

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, back-aches, 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.

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HARRIS & CO. PROPRIETORS

Guide-Advocate

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WATFORD, JULY 31, 1914.

NOTE AND COMMENT.

Now it is New York's turn to take the Ontario Prison farm as a model in the reclaiming criminal unfortunate. In a recent issue of the World Judge Swann discusses turning Black well Island into a reformatory farm instead of using it as at present.

Tabulated returns of the results of the voting in the different constituencies in the Provincial elections last month gives the Whitney Government a popular majority of about 60,568. This is something like 11,000 more than in the general election of 1911. This increase is largely caused by the fact that there were fewer acclamations this time.

Sir Charles Tupper was 93 years old July 2nd. How pleasant it would be if Canada's "grand old man," one of the principal founders of Confederation, were to live until July 1, 1917, and witness a nation vigorous beyond his early dreams celebrating its golden jubilee. Canadians will devoutly wish that Sir Charles may be spared for that crowning joy.—Comber Herald.

In Provincial politics there is a fairly equal division of power between the two parties. The Liberals hold Quebec, Nova Scotia, Saskatchewan, and Alberta; the Conservatives hold Ontario, Manitoba, New Brunswick, Prince Edward Island and British Columbia. With Manitoba included, the population of the Conservative Provinces is somewhat the larger of the two. The winning of Manitoba by the Liberals would

have turned the scale, making the population of the Liberal Provinces the larger.

The reports of the Grand Lodge officers to the Masonic Grand Lodge which met at Niagara show the order to be in a flourishing condition, financially and numerically. During the past year the membership has increased over 2,000, making a grand total of some 55,000 brethren in good standing in the jurisdiction. Although considerably more than usual has been contributed to charity during the past year, the benevolent fund was never stronger or a greater surplus reported in the general funds.

Under the new naturalization law of Canada, which comes into force on the 1st of January next, a Canadian woman who marries an alien will take the nationality of her husband. The new British law on the subject does not, in itself, apply to Canada, but the legislation recently passed at Ottawa is concurrent and identical with the legislation of the Imperial Parliament should enact identical laws in respect to naturalization. The new law of naturalization with regard to this matter is explained as being on the principle that if a Canadian woman marries a foreigner she assumes his nationality, and must look to him or his country for protection and support. As stated, the new Canadian law simply follows the new Imperial Act on the question.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

Sheep-Killing Dogs

I would like to say a few words on the much discussed question of sheep-killing dogs. To my mind a good dog is as valuable as any animal on the farm. I like the black and tan collie trained to obedience from youth. The buff collies are too sensitive for ordinary mortals to handle. If farmers would castrate their male puppies it would in a great measure prevent banding, which is a sure cause of the sheep-killing habit. I have never known a lone dog to kill sheep. I have a woolly dog which delights to be with the sheep; acts as a protector and will allow no scrapping among any of the stock on the farm. I have been handling sheep all my life. At present I have a flock that averages 12lb. of wool to the fleece; have 25 lambs from 14 sheep thus far and more to hear from. I had one set of triplets that weighed when born 27lb. I keep a few small team bells on my sheep, one to every 4 or 5 sheep and never know them ever to be even chased by dogs. R. W. FINDLAY, Danville, Quebec.

Dad's Dope

An Ohio creamery is making Swiss cheese. Only the holes have the same flavor as the imported article.

Soft corns are difficult to eradicate, but Horstway's Corn Cure will draw them out painlessly.

Garden parties where political speeches were made was a new feature in the Ontario election campaign. When the discussion got uncomfortably warm it could be tempered with ice cream cones.

A Boston specialist prescribes ice cream soda as a remedy for alcoholism. "It absorbs the poison and cools, protects and heals." Inasmuch as both can be absorbed through straws it has an economic advantage.

Thieves are not particular where they break in or what they steal. One day's record of their activity this week included a bank burglary, a breaking into a church and stealing a barrel of beer from an hotel.

Unless worms be expelled from the system, no child can be healthy. Mother Graves' Worm Exterminator is the best medicine extant to destroy worms.

FASHION AND MISERY.

A Pitiful Tragedy That Revealed an Incongruous Combination.

One of the standing subjects of humorous remarks among New York thespians in the weekly article on men's fashions, published over the nose of plume of Beau Brummel, in the programs of the theaters of the better class.

Some people think Beau Brummel is a woman, while others believe him to be merely a haberdasher with a drug habit. However that may be, it is a reasonable supposition that no one wears any of the clothes that Beau Brummel writes about. It couldn't be done. If any man ever arrayed himself in one week's output of the Beau Brummel fashions and started down Broadway he'd land in jail or the psychopathic ward at Bellevue.

The case of Beau Brummel is merely funny. But here is a grim and pitiful little tragedy which is in a way related to it. In a small tenement, at the eastern and poverty stricken end of Fifty-sixth street, the police found John Conwell and his old mother, dead from gas. The man was past middle age and unmarried. They lived alone, and he idolized the woman—a poor, old drunkard. The neighbors said he used to cry hysterically when she would stagger home, stupefied with drink. At last he turned on the gas while she slept and died with her.

