

WOMAN A GREAT SUFFERER

Tells How She Was Restored To Health by Lydia E. Pinkham's Vegetable Compound.

Tilbury, Ont.—"I could praise Lydia E. Pinkham's Vegetable Compound all around the world because it has done so much for me. For two years I was so run down that I was unable to do my work. I had female weakness and dreadful periodic pains, constipation and backache, but now I am well of all these things. I took Lydia E. Pinkham's Vegetable Compound, Liver Pills and Sanative Wash. I give you permission to publish this letter to help others."—Mrs. WILLIAM MARCHAND, Box 464, Tilbury, Ontario, Can.

Case of Mrs. Tully. Chicago, Ill.—"I take pleasure in writing to thank you for what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered with such awful periodic pains, and had a displacement, and received no benefit from the doctors. I was advised to take Lydia E. Pinkham's Vegetable Compound, and am now as well as ever."—Mrs. WILLIAM TULLY, 2062 Ogden Avenue, Chicago, Ill.

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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Advertisements without specific directions will be inserted till forbid and charged accordingly.
HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, OCTOBER 10, 1913.

NOTE AND COMMENT.

Davidson Leader:—If your neighbor is prosperous, let him prosper. Don't grunt, growl or grumble. Say a good word for him and let it go at that. Don't be a knocker. Your turn will come. No one man is the whole show. If you see that the town is moving along nicely, feel good about it. Help things along, shove a little. Try to get some of the benefit yourself. Don't stand around like a chilly old cadaver. Don't waste your time feeling sore because some fellow has a little more sand and sense than you have. Do a little hustling yourself. Don't be a knocker.

Speaking of the tobacco habit and some persons do, you know, make others speak of it a lot—it has been estimated that 1,000,000,000 persons in the world use tobacco in one form or another; that there are over 5,000,000 persons in the world engaged in the cultivation, manufacture and sale of tobacco, and that five great nations draw taxation revenues from tobacco annually exceeding \$275,000,000. These statistics give us some idea of the size of the world's tobacco habit, don't they? And if every tobacco

Every Woman

is interested and should know of the wonderful MARVEL Whirling Spray. The new Vaginal Spray. Best—most comfortable. It cleanses instantly. Ask your druggist for it.

If the name MARVEL is not on the wrapper, it is not the MARVEL Whirling Spray. Beware of cheap imitations. It gives full relief. Use and directions enclosed in box.

WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

user were to suddenly, simultaneously abandon the habit what a financial cataclysm would likely result, wouldn't there? But let's not be in haste to conjure alarming visions—for the use of tobacco they tell us, is increasing, rather than diminishing—in spite of the high cost of living.

A great deal has been written and spoken about the high cost of living, and many remedies have been offered, but when all the evidence is in it resolves itself into a question of getting what one pays for. How many merchants live up to their obligations under the law regarding the selling of the common necessities of life such as potatoes and other vegetables, which the Weights and Measures Act definitely declare must be by certain measures, in which the bushel shall be determined by weighing unless a bushel by measure is specially agreed upon. In many cases baskets of peaches, potatoes, carrots, beets or other table supplies do not contain a bushel, or proper proportion of a bushel by weight, and the only defence the middleman has to offer for short measure is that he bought them that way, which excuse is not valid in law. The buying and selling of table supplies affects everyone so vitally that the matter of full weight and measure as between buyer and seller should be closely regulated in every municipality.

Act Well Your Part

Our happiness in this life depends not so much on circumstances and surroundings as in our determined efforts to do our best in all conditions in which we are placed. Our common heritage is more or less allied to sorrows and pain, but we have within ourselves the antidote—the sunshine of the heart that will alleviate, if not remove many of our troubles. But we persistently reject the means of happiness that lie within our reach, by ignoring present small pleasures in hopes of enjoying greater ones in the future good time coming, which always keeps just ahead, and is unobtainable. We cultivate little cares till they sometimes attain enormous growth by constantly dwelling on them and dolefully rehearsing them to our friends when we should do our best to rise above them. In the most difficult and trying conditions there will often be a brighter side.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.
Address: F. J. CHENEY, Toledo, O.
Take Hall's Family Pills for constipation.

The Habit of Home

If we lived the life we should live it would be a well-balanced intermixture of all things that are desirable; pleasure and duty, gravity and laughter, society and solitude. Unfortunately no one of us lives the life he should, says the Youth's Companion. Instead, we are creatures of habit, some habit usually pushed to excess even in the best of us. If we read, we read when we should be working or sleeping. If we play games, it is the same. And the automobile habit, in its extreme form, threatens to become with many people a mania sorely detrimental to housekeeping and to children, to the purse and to the brain.

