was confidently expected that government assistance would be given.

One of the most striking phases in the deposit books issued by some of the larger Canadian Banks to patrons of the saving department is as follows: 'Interest allowed at current rates.' Because of the scarcity of money, discount rates, call loan rates and commercial paper rates generally have been advanced the world over, but the Canadian savings bank deposit rate remains unchanged. Why is the word 'current' used when it is meaningless? Why not change it to 'fixed'? —Ex.

The New York Herald warns those who contemplate going to the country for the holidays to be careful to select a healthful neighborhood. Every fall, it says, after the return from vacations, there is a large crop of typhoid fever cases, due to unfortunate sanitary conditions in the country. It is extremely important, then, that in planning a vacation the first inquiries should be made not as to the convenience or the comfort or even the character of the board provided, but as to the healthfulness of the location.

Hereafter, according to a resolution adopted by the Episcopal diocesan convention of Michigan applicants for marriage by Episcopal clergymen will be requested to show a clean bill of health before the ceremony will be performed. The convention also provided that the marriage banns must be published at least three days before the wedding. The determination to demand clean health of all persons wishing to marry was the most important business transacted by the convention. It marks the determination of Episcopalians to back up the campaign for cleaner moral and hygienic conditions with something more tangible than sermons.

A project to build a great peace memorial in Detroit or its environs to commemorate the hundred years of peace that has existed between the British Empire and the United States along this frontier took definite form at the banquet tendered by the leading citizens of Detroit Saturday night to the peace commissioners from England. The memorial will possibly take the form of a monument on Belle Isle to be built by appropriations from the governments of Canada and the United States. In addition to this, twin water gates may be built on opposite sides of the Detroit river. The fact that Detroit was so frequently the scene of hostilities during the last war with Great Britain makes this the point where one of the most elaborate memorials will be erected.

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 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

Producing two and one-third times as much zinc as in 1911, Nevada last year established a new record for its output of that metal.

A concrete motion picture theater recently built in England is eighty feet long by forty-five wide and eighteen high, yet the walls are only two inches thick.

Worms in children, if they be not attended to, cause convulsions, and often death. Mother Graves' Worm Exterminator will protect the children from these distressing afflictions. m

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 book—sealed. It gives full particulars and directions invaluable to ladies.

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

SERMONS OUT OF CHURCH

By the Rev. Byron H. Stauffer

Compelled to Act Pauper

When Jesus told Simon Peter to pay the Jewish head tax with the proceeds of his morning's catch, He taught the world a lesson in paying up! No man can really enjoy wealth which is obtained by defrauding commonwealth; corporation or individual.

I know a man who will never dare to flourish his money. He will always be compelled to turn away from the gaze of by-standers when he draws out his purse. He never can boast that he is comfortably fixed. And by the way, have you ever noticed how few people, comparatively can be induced to confess that they are well off. They seem to fear that making the admission may shortly cost them something. The income tax collector, too, might hear of it. Methinks if I were rich I should like to tell about it once in a while; point to yon house and announce that I am going to have a new verandah added next spring; comment on the price of Canadian Pacific, and say that I expect to buy a little more if it goes down to two hundred.

Well, this poor fellow I was speaking of dare never indulge in that kind of pleasure, though I suspect that he could do so truthfully. The reason is that he had not paid what he owes. He has unsatisfied judgments out against him. There are those who are watching him, hoping to discover where he keeps his pile, so he keeps the location of the pile a secret. He has no employment; he must be classed as a vagrant, having no visible means of support. Yet he looks very comfortable. He wearers good clothes, and dines on succulent steaks. He and his wife take extravagant vacations, and go to the best shows. But for fifteen long years they have never been heard to say one word about their circumstances.

Is not that an awful life to live? And all because he holds what someone else ought to possess. He never intends to pay up. Consequently his life is dwarfed; he has no close friends; he lives alone in the world to about the same extent as if he had absconded to New Zealand. He is being automatically punished for having broken God's law.

