

ONTARIO WOMAN'S FORTUNE

Freed From That Weak, Languid, Always Tired Feeling, by Lydia E. Pinkham's Compound.

Thessalon, Ont.—"I cannot speak too highly of your medicine. When my appetite is poor and I have that weak, languid, always tired feeling, I get a bottle of Lydia E. Pinkham's Vegetable Compound, and it builds me up, gives me strength, and restores me to perfect health again. It is truly a blessing to women, and I cannot speak highly enough of it. I take pleasure in recommending it to others."

Women who are suffering from those distressing ills peculiar to their sex should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

There are probably hundreds of thousands, perhaps millions of women in the United States who have been benefited by this famous old remedy, which was produced from roots and herbs over 30 years ago by a woman to relieve woman's suffering. If you are sick and need such a medicine, why don't you try it?

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

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WATFORD, MAY 9, 1913.

Planting Time

(By Sherwood Hart.)

About this time it comes to pass our fancy turns to garden sass; in all our fair Canadian towns we don our oldest hand-me-downs—we grab our rusty rakes and spades and sharpen up our old hoe-blades; the winter's fall of pots and pans, of bottles, bones and battered cans, we carry to the nearby lane, while we chant a glad refrain. As long as tides shall ebb and flow we each will at this time act so, we each will for the garden steer, when spring is here, when spring is here! With smiles of gloe on every face we measure off the precious space, we subdivide the little plot and to the fruits of earth allot their metes and bounds in which to dwell, and fondly deem that all is well. We read with care the garden dope and plant the seed in faith and hope; we sink the turnips in a row and put the lettuce in just so; we find a two-foot pocket-hole is quite a useful garden tool to get the onions in a line and place the artless pumpkin vine. With what a merry heart, by gosh! we make a hole to hold a squash or

Every Woman

is interested and should know the new Vaginal Spray. Buy it at once. It gives full particulars and directions in English and French. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.



found in beets or bury corn when lovely spring is at the morn. When poking holes for beans or peas what other days can equal these? With spirits full of hope and trust, we work until our backs are bust; with blistered hands and arms that ache we dig and spade and hoe and rake the finest garden on the street then hencewards turn our weary feet. The happy, happy days we pass when planting seed for garden sass!

Animal Cries Nearly Human

Of the animal cries that most clearly produce upon the hearer the effect of the human voice most are found in the case of birds. While the parrot is the best known of birds possessing the power of imitating the human voice, as a matter of fact its voice is decidedly inferior to that of the mina, a species of starling. Strange to say, the male starling speaks in a high, clear note, like that of a child, while the female's register discloses a markedly gruff note. The Australian bird called the laughing jackass utters a peculiar cry, very much like that of a troop of boys shouting, whooping and laughing in chorus. Another Australian bird, the morepork, is frequently heard strenuously demanding "more pork" in stentorian tones. The whippoorwill demands his punishment in a distinct imitation of the human voice and the command of the guinea fowl to come back could easily be mistaken for the tone of the human. The cries of seals lamenting the loss of their young very closely approach the human note, while the cry of the wounded hare or fawn has been held to be distressingly like that of a child in sore straits.

Imitation Milk

Science, it is claimed, is now coming to the relief of the sufferer from the high cost of living. In the list of foods, or imitations thereof, which are now being produced synthetically appears one which seems to be attracting much attention. From Germany comes the announcement that milk has been produced synthetically. For some time it has been possible to produce sugar and fat artificially, and scientific workers have been giving their attention to the production of proteins. Heretofore, one of the great drawbacks to producing food in the manner mentioned was the extreme cost. Apparently this cost is now being lowered, and we are told that ere long science will displace nature. In Germany, it would seem that the cost of producing milk synthetically has now been reduced to 6c. per quart. A recent report figures it out this way:—

"A cow requires an acre of pasture to support her. She only converts sixty-three percent of the food she consumes into nourishment, and she does not convert more than five per cent. into milk. The average yield of a cow in milk is forty pints a day. It is estimated that the same amount of milk can be made from one-eighth of an acre of soya beans.

"The soya bean is the oily pea of China and Japan. Its nutritive value may be judged from the fact that it contains 33 per cent. of proteids as compared with 20 per cent. for ordinary beef. It contains 17 per cent. of fat, as compared with five per cent. for the beef. The superiority of the soya bean over beef lies chiefly in the fact that it contains only 10 per cent. of water as compared with 72 per cent. for the latter.

"Cow's milk is the most indispensable of all our foods, for children in civilized communities are practically dependent upon it, although adults may have many other meats and vegetables to choose from."

The "London Lancet" states that English scientific men have investigated the milk made from soya beans in Germany, and report that it possesses all the properties of milk except that of producing butter. Despite this drawback, the cream from this artificial milk is more nourishing and other ingredients are declared to be more digestible than the casein and other derivatives of natural milk. The new product is obtained without difficulty and with uniform success, now that the experiments, which have carried on for three years, have been perfected.

