

## CRITICAL TIME OF WOMAN'S LIFE

From 40 to 50 Years of Age. How It May Be Passed in Safety.

So, Wellington, B.C. — "For a year during the Change of Life I was all run down. I was really too weak to walk and was very despondent and thought I was going to die, but after taking Lydia E. Pinkham's Vegetable Compound and Blood Purifier my health and strength returned. I am very thankful to you and praise your medicine. I have advised several women who suffered as I did to try your remedies. You may publish this if you wish." — Mrs. DAVID R. MORRIS, South Wellington, Vancouver Island, B.C.

No other medicine for woman's ills has received such wide-spread and unequalled endorsement. We know of no other medicine which has such a record of success as has Lydia E. Pinkham's Vegetable Compound. For more than 30 years it has been the standard remedy for woman's ills such as inflammation, ulceration, tumors, irregularities, periodic pains and nervous prostration, and we believe it is unequalled for women during the period of change of life.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. 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

WATFORD, JULY 5, 1912.

### NOTE AND COMMENT.

**DETECTIVE W. BURNS**, by means of a faked board sidewalk enterprise to cost \$1,000,000, and by use of the dictagraph succeeded in proving several members of the City Council of Atlantic City, N.J., to be purchasable. A number of them were promised \$5,000 each for their votes in favor of the ordinance in Council, and each got \$500 cash on account. Then they were told how they were entrapped, and all confessed and gave back the bribe except one councillor, who has been arrested.

**MA** request has come from the Massachusetts Historical Society to the Canadian Minister of Militia for the return of the gun captured by the British at Bunker Hill, in 1776; in which is now stored at Quebec. The return of the cannon would, it is said, be a fitting testimony of good will to make the hundred years of peace celebration. If the peace centenary is to be marked by a return of trophies held by both nations, this Bunker Hill gun would, as a matter of course, go with the rest, but we do not see any sign of a disposition manifested by our neighbors to return anything captured from the British during the war of the revolution.

For the first time in many years, Forest did not this year send a company to the annual military camp with the 27th Regt., under canvas at Goderich.

If you trade in Watford you go home satisfied.

### AWAY WE FLY.

Away we hie, we almost fly. The objects pass so quickly by. We peacefully rest and take our ease. And view the sights with cooling breeze.

Our iron steed is tried and true. Its sinews all are bright and new. We trust that it will never fail. As on we fly o'er hill and dale.

Through vales with towering hills on high. We onward speed with ne'er a sigh. The river winds just at our feet. With rippling waters pure and sweet.

A village in the distance seen. With children playing on the green. They give a cheer as we pass by. With childish twinkle in their eye.

The elders stop to see our steed. And in our faces pleasure read. As for one moment we're in view. Then speed away to scenes anew.

The city lures us with its light. As falls the curtain on our sight. We're home again, all safe and sound. And health and pleasure both are found.

### LIFE IN DENMARK.

**A Country Where Almost Everybody Is Poor, But Happy.**  
 In Denmark everybody is poor. There are no coal or mineral deposits in the country; consequently there can be no manufactures, and a nation of farmers, even of Danish farmers, is never rich according to the standards of commercial countries. Incomes are small. Where the salary of a Minister of state is only \$3,750 a year humbler individuals must get along on much smaller incomes. But the Danes know how to live within their incomes and to do it comfortably. Denmark is as obviously happy as she is poor.

The Danes are wise enough not to demand perfection. If it comes they can take instant pleasure therein. When it does not come they still are placid. Conformity to rule, even though it be in so small a matter as fixed mealtimes, does entail some coercion upon the natural man. So punctuality is not a Danish virtue.

In few Danish households are there fixed and unalterable hours for meals. Pay a call when you will and the custom of the country will uphold you, but it will not insure you against finding your friends at table. The hotels follow the very reverse of the American method, and while you can get snacks all the time you cannot be certain that at any time you will find a dinner ready cooked and waiting.

Even the national food lends itself admirably both to simplicity and to unpunctuality. Its staple is bread and butter—in well to do houses immense thicknesses of excellent butter and fairly thin slices of several varieties of bread. The staple food of the working classes is also bread and butter, but their butter is bad and scraped, and their bread is uniformly unwholesome.

**Smorrebrod** (literally butter bread or smeared bread) is the one food that is to be had at all hours and in all places in hotels and restaurants by day or night, on steamers, in the famous Tivoli gardens. It consists of a thin slice of buttered bread, white, gray or black, on which is placed a palasa or overlay.