Oh that our preachers would say more about this class of sins! We have bitter denunciation for transgressions that vividly appeal to our imagination. We can easily portray the misdemeanors of the prodigal, and look with horror upon them, forgetting that they are really abnormal phases of virtues. But the meaner sins of selfish greed cast men into an earthly hell which makes the drunkard's lot look like a paradise.

For remember that God is the author of all rules of commercial morality. He framed the first statute against short weights, and wrote it upon the fleshy tables of our hearts. All who break this code lose the zest, the charm, the peace of an open life.

Advice to Boys

See here, boys! Whatever you try to do, do it the very best you can; do it better than it was ever done before. Don't yield to the temptation to slight your work. And above all things do what is right. Be brave about it too. Everyone hates a coward. And another thing, don't be afraid of doing right for fear you will make enemies. Enemies are as necessary to success as vinegar is to pickles. Don't above all things be a hypocrite. The thief may steal our property, but the hypocrite betrays one's confidence and only waits an opportunity to stab him in the back. If you have a mind of your own don't be afraid to express your opinion, and if you feel that it is right, stand by it. People will talk and fools will turn grindstones for others to sharpen their axes on. Think for yourself. Lay your course of action in accordance with the idea that some day you will be a man and called upon to take an important part in life's great battles. Don't imagine for a moment that you can please everybody, not yourself. Few people care for you and you must care for yourself or be left in the cold.

Constipation

is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect it is slow suicide. Dr. Morse's Indian Root Pills positively cure Constipation. They are entirely vegetable in composition and do not sicken, weaken or gripe. Preserve your health by taking

Dr. Morse's Indian Root Pills 48

The Right Place for a Water Pan

in a furnace is just over the feed door and this is where it is placed in the "Sunshine." It has a lip front and is the right height for easy filling without removal. Its position and capacity of the pan make certain of a healthy humid heat.

Write for the Sunshine booklet, or get our local agent to explain the many advantages of this furnace over any other.

McClary's Sunshine Furnace

London Toronto Montreal Winnipeg Vancouver St. John, N.B. Hamilton Calgary Saskatoon Edmonton 335

SOLD BY T. DODDS

Warm Weather is Coming

Richmond Refrigerators	$9.00, $12.00, $16.00
New Perfection Oil Stoves	$8.00 to $15.50
Ice Cream Freezers . .	$2.25 to $3.50
Screen Doors (any size) .	$1.00 to $1.75
Screen Windows . .	15c. to 35c.
Lawn Mowers . . .	$3.75 to $6.00

This is the Famous Brockville Mower and will please you, as it cuts evenly and runs easily.

The N. B. Howden Est.

One Day of Rest in Seven

Every economic and social reform contemplated by other nations is of interest to the Dominion. The country prides itself on that very lack of rule that makes revolutionary action so difficult of execution. Canada is the envied of older countries that it can, without violating the custom of ages, give impetus to reform or systems which seem the best for the majority. In the light of a certain nation's demand, not on religious grounds, but economic, the proposed One Day in Seven law that the United States contemplates, has more than ordinary significance. Statistics show that the man with one day's rest a week does more actual work than he who plugs along for the entire seven days. But quite apart from this economic saving, there is that of human life when it comes down to railroading. Here is what the Labor Gazette says: "The rule of fifty-two days of rest per year on the railroads of Switzerland is said to have helped more than any other cause to reduce accidents due to fault of employes by fifty-eight per cent., and to prevent seventy-two per cent. of bodily injuries.

Milking Machines

The milking machine is becoming a recogoized part of the equipment of large dairies. It has already reached the point where it compares favorably with ordinary hand milking in the item of germ content of the milk and in its effect upon the flow. There is still room for much improvement from the mechanical viewpoint especially in the matter of simplicity and expense of intallation.

The success of the milking machine, is closely associated with the personality of the operator. Unquestionably it takes a higher grade man to operate a milking machine successfully than to hand-milk a cow equally well. There is every reason to think that in the hands of careless operators the machinery will work injury to the cows, but the same result is too often obtained from inefficient hand milking.