Watford merchants have the goods and meet all price competition. If a teaspoon of vinegar is put into the water in which white silk hose is washed they will retain their whiteness.

LONDON'S GAMING DENS

THE FASHIONABLE WEST END HAS LOTS OF THEM.

Chemin-de-Fer is One of the Most Popular of the Games and Its Vogue is on the Increase. Say Society Detectives—Commissions Paid to Those Who Will Bring In Victims.

There are scores of fashionable gambling dens in the West End of London, but the fact of their existence is but very rarely brought home to the public. Only once "in a blue moon" do the authorities swoop down upon some elegant haunt and drag its startled frequenters into the glare of the police court and the magistrate's eyes rest upon the unusual spectacle of the defendants' benches occupied by ladies in elegant costumes and gentlemen in immaculate evening dress.

Society detectives, however, declare that gambling is more rife than ever amongst the "well-to-do." People appear to be more and more anxious for excitement, and the profits of a gambling hell are so great that it will take much more than the present terrors of the law to deter the hell proprietor. At Chemin-de-Fer the proprietor of a club may often reckon on a profit of from eight to ten pounds an hour—or even more—from the charge made from each winning coup "for the good of the house." Three or four hundred pounds a week is a spoil that is tempting.

Just as the public little suspect the persons who frequent such places, so they little suspect the actual proprietors of them. They are nervous and cautious. The person who stands in the dock for keeping a gambling hell invariably shields someone else. He is usually a person who would have been utterly unable to provide the funds necessary to establish such an elegant-appointed place, for the founding and running of a high-class hell is an expensive speculation. In order that persons of wealth and position should be induced to trust themselves inside such a place, it must be situated in a neighborhood of good character.

The hall, the downstairs reception room, and the stair leading up to gambling houses have their play room on the first floor for the sake of avoiding surprise—must be furnished and carpeted expensively. The room in which the tables are placed and the adjoining refreshment and lounge rooms must also be lavishly appointed. It would astonish many of the habitués of gambling dens accustomed to the splendor of the public rooms in the city if they were to peep into the other chambers of the premises. There is no splendor there. The rooms are bare—the furniture of the cheapest and most scanty kind. The proprietor of the gambling den always has the disquieting reflection oppressing him that a day may come when the place will be visited by the police and his luxury be swept away. He resolves to confine his expenditure to only those rooms visitors will see. The furnishing and decoration of these will perhaps run him into an expenditure of \$3,000 to \$4,000.

Attention is drawn to the great worth of his life. He will have as few as possible, and their selection needs the greatest care. He pays large wages, and visitors are expected to "tip" liberally. The gambling den society is on velvet," and rapidly accumulates a little fortune, while the proprietor is on pins with regard to him. He dare not dismiss him lest he should, out of spite, denounce the establishment to the police. He can only assure his fidelity by allowing him to make money such as he could never hope to obtain by honest employment.

The chief expenses of the high-class hell are the commissions paid to persons for introductions of players. The real proprietor of the club is generally a person moving in a more or less extravagant society circle, and he, of course, does his best to advertise its attractions. He informs young gentlemen, while engaged in friendly converse over a cigar, that he has discovered a jolly place, only known to high-class players, where he spends many a pleasant and profitable evening. If the bait is taken by the young fellow, and he expresses his wish to visit the place, the proprietor undertakes to introduce him. At the hell he, of course, passes himself off merely as a player. But the proprietor generally finds it necessary to employ agents to secure him customers, and he discovers the among the hard-up society and club-frequenting young gentlemen of the West End.

Most high-class hells are patronized by ladies as well as gentlemen. Women are employed to introduce these customers. The impetuous, fashionable lady who is at her wit's end to pay her bills is the tout the proprietor seeks. The lady agent confides to the victim she has in view that she herself really cannot resist the temptation now and then of trying her fortune at the card-table, and she has the entrée to a most select establishment.

Wonderfully low gambling hells are ever raided by the police. When that happens it is from "information received." Perhaps some employe who does not imagine he has been treated handsomely enough denounces the place out of spite.

All Skin Remedies Fail?

Many eczema sufferers have failed so utterly with salves and other "discoveries" that even the assurance of the physician or druggist cannot induce them to invest another dollar in any remedy. It is to these discouraged sufferers in particular that we now offer, at only 25 cents, a trial bottle of the accepted standard eczema remedy, a simple wash of oil of wintergreen, thymol and glycerine, as compounded in D.D.D. Prescription.

Hundreds of cures have convinced us and we know you can prove instantly with the first application of D.D.D. Prescription that it takes away the itch at once. You have only to spend a quarter to get instant relief. Isn't it worth while?

Taylor & Son, Druggists.

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

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

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2 IN 1 SHOE POLISH

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Gives a Quick, Brilliant Polish That Lasts

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No Turpentine

A PEEP AT IRELAND.

