

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.
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HARRIS & CO.
PROPRIETORS

Guide-Advocate

WATFORD, JUNE 28, 1912.

NOTE AND COMMENT.

There are twenty-nine counties in Ontario working under the Highway Improvement Act and approximately 1500 miles of road have been constructed at a cost of \$2,681,000, the province contributing \$894,000 of this amount.

We are not all born with the sunshine in our hearts, as the Irish people prettily term it, but we can coax some of it in there if we only try.

General Booth, the head of the Salvation Army, who recently underwent an operation for the removal of a cataract from his left eye, will henceforth be totally blind. He is eighty-three years old.

The Royal Society of Canada sent a delegation to wait on Premier Borden to ask that the number of months be increased from 12 to 13 in a year, with 28 days in each month. This would result in each day of the year coming every year on the same day of the month.

CASTORIA

For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of *Chas. H. Fletcher*
WATFORD merchants have the goods and meet all price competition.

HOW TO GROW VEGETABLES.

Seeds Should Never Be Sown Just After a Rainstorm.

Just after a rain is a poor time to sow seeds. It is better to wait until the ground can be raked or harrowed easily. When transplanting is to be done, first wet the ground thoroughly. Then it will be possible to take up a good ball of earth with the plant, and the roots will not suffer.

Corn and melons should not be cultivated deeply. The roots grow near the surface, and merely stirring the soil sufficient to create a dust mulch is all the plants require.

It is important to have the garden tools sharp. Some people never think of sharpening the blade of a hoe, but it is altogether worth while.

Squashes keep best if allowed to remain on the vines as long as possible before the season of hard frosts. Then they get thoroughly ripened and the shell well hardened.

Poultry manure is a good dressing for the vegetable garden if scattered over the ground in the spring and cultivated in. It is particularly good for forcing the growth of onions.

Seeds of beets, parsnips and carrots germinate slowly. Often weeds come up thickly before the plants appear, but the gardener is afraid to cultivate. A few radish seeds sown with the others will obviate this difficulty by marking the rows within a few days.

Some gardeners greatly improve their lettuce, Swiss chard and spinach by growing them under a canopy of cheesecloth held about five feet above the ground by stakes or a light frame.

An excellent way to economize labor in watering plants is to sink a tomato can into the ground at the base of each plant, having first punched the bottom full of holes. The water poured into the can will reach the roots directly and not be wasted. Weak manure water may be given this way to excellent advantage if the plants need feeding.

Generally speaking, the depth to plant should be four times the diameter of the seeds.

Black Gingerbread.

A delicious old recipe for black gingerbread calls for two cupsful of Porto Rico molasses, one cupful of shortening, one of boiling water, one egg, a tablespoonful of soda, a tablespoonful of ginger and flour enough to make a fairly stiff dough. Pour the boiling water over the soda, add it to the shortening and stir in the molasses. Sift the ginger with a cupful of flour and mix that in also, then add about three more cupfuls of flour or enough to make a batter that can be easily stirred. For a ginger cake without eggs use a cupful of shortening, a cupful of boiling water, two of molasses, three and a half of sifted flour, a tablespoonful of soda and one of ginger.

Trees.

Trees have about them something beautiful and attractive even to the fancy, since they cannot change their places, are witnesses of all the changes that take place around them and as some reach a great age they become, as it were, historical monuments, and, like ourselves, they have a life, growing and passing away, not being inanimate and unvarying, like the fields and rivers. One sees them passing through various stages and at last, step by step, approaching death, which makes them look still more like ourselves.—Humboldt.

There is more Catarrh in this section of the county than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies and by constantly failing to cure with local treatment, pronouncing it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment.

Harris' Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for list of testimonials. Address: F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

Craft of the Gypsies.

Gypsies introduced the practice of palmistry into England. This appears from a statute of 1531 called an "act concerning Egyptians," which recites that "before this time diverse and many outlandyshe People, callinge them selves Egyptians, using no craft nor faicte of marchaundyse, have comen into this Realme and gone from Shire to Shire and Place to Place, and used greute subtil and crafty meanes to deceyve the people that they by palmestre could tell menne and womens fortunes, and have by craft and subtiltie deceyved the people of their money."