This overlay may be cold—ham, veal, sausages, hard boiled eggs, fish (fresh or salted), salad and cheese. They are not large, and most persons eat several and like a variety. There are not many fashionable occupations. People live as they list and are in no terror of their neighbors.—London Queen.

### Hill Climbing Steamboats.

Even a steamboat can climb a hill by going up one step at a time. This remarkable performance can be witnessed several times daily during the season of navigation beside the Vrang waterfall in the Grand Nordisk canal, Norway. At this point falls in the river prevent the passage of boats up or down and a canal has been built round the rapids and falls. The ascent is made through a series of locks which accommodate one boat at a time, and in passing from the lower to the upper lock the boat is lifted about ninety feet.

### Near Side and Off Side.

When horses were first hitched to vehicles the driver never thought of riding himself, but walked by the side of the road as he held the lines. So as to have his right hand always ready he walked on the left side, and consequently the horse on the left side came to be known as the "near" horse and the one on the right side was called the "off" horse. In that manner the terms "near horse" and "off horse" became general and still pertain to horses hitched as a team.

### Saved by the Soloist.

An old lady who at the best was certainly not very musical attended church one morning a little while ago. During the service an anthem was sung by the choir, during which a certain Mr. Wood rendered a solo. When returning home the old lady remarked to a friend:  
 "Dear, dear! What a mess they made of that anthem, to be sure. Why, if it had not been for Mr. Wood they would have broken down entirely in one part!"—London Standard.

### PILLOWS AND SLUMBER.

Hints That May Help in Wooring Sound and Refreshing Sleep.

No other single element in the equipment for sleeping has quite so much effect upon slumber as the pillow, and probably no other element is quite so sadly neglected. Perfect sleepers regulate their diet and their exercise so as to coax slumber. Some even go so far as to have the bed stretched north and south so that the body in repose shall lie along the track of beneficent electric currents seeking the north pole. Others insulate their beds against any possible loss of electricity by tucking each bedpost into a thick glass insulator such as we see on telegraph poles.

But how many pay any attention to the size and substance of the pillows? Very few, if any. Insomniacs owe a debt of gratitude to osteopathy, for it is from a prominent doctor of osteopathy that the following pillow lore has been acquired:

The inside of the pillow should be of medium texture, for too hard or too soft a substance will cause enough discomfort to make sleep impossible. The thickness of the pillow is of the utmost importance. It should be exactly the same as the distance between the side of the head and a straight line drawn upward from the outside of the shoulder. The narrow-shouldered person should have a shallow pillow, the broad shouldered a thick one.

The ideal pillow is one that maintains the upper links of the backbone on a true horizontal line. There must be no sagging down or jamming upward of the head, for a bending of the neck either down or up means that the links of the backbone, which are connected with each other like a string of spoils, are huddled too close on one side and stretched too far apart on the opposite side. When the spine is thus jammed the nerves that control the circulation of blood in the brain become congested, and the result is an interference with the circulation that causes pain or irritation and makes sleep impossible.

Keep the spine straight by having a pillow that keeps the neck straight and your sleep will be sound and refreshing.

### Wonderful Geneva.

Geneva, a little canton four miles square and a little town composed of a cluster of water mills, a street of penthouses, two wooden bridges, two dozen of stone houses on a little hill and three or four perpendicular lanes up and down the hill; four miles of acreage round, in grass, with modest gardens and farm dwellings; the people pious, learned and busy, to a man, to a woman, to a boy, to a girl of them progressing to and fro mostly on their feet and only where they had business. And this bird's nest of a place to be the centre of religious and social thought and of physical beauty to all of living Europe!—John Ruskin.

### Some Great Singers.

Some of the world's greatest singers have been discovered accidentally. Once upon a time Wachtel, the greatest tenor of his day in Germany, was cracking his whip and hailing fares in a musical rondo. Mme. Scalchi, the greatest of contraltos, is said to have called her wares in the street before she was found for the opera stage. Campanini, the king of tenors, was a blacksmith, but was heard singing like an angel and was enabled to desert the forge for the footlights.

### Political Problem.

"These political problems are terrible," said the man who worries about grammar.  
 "What's the trouble?"  
 "One friend of mine after another has opened campaign headquarters. What I want to know is whether 'headquarters' is a singular or a plural noun, and if it is singular, what is the plural?"