Where the Weather Plagues You Only to Fascinate You Later.

I must allow that it sometimes rains in Ireland, but Irish rain is not quite like other rain. It is, as a rule, softer than rain elsewhere, and if the truth must be told I like rain so long as one has not to say, "For the rain it raineth every day."

Irish weather is not so much capricious as coquetish. It likes to plague you, if but to prepare you to enjoy the more its sunny, melting mood. It will weep and wail all night, and, lo, the next morning Ireland is one sweet smile and seems to say, "Is it raining I was yesterday? Ah, then, I'll rain no more."

And the runnels leap and laugh, and the pastures and very stone walls glisten; the larks carol on their celestial journey; there is a pungent, healthy smell of drying peat; the mountains are all dimpled with the joy of life and sunshine; the lake lies perfectly still, content to reflect the overhanging face of heaven, and just won't your honor buy the stoutest pair of homemade hose from a barefoot, barbeared daughter of dethroned kings with eyes like dewdrops and a voice that would charm the coin out of the most churlish purse?

If on such mornings as these you do not lose your heart to Ireland it must be made of stern, unimpressionable stuff indeed.—Blackwood's Magazine.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Ayer & Co.

And occasionally a woman thinks she is marrying a mighty oak only to discover later that she is tied to a stick.

Every dog has his day, and the poor watch dog is also expected to remain on the job at night.

Hard and soft corns both yield to Holloway's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action.

Try panning mutton chops in the oven. Just as they are ready to serve pour over them a glass of currant jelly, melted.

The thick jellied water from rice is too good to throw away. It makes an excellent addition to soups, cream or vegetables.

Spoken well of the dead—and don't forget to put in a good word for the living occasionally.

Women are not as swift as men. It takes some of them forty years to reach the age of twenty-five.

SHILOH

quickly stops coughs, cures colds, and heats the throat and lungs. 25 cents.

Cabbage Culture

There is perhaps no vegetable grown in Canada that is more easily raised than the cabbage. It does well in almost any soil provided with a reasonable quantity of moisture and manure. It thrives from the most southerly part of the Province of Ontario to Dawson City in the north and from the Atlantic to the Pacific coasts. The cabbage does best in a moist cool soil and responds well to heavy fertilizing and good tillage. Market gardeners have learned not only this but also that there are great differences in the value of different varieties. It has been found by actual experiment that it is possible to have more than \$200 per acre difference in the value of the crop of a poor and good strain.

For twenty-four years the Horticultural Division of the Central Experimental Farm has carried on variety and cultural experiments with cabbage and has learned much of value on the subject. This work has been carried on for the benefit of the public who are fully entitled to the lessons gathered during this long period. Year after year, results of this work have been published in the Annual Report of the Experimental Farms, but such references have necessarily been of a fragmentary nature. In order to treat the subject of cabbage growing fully in a single publication, the Dominion Horticulturist, Mr. W. T. Macoun, has brought out Pamphlet No. 11, of the Central Experimental Farm which takes the subject up under the heads of the soil and its preparation, varieties, sowing the seed and raising the plants, planting, cultivation, harvesting and control of insects and fungus diseases. A section is also devoted to the culture of the cauliflower which is stated to be more difficult to grow than the cabbage.

Early cabbage is said to be usually more profitable to grow than late cabbage but requires more skill to get a satisfactory crop. Good early sorts are Early Jersey Wakefield, Paris Market, Very Early and Copenhagen Market. Popular late varieties are Danish Ball-head and Late Flat Dutch, while Red Dutch is one of the best red kinds.

In cauliflowers, Early Dwarf Erfurt and Early Snowball are favorites while Large Agiers and Walcheren are excellent late sorts.

The pamphlet points out that with all these varieties it is important to get the best strains that can be procured.

As only a limited edition of this work has been printed it will not be sent out to the regular mailing list but copies will be sent free to all who apply for them to the Publications Branch of the Department of Agriculture at Ottawa.

When the top of the kerosene lamp becomes loosened it may be tightened by applying a little melted alum.

The juices from pickled fruit improves the flavor of boiled ham, if added to the water in which it is boiled.

THESE PILLS CURE RHEUMATISM.—To the many who suffer from rheumatism a trial of Parmentier's Vegetable Pills is recommended. They have pronounced action upon the liver and kidneys and by regulating the action of these organs act as an alternative in preventing the admixture of uric acid and blood that causes this painful disorder. They must be taken according to directions and used steadily and the will specify, give evidence of their beneficial effects.

900 DROPS CASTORIA

A Vegetable Preparation for Stimulating the Food and Regulating the Stomach and Bowels

INFANTS - CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor other Narcotic.

Perfect Remedy for Cough, Sore Throat, Diarrhea, Worms, Convulsions, Fever and Loss of Sleep.

NEW YORK

AT 6 months old 35 Doses - 35 CENTS

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