

DANGER PERIOD OF WOMANS' LIFE FROM 45 to 50

Interesting Experience of Two Women—Their Statements Worth Reading.

White Oak, Ont.—"At Change of Life when doctors could do no more and I was given up by my friends, Lydia E. Pinkham's Vegetable Compound came to the front and did wonders for me. I had been having female troubles for years, my head troubled me severely at times, I had bearing down pains and backache and I was very anemic from excessive flowing. I recommend your Compound highly and do all I can to advertise it as a genuine woman's medicine." — Mrs. SYLVESTER MANNING, White Oak, Ontario.



The Case of Mrs. Kirlin.

Circleville, Ohio.—"I can truthfully say that I never had anything do me so much good during Change of Life as Lydia E. Pinkham's Vegetable Compound. Before I had taken one half a bottle of it I began to feel better, and I have continued taking it. My health is better than it has been for several years. If all women would take it they would escape untold pain and misery at this time of life." — Mrs. ALICE KIRLIN, 358 W. Mill St., Circleville, Ohio.

The Change of Life is one of the most critical periods of a woman's existence. At such times women may rely upon Lydia E. Pinkham's Vegetable Compound.

Guide-Advocate

Watford, Ont.

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Guide-Advocate

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WATFORD, JUNE 7, 1912.

Learn To Laugh.

Learn to laugh. A good laugh is better than medicine. Learn how to tell a story. A well told story is a welcome sunbeam in a sick room. The world is too busy to care for your ills and sorrows. Learn to keep your own troubles to yourself. Learn to stop croaking. If you cannot see any good in the world, keep the bad to yourself. Learn to hide your pains and cares under pleasant smiles. No one cares whether you have the earache, headache or rheumatism. Don't cry. Tears do well enough in novels but are out of place in real life. Learn to meet your friends with a smile. A good humored man or woman is always welcome, but the dyspeptic is not wanted anywhere and is a nuisance as well. Above all, give pleasure. Lose no chance of giving pleasure. "You will pass through the world but once. Any good thing, therefore, that you can show to any human being, you had better do now; do not defer or neglect it, for you will not pass this way again."

Every Woman

is interested and should know about the wonderful MARVEL Whirling Spray. The new vaginal hygiene. Best most convenient. It cleans instantly. Ask your druggist for it.
If he cannot supply the MARVEL, accept no other, but send stamp for illustrated book—sent. It gives full particulars and directions available to ladies.
WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

Pen Pictures.

It is probable that no institution in the Dominion of Canada comes into touch with so large a number of persons who have made imprudent investments as does the Annuities Branch of the Post Office Department. It is understood that hardly a day passes that several communications are not received in which the writers bewail the loss of money invested in some scheme that promised them phenomenal dividends or returns. One of the saddest of these cases is that of a lady who about three years ago enquired as to the cost of an Annuity of \$600. The information was promptly given to her, but the opportunity to purchase was not embraced. She believed she could invest her money to better advantage, and that by the time she attained her 55th birthday she would not only have enough to pay for the Annuity outright, but a little fortune besides. This week another letter has been received from the same lady, who, by the way, is now over fifty years of age, which furnishes the sequel to the story. She says:—"I have spent my savings on worthless stocks, believing, firmly believing, that I would soon be rich. I would not listen to advice, convinced that I knew best. I wonder at my foolishness now, to waste my all in schemes I knew nothing about. For some time I had a large salary and gave to certain companies every month. Now that they have turned out worthless, I see how crazy and wrong I was. I am sorry, if ever anyone was sorry, for what I have done, but nothing will bring what I have wasted." Her case is pathetic one, and her experience has been costly, but it is the common experience of many who have tried Get-Rich-Quick schemes.
The Annuities System does not promise to give something for nothing, and no benefits can be received which are not paid for; the Government of Canada behind it, greater than can be obtained from the investment of the same amounts in any other manner. "World's Work" says: "It is the Savings Bank, the Insurance Company and the Government Bond rolled into one in a shape adapted to the smallest of depositors." Your Postmaster will furnish you literature descriptive of this marvelous system of investment, or you may obtain the information desired by writing to the Superintendent of Annuities, Ottawa, to whom your letter will go free of postage.