Of all habits, there is none sweeter than the habit of home, and none that seems at present less likely to encroach unduly on her time. Going is so easy. A thousand vehicles convey you. Bargain sales tempt you; this woman must be coaxed; another has a pattern that you must copy now. You can stay at home at any time. Yet if you sit down for a moment and think, you will see how much of it is only habit. When you are going, going, going, you want to go, and an accident of illness or weather that thwarts you seems like a great misfortune. You turn to home pur-

suits with a feeling of rebellion, or, at least, of dull disappointment. But when you have stayed-at-home a week, you taste the charm of it, the daily employments come to have their interest, and even their freshness, and you are really reluctant to turn away from them.
One of the wisest of books, the "Imitation of Christ," sums it all up in one sentence so simple that a high-school freshman can translate it, yet so beautiful that even a great poet could not convey its meaning adequately. Thomas a Kempis is speaking of his monk's cell, but his words apply even more truly to a woman's nursery and to her fireside: "Cella continuata dulcescit male custodita taedium generat." If you stay at home, you love home; but gadding makes even home unlovely.

Prophetic Hindsight

An English correspondent points out to the Saturday Evening Post how every recent war, except that between the United States and Spain, has completely confounded expert military opinion; that China would overwhelm poor little Japan was a foregone conclusion; that the deluded Boers could make even a respectable stand against mighty England was out of the question; that Japan again invited destruction by attacking Russia was as demonstrable as that two and two make four. No one was more surprised than the experts when Turkey crumpled up like an empty sack before the Balkan States. That conflict revised opinion of Bulgaria's prowess to a great height; and opinion had scarcely got itself adjusted to this new and surprising view when in a single fortnight Bulgaria's military power exploded like a punctured toy balloon.

The trouble is, of course, that expert military opinion is built on paper with a leadpencil and battles are fought otherwise. It is a paper-and-pencil war that has been devastating Europe for the last ten years. England wins a campaign by ordering four new dreadnoughts. Germany counters brilliantly by adding fifty new regiments of foot. France achieves an Austerlitz by extending the term of military service from two years to three.

Taxpayers, money flows prodigally as water; but whether any nation is more likely to win an actual and decisive victory no finite mind can tell.


A CORRECTOR OF PULMONARY TROUBLES—Many testimonials could be presented showing the great efficacy of Dr. Thomas' Electric Oil in curing disorders of the respiratory processes, but the best testimonial is experience and the Oil is recommended to all who suffer from these disorders with the certainty that they will find relief. It will allay inflammation in the bronchial tubes as no other preparation can.
Parkhill waterworks system is now in operation, the mains filled and everything in working order. The engine is a 15 horse-power oil engine, made by the Muncie Engine Co., of Muncie, Indiana. The fuel is a low grade of kerosene. The engine runs very smoothly and steady with a good reserve of power. The combustion chamber is cooled by water taken directly from the main. The pump is a novelty in construction; it has two chamber strokes of about 18 inches each, pumping a hundred and fifty gallons a minute.

ZAM-BUK

•MRS. A. SAICH, of Cannington Manor, Sask., Writes:—"My brother suffered severely from eczema. The sores were very extensive, and burned like coals into his flesh. Zam-Buk took out all the fire, and quickly gave him ease. Within three weeks of commencing with Zam-Buk treatment, every sore had been cured."
This is but one of the many letters we are constantly receiving from people who have proved the healing powers of Zam-Buk. For eczema, piles, sores, burns, cuts and all skin troubles there is nothing like this wonderful balm. No skin disease should be considered incurable until Zam-Buk has been tried.
All Druggists, 50c. per Box. Refuse Substitutes.

ECZEMA

Pandora Range will both cook and bake at the same time to its full capacity. This feature and many other exclusive ones will compel your serious consideration when you select your kitchen range.



McClary's Pandora Range

LONDON TORONTO MONTREAL WINNIPEG VANCOUVER ST. JOHN HAMILTON CALGARY SASKATOON EDMONTON

Pandora Ranges are sold everywhere by good dealers who back up our guarantee on this splendid range.

Sold in Watford by T. Dodds & Son

2 IN 1 SHOE POLISH

It's so easy!

At all Dealers 10c

Plumbing and Heating

If you are building this year we will be glad to estimate the cost of a bath room for you. Our man has city experience and will guarantee work to pass any inspector.

Bucks Reliance, Pease Economy and Kelsey Furnaces are leaders that require no description. Our prices are low and work guaranteed.

