

## FARMER'S WIFE ALMOST A WRECK

Restored to Health by Lydia E. Pinkham's Vegetable Compound—Her Own Story.



London, Ont.—"I am a farmer's wife and a very busy woman. Last summer I was taken with severe pains in my back so bad that I could not get up or scarcely move without pain, and my periods were painful. My husband called in a good doctor and I was under his care for some time, but he did me little or no good. One day a friend of mine told me to try Lydia E. Pinkham's Vegetable Compound as she had been greatly helped by it. I began taking it and soon got well, and my periods became natural again. Since then I have had perfect health. In fact I have never felt so well in my life. Lydia E. Pinkham's Vegetable Compound is a medicine many women need. If you think this letter will help other women please publish it."—Mrs. K. C. YOUNG, Tambling's Corner, London, Ontario, Canada.

Women who suffer from those distressing ills peculiar to their sex should not doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health. 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

HARRIS & CO. PROPRIETORS.  
 WATFORD, JANUARY 23, 1914.

## NOTE AND COMMENT.

Toronto is now feeling the effects of the trade depression. Fifteen thousand men, according to conservative estimates, are walking the city streets in search of employment, and this number is being augmented by hundreds as the weeks go by. It is also estimated that 2,500 men lost their jobs between December 20th and January 3rd.

What is wanted is more farmers. Wherever you look you can see the need of men to till the land. There is no need for hard times in this fair Canada of ours at the present. All that is needed is men and women, with willing hands, to make the most of this fertile land that God has given us. Some of you who see hard times in the city come out into the county, help till the land that lies idle waiting for men to till it. There is room for hundreds of willing workers, men and women, that are not afraid to soil their hands. That is what will bring down the high cost of living.

When electricity was applied to the street cars and the horses were sold, men went about saying that the day of the horse was drawing towards evening. When we all took to bicycling and tore across country on wheels, we despised the

horse and those who stolidly rode along behind him. Again, when the automobile was introduced, we spoke of the horse as an animal which had served its turn, but was soon to be superseded. Yet to-day you can go into any one of the places where horses are sold at auction, and see these animals find purchasers at prices that were unheard of in the day when horses were used on street cars—in the days before the trolley and the automobile had been introduced. Over in London the horse has been crowded out of some of his former employments, but there, as here, he will no doubt long find himself in demand.

A batch of new regulations with regard to weighing scales have just been promulgated by the inland revenue department. They prohibit the manufacture, sale or importation of spring scales of the dead load type or of the combined lever and spring scale type except such as are constructed on the correct knife edge principle approved by the department. Sixty days are given to comply with the new order. To the regulations exceptions are made in regard to ice spring scales and pocket balances up to 15 pounds and photographer's mixing scales and farmers' milk scales. Household scales must comply with the requirements of trade scales of their class. Railway companies are required to provide a test car for the inspection of all track scales within six months. The order-in-council provides for the inspection of existing stocks and makes a reduction of one-third in fees charged where the inspection is oftener than biennially.

**How's This?**  
 We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.  
 F. J. Cheney & Co., Toledo, O.  
 We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.  
**NATIONAL BANK OF COMMERCE,**  
 Toledo, O.  
 Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.  
 Take Hall's Family Pills for constipation.

**The Candling Of Eggs**  
 As regards quality, an egg is one of the most difficult of food products to grade. Fortunately an egg is semi-transparent when held before the light and permits, if carefully rotated, of even minor defects being seen. Many appliances for commercial and private use have been invented for the detection of bad eggs, and it is now possible for anyone with a little practise to tell at a glance the main points between good and bad eggs.

In order to teach the proper methods of examination, there has been prepared, under the direction of the Live Stock Commissioner, a pamphlet entitled "The Candling Of Eggs" by Mr. W. A. Brown, B. S. A., Chief of the Poultry Division. This pamphlet, which is No. 3 of the Live Stock Division, points out clearly that the size of the air cell, the consistency of the albumen, the color and mobility of the yolk, and the general transparency of the whole egg are the factors most generally recognized as determining the quality. It also explains the construction of a simple home-made device which gives excellent satisfaction in the testing of eggs.

This pamphlet, which can be secured by making application to the Publications Branch, Department of Agriculture, Ottawa, concludes with the following paragraph:—"Storekeepers will find it to their advantage to acquire facility in candling and it is recommended that every housewife should provide herself with a simple candling appliance, by the diligent use of which she may safeguard her family from many unpleasant occurrences at the breakfast table."

**A Household Medicine.**—They that are acquainted with the sterling properties of Dr. Thomas' Electric Oil in the treatment of many ailments would not be without it in the house. It is truly a household medicine and as it is effective in dealing with many ordinary complaints it is cheaper than a doctor. So, keep it at hand, as the call for it may come most unexpectedly.

**Told the Truth.**  
 A few days after the new farmer had purchased a horse from a thrifty Scot he returned in an angry mood. "You told me this horse had won half a dozen matches against some of the best horses in the country. He can't

## UNDER THE OCEAN

Changes in the Sea Floor From Shore to Shore.