THE ROCK PTARMIGAN.
A Bird of Storms and Ice, Raw Mists and Bleak Winds.
In order to make the acquaintance of the ptarmigan it is necessary either to journey into the snows and ice of the far north or to climb up to the very highest glacier valleys among the frozen peaks of the Rockies or Cascades, where circumpolar conditions are reproduced. While this curious bird is essentially a subarctic type, it is occasionally found among the isolated fields of eternal snow as far south as Colorado and northern New Mexico.
The rock ptarmigan is a bird of storms and ice and raw mists and bleak winds, in the summer gray as the rocks among which he lives, in winter white as the whirling snows in the midst of which he survives after every other feathered living thing, save only the fearless eagle, has fled to the lower valleys.
His brother, the willow ptarmigan, lives lower down by 500 or 1,000 feet, among the dwarfed shrubs which mark the upper edges of tree life, and, while similar in size and structure, is of a less somber plumage and more friendly disposition than the ghostly gray specter of the upper world, the rock ptarmigan. The males of the willow ptarmigan especially are beautiful birds, brownish gray upon the backs and wings, with rich reddish brown throats almost chestnut in color and dazzling white breasts.—Country Life in America.

OBITUARY.

[From the Granum, Alta., Post.]
MRS. G. H. MCLACHLAN—In the passing of Mrs. G. H. McLachlan, whose sudden death stirred the heart of the community, we have suffered a distinct loss. It is personality, when all is said and done, that enriches any place. So long as we live, we live by intercourse, and if in any place there are those whose very presence makes us feel better, our dwelling there is intensified in value. Often we do not fully appreciate what this means to us until one or the other of these valued souls is removed. It is then that we are made keenly sensible of the fact that we cannot greet them as of yore, cannot be brightened or warmed by their earth-fire of thought and sympathy, their lives have kindled. To say that this is the feeling aroused by the untimely death of the deceased lady, is only to pay her the highest kind of tribute. It may with all sincerity be said of our late friend that, though passed from mortal view, she shall "live again in lives made better by her presence."
Mrs. McLachlan was born forty-eight years ago in the village of Warkworth, Ont., where her early life was spent. At eight years of age she united with the Methodist church on profession of faith, and has given ardent and cheerful service to the cause of Christ since that time. Her gift of song which endeared her to many in this and other places was enriched by cultivation and for some time she was soloist in one of the larger choirs of the east. Mrs. McLachlan was married Aug. 4th, 1891, and lived with her husband most of their wedded life in the east, sometimes accompanying him on evangelistic missions, in which work he was still engaged when he came west nine years ago. After Mr. McLachlan was compelled through nervous strain to give up his work as an evangelist, they homesteaded near Granum and the deceased lady has since, through church and social activities, been brought much into contact with the lives of the people here. Her bright manner and sweet courageous spirit will remain with us. Her illness was brief and her passing which occurred on April 10th was unexpected, but the end was one of calmness and peace.
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.

BRETON PEASANTS.

They Always Treat a Stranger With Generous Hospitality.
In Brittany all peasants carry their own knives, and, as for forks, they have no use for them. George Wharton Edwards tells in "Brittany and the Bretons" of a visit to an inn where he met with the proverbial Breton hospitality.
"An old withered Breton woman sat at the fireside busily knitting at a jersey of blue wool, and three men sat at a table playing some sort of game with dominoes. The men gave no apparent heed to our entrance, but I knew we were being discussed in their patois.
"Thus it is throughout this strange land of Brittany. One may travel from end to end away from the large cities and everywhere meet with the same hospitality. The peasant will willingly share with you what he has in the cupboard and will not ask for pay.
"I left an offering of silver upon the window sill among the balls of woolen yarn. I noticed that the act was not lost upon the old Bretonne, who when she caught my eye gave me a charming courtesy and a smiling "Merci, m'sieur."
"Five sous for the cider, m'sieur. There is no charge for the bread, for is not that the gift of bon Dieu?"
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Violins Old and New.

There is a general impression that very old violins and violoncellos are much superior in tone to similar instruments of modern construction. The point was debated by a number of Paris musicians, who decided in favor of the modern instrument. Six ancient violoncellos were chosen, including a Stradivarius, a Theobald, a Capra, a Pressenda and a Guarnerius, together with six modern instruments. These were played alternately by Senor Casais, who was hidden from sight, the instruments being indicated to the jury by a number and marks awarded according to beauty of tone. The modern instruments aggregated 1,484 marks and the ancient instruments only 883, although the six ancient cellos represented a value of \$2,000 and the modern ones \$100.—London Express.

A Chinese Columbus.

According to a Chinese chronicler, Hui Sen, who lived in the sixth century of the Christian era, North America was known to the Chinese under the name of Fusang or Fusu. It was said to be a continent lying 6,500 miles to the east of Asia. The chronicler states that in the year 453 five Buddhist priests sailed from China for Fusu, landing in Mexico, where they taught their religion to the natives, built temples and set up enormous statues of their gods all over the country. Traces of a Mongolian civilization have been found in Mexico. There exists in particular a statue of a god resembling not the Aztec god, but one of the grotesque deities of the Chinese.—Harper's.