The N. B. Howden Est.

EAVETROUGHING AND REPAIRING ON SHORT NOTICE

Did You and How?

Written for the Guide-Advocate by Mrs. Jennie Miller.

Did you tackle that trouble that came your way, with a resolute heart and cheerful? Or did you hide your face from the light of day, with a craven heart and fearful?
Oh, a trouble's a ton, or a trouble's an ounce, Or a trouble is just what you make it; And it isn't the fact that you're licked that counts, But only—just how did you take it?
You are beaten to earth? Well, what's that? Come up with a smiling face; It's nothing against you to fall down flat, But to lie there—that's the disgrace.
The harder you're thrown, why the higher you be proud of your blackened eye; bounce; It isn't the fact that you're licked that counts, It's how did you fight—and why?
And though you are done to the death, what then? If you battled the best you could; If you played your part in the world of men, Why the Critic will call it good.
Death comes with a crawl, or comes with a pounce And whether he's slow or spry, It isn't the fact that you're dead that counts, But only—how did you die?
Victoria, B.C., Sept. 11th, 1913.

The indications of worms are restlessness, grinding of the teeth, picking of the nose, extreme peevishness, often convulsions. Under these conditions the best remedy that can be got is Miller's Worm Powders. They will attack the worms as soon as administered and will grind them to atoms that pass away in the evacuations. The little sufferer will be immediately eased and a return of the attack will not be likely.
One of the greatest drawbacks to the storing of ice is the lack of suitable material cannot always be got, but the chaff of oats, wheat, barley, and especially flax makes a very satisfactory substitute. It should be collected at threshing time and stored where it will keep dry until it is needed. In packing ice, take care to fill all crevices.

Children Cry FOR FLETCHER'S CASTORIA

900 DROPS CASTOR

Vegetable Preparation simulating the Food and Binding the Stomachs and Bowels.

INFANTS CHILDREN

Promotes Digestion, Cleanses and Rest. Contains no Opium, Morphine nor Me. NOT NARCOTIC.

Perfect Remedy for Colic, Sour Stomach, Diarrhoea, Convulsions, Fever, and Loss of Sleep.

Fac-Simile Signature of Dr. J. C. FLETCHER, NEW YORK.

At 6 months old 35 Doses—35 Cts.

EXACT COPY OF WRAPPER

CHANNERY FA

Headquarters for Lincoln Sheep attention paid to wool. Flock age 1 1/2 this year. Sheep to-day are money-makers on the market with trouble and expense. Remember ram is half the flock. Call early a your choice. Twenty-five extra lambs besides a few shewings, good eyes and ewe lambs. All done promptly attended to.

ED. de GEX - KERWOOD

ALBERTA FARM FOR

ONE HUNDRED AND SIXTY the Lacombe branch of the C.P.R. East Quarter Section 24, Township 40 West of 4th Meridian; 25 acres be good frame house; large log stable; water; pretty fence; 4 miles to railway within quarter of mile; the chie elevator. Price: Three thousand five hundred dollars, balance arrange to JOS. KELLAR, WATFORD.

BOARD OF EDUCATION

Minutes of the regular meeting Board of Education held in the Room on Friday, September 20 p. m. Present:—E. D. Swift, Col. Kenward, Dr. Hicks, J. D. A. Maxwell, P. J. Dodds, J. Laren, Wm. Harper, S. W. L. C. Principals Potter and Shrapnell. The minutes of last meeting and confirmed.

HIGH SCHOOL

Louks—Harper and carried, following accounts be paid: J. W. McLaren, supplies \$36. Chambers, coal, \$153.56; T. B. Sons, supplies, \$21.25; A. M. weighing, coal, \$1.50; W. B. Est., supplies, \$1.95; Mr. Rut \$9.75; Chas. Potter, stationer Guide-Advocate, printing, \$1.75. Kenward—Hicks and carried, Repair and Supply Committee, carpenter to put doors and wire High School in repair.

PUBLIC SCHOOL

Louks—Harper and carried, following accounts be paid: Mr. Ruth, wood, \$9.75; Wal fixing platform, 75c; Taylor supplies, \$4.75; Abalton Lucas Basement steps, etc., \$39.67; N. selen Est., supplies, \$1.11; Geo. ers, coal, \$187.73; A. McDonnell ing coal, \$1.50; Guide-Advocate \$26. \$1.75. Ekdis—McLaren and carried, principal be authorized to procure necessary supplies for primary class for.

The secretary presented his the insurances on the High School buildings and furniture principals of the schools were a so examine as to the value of the

BLACK STONE

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