He wore cotton overalls at the time of his death, and the few articles of his wearing apparel found in the apartment were worn and ragged. Yet the letters and papers which the police took possession of proved that he earned a livelihood for himself and his mother by writing articles on the latest fashions in men's dress.—New York Letter in Cincinnati Times-Star.

OLD FORT MARION.

America's Only Medieval Castle a Landmark in St. Augustine.

For more than 200 years St. Augustine was the Spanish capital of Florida, and the Florida of those days extended from the Chesapeake bay to the Pacific ocean. It was an impregnable stronghold all of those years.

Old Fort Marion, begun in 1502 and finished in 1768, is the only medieval castle in America. It cost an enormous sum of money. Repeated heavy drafts of the builders caused the king of Spain to inquire if they were building Fort Marion of gold dollars. The castle stands today in perfect condition, guarded by the United States government. The keeper conducts visitors through the castle, down into the dungeons and shows you rings in the walls where victims of Spanish oppression were chained to die. Report, fairly well authenticated, has it that when the castle fell into the hands of the British two skeletons were found in one of these dungeons chained to the wall. One was of a man, the other a woman. There is something uncanny about these dungeons that cannot be described by word of mouth.

While there has been great improvement in old St. Augustine, the ancient landmarks have been preserved. The old city gate is intact; the Spanish monuments hundreds of years old attract the lover of antiquities. Narrow streets characterized all Spanish towns of medieval times. There are streets in St. Augustine not more than ten or a dozen feet wide, each side lined with the same type of buildings that were the custom three or four centuries ago.

Wanted to Be Safe.

Tom Jackson had participated in a narrow escape from death, due to an accident which happened while he was crossing to Liverpool. It was, therefore, with much fear and hesitancy that he decided to return home.

Approaching the porter hurriedly at the last minute, he was told that he was too late for a stateroom. "The last one was just taken," announced that worthy.

"Stateroom?" queried the frightened passenger. "Who wants a stateroom? Give me a reserved seat in a lifeboat!"—Buffalo Express.

A Painful Process.

Little Prescott had been leaning out of an upstairs window.

"Come away from the window, son," his father said sternly. "You might fall out and get a lump on your back—like the camels you saw yesterday."

The little boy was silent for a few minutes. Then he asked, "Father, do all the little camels have to fall out the window to get their humps?"—New York Post.

Every Woman

It is to be expected and should know about the wonderful MAWEL Whiting Spray. The new Vaginal Spray. Do not miss this opportunity. Ask your druggist for it.

If you cannot supply the MAWEL, accept no other. It is a non-toxic, non-irritant. It gives full germicidal and disinfectant results. It is the best. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

CONVENIENT!—Burns coal, coke, or wood. Large feed doors make firing easy.

McClary's Sunshine Furnace

Water pan is filled without removing. See the McClary dealer or write for booklet. T. DODDS & SON, Local Agents.

Watch Next Week's



Paper For Prize Winner of Guessing Contest

Western Fair

LONDON, CANADA Ontario's Popular Exhibition September 11th to 19th, 1914

INCREASED PRIZE LIST

Magnificent Programme of Attractions. Two Speed Events Daily. New Fireworks Every Night.

COME AND SEE

The Dominion Experimental Farm Exhibit and The Canadian Royal Wagons

The Con. T. Kennedy Shows will fill the Midway. Music by the best available Bands.

Reduced Railway Rates commencing Sept. 11th Special Excursion Days, Sept. 15th, 16th, 17th. All tickets good till September 21st.

ALL INFORMATION FROM THE SECRETARY

W. J. REID, Pres. A. M. HUNT, Sec.

Nothing But the Best

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents For MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., and all kinds of repairs.

Our Prices are right, as low as is consistent with reliable goods

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PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

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The Kind You Have Always In Use for over 30 years

Castoria is a harmless, gentle, and safe laxative for children. It relieves colic, flatulency, and all ailments of the stomach and bowels. It is the Children's Panacea.

What is

Castoria is a harmless, gentle, and safe laxative for children. It relieves colic, flatulency, and all ailments of the stomach and bowels. It is the Children's Panacea.

GENUINE CA

Bears

The Kind You

In Use F

THE CENTAUR COMPANY

Crib F

THEY keep rodents from Millions of dollars worth of cribs and grates paid by ever isn't built of Concrete crib floor cause

They are strong and need no rest of all materials. Write for this information with Concrete, concrete and will buildings and s

Farmer

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Are Your

by a chronic disease kind? You feel dull, ache, pains here and there, perhaps hot flashes? Can you accomplish—no! There's no good in you can find perma

DR. P. Favorite P

Mrs. Fannie H. Bre every pain and ache a nervousness and could slip, and every month w eight bottles of your Dr. Can now do my work. It is the best medicine in and many of them ha

Dr. F.