### THE BIG MID-ATLANTIC RIDGE.

It Starts at Iceland and Bisects the Ocean Down Almost to Cape Horn. In Places It Rises Above the Surface, Forming Groups of Islands.

A sketch of the "landscape" of the ocean bed is given by Dr. A. E. Shipley in an article in the Edinburgh Review.

"The passengers and the crew of a liner racing over the surface of the Atlantic are apt to imagine that under them is a vast layer of water of varying depth sparsely inhabited by a few fish. As a matter of fact, the whole of this great ocean is teeming with life. If instead of taking ship we could take to the water and walk across the bed of the Atlantic to America, starting from the shores of western Europe, we should in effect be traveling through a succession of new countries. Not only would the surrounding physical conditions vary as we advanced, but the animal and plant life would vary in correlation with the altering physical conditions.

"Walking farther and farther toward the depths of the Atlantic, we should soon lose all sight of the algae, and the shallow water fish—the plaice and sole, whiting, skates, dogfish and others and cod—would give way to the megrim which extends seaward to a varying distance from rock or gravel or stones to sands and ultimately to mud or ooze of various tints, their original colors often modified by the action of the decomposition of organic particles in them and on them. All these finer deposits are derived from the neighboring land and are blown seaward by offshore winds or washed down by rains and streams and carried out to the sea by rivers.

"The distance to which fine matter in suspension may be carried is very great. The Congo is said to carry its characteristic mud as far out to sea as 600 miles, and the Ganges and the Indus as far as 1,000 miles.

"Except in the neighborhood of such great rivers a subsequent traveler would soon pass beyond what Sir John Murray has called the "mud line" a line that limits the terrigenous deposits everywhere surrounding dry land. Having reached this limit, we must proceed warily, for at the mud line, at an average depth of a hundred fathoms, we shall find ourselves at the edge of the continental shelf, that rim which extends seaward to a varying distance from all land areas, the rim on which Great Britain rests. Beyond lies the continental slope, a precipice more or less abrupt and more or less high. Descending by steep declines or terraced cliffs until depths of 2,000 fathoms are reached.

"The Atlantic, compared with the other great oceans, has an unusually large area of comparatively shallow water. Of its total area 27.5 per cent is covered by water less than 1,000 fathoms deep; 18 per cent lies between 1,000 and 2,000 fathoms and 47 per cent between 2,000 and 3,000 fathoms; the remaining 7.5 per cent is still deeper.

"At the foot of the continental slope lies an illimitable plain of a uniform dull, grayish buff color, flat and featureless as the desert, and only diversified by an occasional as yet uncovered rock or wreck or the straight line of a recently laid cable. This plain continues with scarcely a change in scenery or in level until we approach the great mid-Atlantic ridge. As Bruce has shown, this ridge, which roughly bisects the Atlantic, extends from Iceland as far south as fifty-three degrees of south latitude, with a slight and quite inexplicable break just under the equator. The ridge runs almost parallel with the eastern contour of North and South America, which, in turn, as the ordinary map will show, roughly corresponds with the western contour of Europe and Africa. From time to time the ridge rises above the surface of the water, as in the Azores group, St. Paul's rocks, Ascension, Tristan da Cunha and Gough Island.

"Having ascended the eastern and descended the western slope of this mid-Atlantic ridge, we should again traverse plains of grayish ooze far more extensive than any level land tract known to geographers, and as we approached the American coast we should gradually pass through the reverse order, the zones of life traversed when leaving Europe. On the eastern coast of America the slope is much more gradual than on the western coast of southern Europe and Africa."

A few days after the new farmer had purchased a horse from a thrifty Scot he returned in an angry mood. "You told me this horse had won half a dozen matches against some of the best horses in the country. He can't

**FIRST ANNUAL LAMBTON CORN EXHIBITION**  
 UNDER THE AUSPICES OF  
 The Lambton County Corn Growers' Association  
 WILL BE HELD IN  
**VICTORIA HALL, PETROLEA**  
**JANUARY 28th AND 29th**  
**\$500 - IN PRIZES - \$500**

CORN GROWING, ALFALFA CULTURE, UNDERDRAINAGE, GOOD ROADS, HYDRO ELECTRIC, HYDRO RADIAL and other questions of interest to the County of Lambton will be discussed by men prominent in these affairs.

**PUBLIC MEETING AFTERNOON AND EVENING OF EACH DAY.**  
 For Prize List and full particulars apply to the Secretary.

**G. C. BRAMHILL, Sec.,** **CHAS. M. FLECK,**  
 Department of Agriculture, President,  
 Petrolea, Ont. **Corunna, Ont.**

**Commence This Year Right**

TURN over a new leaf. If you are not already one of our customers, start now. If you don't decide to-day, come any day you will find us at the old stand, with a full line of

**BUILDERS' SUPPLIES,** and a well equipped outfit for **CHOPPING.**

If you are **GOING TO BUILD** we have a message for you.