IT HAS MANY OFFICERS.—Before the German soldier starts on a long march he rubs his feet with tallow, for his first care is to keep his feet in good condition. If he knew that Dr. Thomas' Electric Oil, for when the Oil is in the pain is out. It is brought relief to thousands who without it would be indeed friendless.

PICKPOCKETS.

Tricks of Their Trade and How They May Be Avoided.

A veteran pickpocket who was recently arrested gave a description of the methods of his craft and told how a person may prevent his pocket being picked.

A common fallacy is that pickpockets slip up to a man, insert their hands in his pockets, seize whatever they can and run," he said. "A man with a thousand dollars in his pocket is safe if he keeps out of a crowd. No matter how sick a pickpocket is, he will never attempt to rob a person until the victim's attention is drawn so strongly toward something else that he won't feel the hand in his pocket.

"The commonest method of preparing the victim is to have one of the pickpockets 'accidentally drop' a handful of small change on the ground. There is no person living who would not be absorbed at once. While the lead man is gathering his money and jostling about one of the others gets the victim's purse.

"Carry your money loose in your pocket. Pocketbooks are the only things pickpockets will take. They won't take the chance for a dollar or two.

"Never carry paper bills. If the Government would stop issuing paper money the pickpockets would go out of business.

"Never become disconcerted in a crowd. If any one drops a package or any money in a crowd or especially when several persons are boarding a car, let him pick it up.

"Don't hurry to board a street car. Let the crowd get on first and you will have plenty of car fare where one who wanted to be sure of seats may not.

"If you are attracted by a crowd stand on the outskirts.

"Never exhibit money on the street, and, above all things, never leave a bank with a roll of bills still in your hands. Pickpockets wonder why persons are such fools as to put money into their pockets on the street."

MILD IN THEIR ACTION.—Parmelee's Vegetable Pills are very mild in their action. They do not cause griping in the stomach or cause disturbances there as so many pills do. Therefore, the most delicate can take them without fear of unpleasant results. They can, too, be administered to children without imposing the penalties which follow the use of pills not so carefully prepared.

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GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows

GOING WEST
Accommodation, 27 8 44 a. m.
Accommodation, 29 2 45 p. m.
Chicago Express, 5 9 27 p. m.

GOING EAST
Ontario Limited, 46 7 46 a. m.
Accommodation, 28 12 33 p. m.
New York Express, 2 3 00 p. m.
Accommodation, 30 5 16 p. m.

G. VALL, Agent, Watford

STAGE LINES.

WATFORD AND WARWICK STAGE LEAVES
Warwick Village every morning except Sunday, reaching Watford at 11.30 a. m. Returns leave Watford at 8.45 p. m. Passengers and freight conveyed on reasonable terms. C. BARNES, Prop'r.

WATFORD AND ARKONA STAGE LEAVE
Arkona at 9 a. m., Winbeach at 10.10 a. m. Returning leaves Watford at 8.45 p. m. Passenger and freight conveyed on reasonable terms.—WILLIAM EVANS Prop'r.

900 DROPS
CASTORIA
Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
Recipe of Old Dr. SAMUEL PITCHER.
Pumpkin Seed -
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A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
Fac-Simile Signature of
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At 6 months old
35 Doses - 35 CENTS
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Repairs kept in stock for all kinds of String Instruments.
Several Second-hand Sewing Machines in stock that will be sold cheap
Comfort, Elegance, Durability, and Value are features that our goods are noted for.
Give us a Call and let us see what we can do for you.

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Specialist in Hand Painted Decorations.
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Samples of WALL PAPER on Hand.
When you have work in his line let him figure on it.

Watford's Planing Mill

We are running in full swing. We have a well-equipped mill, every department is operated by skilled mechanics; men who know how to do their work and do it right
Being in the business a number of years we are well acquainted with it and know how to buy to advantage.
We pay cash for our goods and get the discount. Our customers reap the benefit of this.

COAL COAL COAL

We Sell Genuine Scranton Coal.

Place Your Order Now for Summer or Fall Delivery.
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