

WOMAN'S MOST SUCCESSFUL MEDICINE

Known All Over The World—Known Only For The Good It Has Done.

We know of no other medicine which has been so successful in relieving the suffering of women, or received so many genuine testimonials, as has Lydia E. Pinkham's Vegetable Compound.

In nearly every community you will find women who have been restored to health by this famous medicine. Almost every woman you meet knows of the great good it has been doing among suffering women for the past 30 years.

Fox Creek, N. B.—"I have always had pains in the abdomen and a weakness there and often after meals a soreness in my stomach. Lydia E. Pinkham's Vegetable Compound has done me much good. I am stronger, digestion is better and I can work with ambition. I have encouraged many mothers of families to take it as it is the best remedy in the world. You can publish this in the papers."—Mrs. WILLIAM S. BOURQUE, Fox Creek, N. B.



In the Pinkham Laboratory at Lynn, Mass., are files containing hundreds of thousands of letters from women seeking health, in which many openly state over their own signatures that they have regained their health by taking Lydia E. Pinkham's Vegetable Compound, many of whom state that it has saved them from surgical operations.

Guide-Advocate

Watford, Ont.

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HARRIS & CO. PROPRIETORS

Guide-Advocate

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WATFORD, MAY 30, 1913.

NOTE AND COMMENT.

If Dr. Sturm gets that \$100,000 for promoting the sale of the Freidmann serum to a syndicate he will be another man willing to admit that in one sense the cure is a success.

"Canada buys more books per head than any other English-speaking country," says a London publisher who is visiting Canada. And he added, "The encouraging part of it is that so many serious books are bought."

It is a mistake to plant a poplar tree, a willow or a horse chestnut, near a sewer, as the roots run to the water and block the pipe. It cost a Windsor man \$60 to tear up his front lawn, and investigate a blocked sewer. The pipe was choked with the roots of a poplar planted less five years ago.

There is a solemn warning for the too exciting housewife in that story of the New Jersey man who drowned himself in an abandoned quarry leaving this note for his wife: "I can't beat carpets or clean house and it ain't no use of your trying to make me. When you read this I

Every Woman
 In season and should use
MARVEL Whiting Spray
 The new vaginal spray.
 Most convenient. Ask your
 doctor.

If he cannot supply the
 MARVEL, write to
 Windsor Supply Co.,
 Windsor, Ont.

hope you will give up your habit of cleaning house every time you hear a robin sing."

A London Medical authority issues a warning against steaming the face and against the use of greasy ointments, pore-clogging powders and shriveling lotions. It asserts that what the skin needs is a thorough douching with stimulating cold water, followed by a couple of minutes vigorous rubbing with a soft towel; that a skin so treated can defy the weather, the dust and the microbes.

Not long ago Dr. Bradford was talking one Sunday afternoon at the Harvard Medical School, and he spoke of the dangers of prosperity. He pointed out that while the well-to-do class protected themselves well against poisons from without, the laboring class were freeing themselves from poisons generated within by the perspiration which follows hard work. The man who need not work hard, and therefore does not excrete internal poisons upon the kidneys, hence their diseases along with obesity, gout, hardening of the arteries, etc. God meant man to sweat.

Sports and Gambling

There is a common assumption that gambling must go hand in hand with professional sport. The baseball magnates, who are the keenest group of men who have ever got together to please the public, are convinced that there is no natural relation, in fact, that in the long run the one is the foe of the other. The other day they dismissed permanently one of their big umpires who had been seen to enter a professional gambling house. Gambling, should it turn to betting on the results of games, must very seriously incapacitate an umpire for his task. Any open gambling on the results of the games has always been effectively prohibited at baseball grounds. Even private betting on the grand stand they have done their best to interfere with. Now these managers have made a rule that no one known to gamble may enter a ball field as a spectator, and tickets are sold under such provisions that they may refuse admission to whom they see fit at the gate without explanation by simply returning the cost of the ticket. This is an uncommon attitude for managers of organized sport to take, and one that they must find it difficult to maintain at law, but it has been found the only way to keep the game clean, and the players honest. It would be a great advantage if those who are trying to run professional sport in Canada, either hockey or lacrosse, could secure as good a reputation for the honesty of their players and for the honesty of their teams in action, as has been secured by the baseball owners for their men.