**Watford Planing Mills and Electric Light Plant**

Established 1870 **GEO CHAMBERS.**

**Larger Yields Per Cow**  
 Dominion Department of Agriculture  
 Dairy Division.

During these short winter days when many cows are dry, and the cows that are milking are not giving very much, would it not be wise to lay plans for improvement of the dairy herd? Seeing that the average household consumes a fair quantity of milk daily all through the winter, and seeing that the ice cream trade is not by any means dead during the cold months, is it not a pity that there is not more good milk and sweet cream available? Current prices and good demand should prove an inducement to a larger number of producers to go in more strongly for winter dairying.

Some of the variations in yields are very marked; it is a common thing month after month to find groups of cows in four adjacent sections averaging one hundred pounds of milk difference; for instance, from 450 by even stages of 100 up to 750 pounds. Many of these poor cows could easily be giving, under better conditions of feed and care, another three or four pounds of fat each per month; after a year or two at cow testing the herds will probably average, as many already have done, considerably more of an increase than that, even as much as forty or forty-five pounds in the year EXTRA per cow. Those farmers who desire increases are invited to write to the dairy commissioner, Ottawa, to ascertain what assistance is given by the department of agriculture in organizing cow testing associations.

**HACKING COUGH OF TWO MONTHS STANDING**  
 Cured by Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne

You know how hard it is to get rid of a cough that has hung on for even two weeks, let alone two months. So you will appreciate what Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne did for Mr. Patrick Holland, of East Baltic, P. E. I. He says:

"I suffered from a hacking cough for over two months. I tried several remedies, but they failed to cure me. At last I tried Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne, and got such relief that I tried more, and after using three bottles was absolutely cured."

The unique, scientific combination of three such reliable remedies makes Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne the best preparation that has ever been offered for all sorts of colds and coughs. Get a 25c or 50c bottle from your Druggist and see for yourself how effective it is. National Drug and Chemical Co. of Canada, Limited.

**Winter Term From Jan. 5th**  
**CENTRAL Business College**  
 STRATFORD, ONT.

Ontario's best Business training school. We have thorough courses in **COMMERCIAL, SHORTHAND and TELEGRAPHY** departments and nine competent instructors. We offer you advantages not offered elsewhere. You do not know what an up-to-date school can do for you unless you have received our free catalogue. Write for it at once.

**D. A. McLACHLAN - PRINCIPAL.**

**Men and Cigars**

"Certainly, I will make a few remarks," said the cigar salesman who, because of his garb, had been mistaken for a man of the cloth. Ascending the platform, he said:

Men are like cigars: Often you cannot tell by the wrappers what the filler is. Sometimes a good old stogie is more popular than an imported celebrity. Some men are all right in the show case but are great disappointments when you get them home. No matter how fine a man is, eventually he meets his match. A two-fer often puts on as many heirs as a fifty-center. Some men never get to the front at all except during campaigns. Some are very fancy outside and are selected for presents. Others have a rough exterior, but spread cheer and comfort about them because of what is inside. But all men, as cigars, good or bad, two-fers, stogies, rich or poor, come to ashes at last.

**Use of Toothbrush**

The use of the toothbrush is necessary not only to remove the acid incrustations that eat holes in the teeth, but also to sweep away the germ of many diseases. These find the necks of the teeth an ideal nesting place. They multiply a million fold in a few hours unless washed away, then they go down the throat, enter the lungs, the stomach, the eustachian tubes and the passages behind the nose. There they cause consumption, diphtheria, earache, catarrh, bronchitis, tonsillitis; in fact, it would be difficult to say with certainty what diseases may arise from the germs that have grown upon the teeth. It is now considered almost certain that many cases of appendicitis have this as their origin. Hence there is no part of the toilet so important as that of brushing the teeth.

**Concrete and I**

Enable you to better pork with concrete feedings to clean up the animals to eliminate the disease. To you it means Hog houses of concrete maintain an even temperature, light and air, which pork. Concrete will not rot or painting. It will not rust. Write for "What the Farmer can do to build Hog Houses" things the farmer can do.

Farmer Canada C 520 H

**BISSELL'S**  
 "Cyclo" BALL BEARING Carpet Sweeper

"Sweeping Made Easy"

**T. DOD**

**Bosquet Council**

Members elect met on the 12th pursuant to statute and took the oaths of qualifications and of By-laws were passed appointing Hamilton and W. H. Trick, assessors; John H. Campbell, assessor; J. W. son, collector; James Reindle, a member of the Board of Health; Mr. Wigh commissioner for road division; Mr. Sitter for No. 2; Mr. Fiddall for No. 3, and Mr. Rawlings for No. 4. A Reeve for all bridges over Loc Award Drains and all other bridge feet in diameter. A By-law was to borrow money for current ex

**The Secret is Elim**

Every business man knows how of his desk free from the accumulation of useless things. So it is with the accumulation of waste matter. Every of the body soon becomes clogged.

**GOLDEN ME**

Assists the stomach in the proper maintaining blood and all poisons Nature's channels. It makes men to them the health and strength of Send 50 cents for a trial box of this

Send 31 one-cent stamps  
 Address B