Decent.

"Is a cowardly and servile humor to hide and disguise a man's self under a

visor and not to dare to show himself what he is. By that our followers are trained up to treachery. Being brought up to speak what is not true, they make no conscience of a lie.—Montaigne.

A Pen Pun.

Assistant Editor—Here is an article submitted by a convict in the penitentiary who signs merely with his prison number. Editor—Doubtless that's his "pen" name.—Kansas City Star.

Nothing more completely baffles one who is full of trick and duplicity than straightforward and simple integrity to another.—Cotton.

BLOOD MONEY IN PERSIA.

Curious Laws in That Country Governing the Crime of Murder.
A Persian murderer may pay blood money in lieu of his own life. The manner in which this is calculated is one of the most complicated things about Persian law. A woman is worth only half a man, and so a man cannot be executed for the murder of a mere woman. A husband whose wife has been killed by his steward was obliged first to pay half the steward's blood price to the man's relations, and thus the steward, having been reduced to the value of half a man, equal to one whole woman, was legally executed.
From this principle it follows that a man who has killed two women can be condemned to death, as equality is not infringed. If the murder of a woman be committed by several men the friends, upon whose initiative alone any proceedings can take place, can demand the death of but one of the murderers and always by paying the difference in the price of blood. On the same ground if two women murder a man the death of both can be demanded.
Evidently one could make a considerable fortune in Persia by getting one's men folk murdered by a woman accomplice. Much the same plan is carried out in the case of minor injuries, with this curious addition—that the part of the body paid for is considered to be the property of the one who pays the blood money.—London Times.

SAVED BY A SONG.

When Santley and His Party Faced Death in Mexico.
Few people are aware that on one occasion a timely song saved Sir Charles Santley's life. The famous baritone was one of a party traveling under military escort through a bandit infested region in Mexico when the guards suddenly bolted, leaving the travelers to the mercy of a band of booty hunters. These desperadoes, finding the spoil less valuable than they expected, decided to slay their captives and fare forth on another foray.
An inspiration came to Santley. Surrounded by friends and foes, he commenced an aria and sang in his own inimitable way. As the notes rippled forth on the clear mountain air the bandits' faces lighted up with pleasure, and at the finish the leader expressed his delight and asked the senior to sing again.
Santley saw his chance and seized it. He inquired if he might sing for the liberty of the little party, and a reluctant consent was given. For several hours during that never to be forgotten night he enthralled his captors with a generous program of exquisite melodies. The next day the bandits tendered payment by taking the whole party down the mountain side and setting them free. Notwithstanding later triumphs Sir Charles Santley never surpassed that one.—London Graphic.

Helpful Anyhow.

They were discussing an absentee, and not all their remarks were favorable. One, however, spoke in his defense. "Whatever his failings may be," he said, "he thinks of more little ways of being helpful than any other person I know. One day I was with him at a ferryhouse where a crowd was waiting for the boat. Suddenly he left me and walked toward a woman who was struggling with a three-year-old and a number of parcels. Our friend raised his hat, spoke to the woman, and then I saw him grapple her parcels. Soon he returned to my side, and I asked him, 'What was it?' 'Oh, nothing,' he said carelessly. 'She had too many parcels. I put a rubber band around them and bunched them into one.' I was disgusted with myself that I had not thought of that simple little expedient for helping the woman, and ever since that time I have had much respect for our friend, although I can't indorse all of his ways."—New York Press.

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STAGE LINES.

WATFORD AND WARWICK STAGE LEAVES Warwick Village every morning except Sunday, reaching Watford at 11:30 a. m. Returning leaves Watford at 2:45 p. m. Passengers and freight conveyed on reasonable terms.—WIL LIAM EVANS Prop.

WATFORD AND ARKONA STAGE LEAVE Watford at 9 a. m. Weekdays at 10:10 a. m. Returning leaves Watford at 2:45 p. m. Passenger and freight conveyed on reasonable terms.—WIL LIAM EVANS Prop.

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TIME TABLE.
Trains leave Watford Station as follows
GOING WEST
Accommodation, 27 8 44 a. m.
Accommodation, 29 9 45 a. m.
Chicago Express, 5 9 27 p. m.
GOING EAST
Ontario Limited, 46 7 46 a. m.
Accommodation, 28 12 35 p. m.
New York Express, 2 3 00 p. m.
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