Sam Small's Idea of Home

Sam Small is not so small as his name implies when it comes to painting a pen picture of home. He says, and his words contain more truth than poetry, that home ought to be the brightest, happiest, cheeriest place under the sun, on the face of the earth. Every man shows what he thinks of his wife and children by the kind of home he puts them in. A man whose home is all out of whack, the blinds down and the doors off the hinges, the steps rotten—that shows character. The husband shows character by the exterior of his home; the wife by the interior. I don't see how some men can keep pious on what they get three times a day. Spurgeon includes all human miseries under "dirt, devil debt." I have been in houses where they had twenty-five hundred dollars' worth of silverware and fifteen cents' worth of grub. I would like to be able to digest silverware but I can't. I like girls who can play on the stove as well as on the piano. Many a man has been sent to a drunkard's grave by what he had been given to eat by his wife. You give a man a biscuit that would knock down a yearling, and he's got to get drunk or something else before night. If you've got a good wife, a good home and a good cow, you are elected, as the Presbyterians say.

Worms sap the strength and undermine the vitality of children. Strengthen them by using Mother Graves' Worm Exterminator to drive out the parasites.

Laughter From A Scientific Viewpoint

A British scientist who has been making a study of laughter has prepared a list of things that happen when a person gives way to audible laughter. On each side of the throat he explained, there is an artery called the carotid. At the level of the larynx this divides; one branch which carries blood to the brain, is called the "internal"; the other, which performs the duty of distributing blood to the face, is called the "external." These two branches are joined by the ophthalmic artery at about the level of the eyes, forming between the eyes a sort of canal.

All this in turn brings the tears of laughter and makes literal the exclamation, "He laughed until he cried." It is this communication that is the cause of the close connection between the brain and the tear glands, and really acts the same in grief as in laughter, there being but little difference in the physical results between joy and sorrow.

In reality laughter is not an easy thing. It results in a great, although involuntary effort—an effort as great as though one were lifting a great weight—and in both cases the muscles of both the throat and stomach contract.

Now, when laughter is very hearty; when it is actually excessive, the whole body is convulsed, and this means that every muscle is contracted. Here is where people "double up" with laughter. Whether it is laughing or crying, the same thing happens, if it is an excessive motion—that is, the blood congests the tear glands, and these glands overflow, forcing out the tears.

LUCK

Luck means rising bright and early ere the lusty chanticleer starts his daily hurly-burly ringing on our drowsy ear; luck means always up and doing every moment in the day; luck means stern and hard pursuing of the duties on our way; luck means quick and sure forgetting of the things which matter not, of whatever starts us fretting till we get our collars hot; luck means everlasting bumping over every kind of mile; luck means taking every thumping with a glad-to-meet-you smile; luck means lots of perspiration; luck means many a weary climb; luck means being at the station just a bit ahead of time; luck means hitching all our wagons up to motive forces high; luck means shunning flasks and flagons, keeping thus our powder dry; luck means never leaving matches where we drop them on the stairs; luck means shoes with worn-out patches got in dodging easy chairs; luck means owning half a city ere it's on the railway map; luck means shunning all self-pity while we help some other chap; luck means watching what's before us as we journey down the street, harking to no knockers' Chorus which upon the road we meet; luck means working like the dickens setting hens on first-class eggs, never counting up the chickens till we see them on their legs; luck means trying every inning for a smashing home-run hit, and, if we are struck out, grinning till the hoodoos farther flit.

A POWER OF ITS OWN.—Dr. Thomas' Electric Oil has a subtle power of its own that other oils cannot pretend to, though there are many pretenders. All who have used it know this and keep it by them as the most valuable liniment available. Its uses are innumerable and for many years it has been prized as the leading liniment for man and beast.