**IN FIELDS FAR OFF.**—Dr. Thon as' Eclectic Oil is known in Australia, South America as well as in Canada and the United States, and its consumption increases each year. It has made its own way and all that needs to be done is to keep its name before the public. Everyone knows that it is to be had at any store, for all merchants keep it.

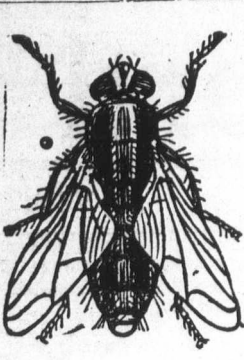
The loss of the local flour mill has made flour dear in Parkhill, two raises in the price having taken place since the mill was burnt.

The Methodist Church at Napperton, on the 4th line, Adelaide, better known probably as Mt. Zion, is destined to pass out of use as a regular place of worship. Owing to a constantly dwindling congregation, the members of which have drifted away to other Methodist churches in the neighborhood, it has been decided to permanently close the doors of this quaint little country edifice, within whose walls the gospel message has been proclaimed for many years.

## CASTORIA

For Infants and Children. The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Peck*



## House Flies

are hatched in manure and revel in filth. Scientists have discovered that they are largely responsible for the spread of Tuberculosis, Typhoid, Diphtheria, Dysentery, Infantile Diseases of the Bowels, etc.

Every packet of

## WILSON'S FLY PADS

will kill more flies than 300 sheets of sticky paper.

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Sewing Machines  
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A full stock of Edison Records kept in stock and new ones received each month as they are issued.

Repairs kept in stock for all kinds of String Instruments.  
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Comfort, Elegance, Durability, and Value are features that our goods are noted for.

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Fine Furniture. Funeral Directors

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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.

## Change of Business

Watford, June 14th, 1912.  
 Mr. Thomas Dodds desires to notify his customers and the public generally that he has taken his son Claremon Dodds into partnership with him in the Hardware, Furnace and Tinsmith business, and that the business in future will be conducted under the name of T. Dodds & Son.

Mr. Claremon Dodds is a thoroughly practical man, understanding every branch of the business, and has made a special study of the Furnace and Tinsmithing branch, so that customers will have the advantage of expert knowledge when an order is placed with this firm.

The new firm takes this opportunity of soliciting a continuance of the liberal patronage extended to the old firm. All orders entrusted to them will receive the most careful and prompt attention.

All accounts owing the old firm of T. Dodds must be paid without further notice so that the books may be closed as soon as possible.

## T. DODDS & SON.

The English Church people at Glencoe purchased the residence of the late John McNeil for a rectory, the consideration being \$1,700.

The force of men, which was nearly 750 at the Sarnia refinery last winter, has fallen off considerably. It is understood the company cannot secure men to work.

Early Thursday morning of last week, Paul Ryan, Amherstburg, was awakened from sleep by one of his children crying. On going upstairs, he found the bedroom full of smoke, and the place well afire. It was caused by the explosion of a lamp on the dresser, and but for the crying of the child a serious fire might have resulted.

DINNER sets at wholesale prices to make room for new goods.—P. DODDS & SON.

Death came with all suddenness to Margaret Elizabeth, wife of Mr. James Hill, of Euphemia, on Saturday, June 15th, at the age of 48 years and 6 months. Mrs. Hill had been somewhat indisposed for some time, but her sickness was not considered serious. Mr. Hill had gone to the barn to tie the cattle, and on returning found her lifeless body in the parlor.

**A CLEAR HEALTHY SKIN.**—Eruptions of the skin and the blotches which bluish beauty are the result of impure blood caused by unhealthy action of the liver and kidneys. In correcting this unhealthy action and restoring the organs to their normal condition, Par-melee's Vegetable Pills will at the same time cleanse the blood, and the blotches and eruptions will disappear without leaving any trace.



## 200 Cartoons Than 200

The World's Best Cartoons from dailies in this country. London, Munich, Vienna, Warsaw, Hamburg, Amsterdam, Stuttgart, Zurich, Tokio, Shanghai, South America, and all world. Only the 200 for each month, are selected.

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WE HAD COCKSHUTT IN MELOTTE CREAM KEMP MANURE TORONTO WI BUGGIES, WAGG GASOLINE ENGI LIGHTNING RO AND EVERYTHING NEEDED Call and let us talk

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