A tack hammer has been invented which is claimed to prevent a tack being driven in any but the right way. Experts have decided that the new diamond mines in German South Africa will prove productive for decades.

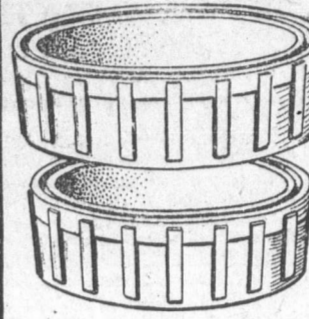
The French language has been found much better adapted to long distance telephoning than the English, and expert operators in Paris have succeeded in transmitting messages to London at a rate of 190 words a minute.

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 clearing out the system and purifying the blood. In the same way they relieve or cure Biliousness, Indigestion, Sick Headaches, Rheumatism and other common ailments. In the fullest sense of the words, Dr. Morse's Indian Root Pills are

A Household Remedy

What This Sectional Fire-pot Means to You!



The "Sunshine" has a straight-sided semi-steel firepot, extra heavily ribbed and made in two sections. The two sections allow for contraction and expansion—which prevents cracking. The heavy ribs and semi-steel give extra strength and added radiating surface. Ashes cannot adhere to the straight sides which assures an all-over clear fire. This means the greatest heat from the fuel consumed.

These are some of the advantages of the Sunshine Furnace. Our agent will be pleased to show you others, or write for booklet.

McClary's Sunshine Furnace

London Toronto Montreal Winnipeg Vancouver St. John, N.B. Hamilton Calgary Saskatoon Edmonton 334

SOLD BY T. DODDS

MINERVA PAINTS

Cover Better—Wear Longer—Protect—Beautify
 Every can contains Full Imperial Measure. No matter what your painting requirements are

MINERVA PAINTS

Will give you absolute satisfaction, and the most economical results.

Ask the "Minerva" Agency for descriptive color folders



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 HARDWARE, PAINTS, ETC.
 WATFORD

WELL SHINED SHOES ARE THE FOUNDATION OF GOOD APPEARANCE

2 IN 1 SHOE POLISH
 GIVES A QUICK, BRILLIANT POLISH THAT LASTS
 EASY TO USE, GOOD FOR THE SHOES



A. D. HONE PAINTER and DECORATOR

Specialist in Hand Painted Decorations.
 The Best Work at Reasonable Prices. Estimates Furnished

A COMPLETE LINE OF
Samples of WALL PAPER on Hand.
 When you have work in his line let him figure on it.

SPRING

Housecleaning generally makes it evident that a new piece of Furniture would be an improvement to some room. Let us show you the new patterns. Our stock comprises everything for
Parlor, Dining Room, Bedroom, Library or Kitchen.

Comfort, Elegance, Durability and Value are features that our goods are noted for.

No Big Profits to Pay Here

Our prices are as low as consistent with reliable goods.

HARPER BROS.

PHONE 31
 FINE FURNITURE FUNERAL DIRECTORS

If you have anything you want to sell try an Ad. in the Want Column of the GUIDE-ADVOCATE. Small cost.

25 Cents

Does it not seem strange that people suffer year in and year out with eczema?
 A 25 cent bottle of a simple ointment will surely cure you.
 This wash is composed of soothing oil of wintergreen, thymol and glycerine, etc., as D.D.D. Prescription.



Our Lawn Mowers at A full line of Carps

SEE NEW PER

T. DOI

Ravetronchi

LOVELL'S BAK

DON'T HEAT THE HOUSE During the Hot Weather. Try to Bake. Let US It For YOU. OUR GOODS ARE ALWAYS FRESH CLEAN.

WEDDING CAK EQUAL TO THE BEST GIVE US A TRIAL

LOVELL'S BAK

SPRING

Without not "Can Write for No far Canada