

### WOMAN IN TERRIBLE STATE

#### Finds Help in Lydia E. Pinkham's Vegetable Compound.

Cape Wolfe, Canada.—"Last March I was a complete wreck. I had given up all hope of getting better or living any length of time, as I was such a sufferer from female troubles. But I took Lydia E. Pinkham's Vegetable Compound, and today I am in good health and have a pair of twin boys two months old and growing finely. I surprised doctors and neighbors for they all know what a wreck I was.

"Now I am healthy, happy and hearty, and owe it all to Lydia E. Pinkham's remedies. You may publish this letter if you like. I think if more women used your remedies they would have better health."—Mrs. J. T. COOK, Lot No. 7, Cape Wolfe, P. E. I., Canada.

Because your case is a difficult one, and doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has remedied many cases of female ills, such as inflammation, ulceration, displacements, tumors, irregularities, periodic pains, backache, and it may be exactly what you need.

The Pinkham remedy is a proud and peerless one. It is a record of constant victory over the obstinate ills of women—ills that deal out despair. It is an established fact that Lydia E. Pinkham's Vegetable Compound has restored health to thousands of such suffering women. Why don't you try it if you need such a medicine?



### Guide-Advocate

Watford, Ont.  
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HARRIS & CO. PROPRIETORS

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HARRIS & CO. PROPRIETORS. WATFORD, JUNE 19, 1914.

#### Books

Few finer tributes to books have ever been paid than this of Henry Ward Beecher: "When, one by one, a loving student has gathered from all departments of human learning a multitude of books, they are not alabaster vases filled with the sweetest perfume of the human soul, they are living creatures; they are companions; they have received the homage of our best hours. We have hung our hearts upon them, and as they sprang from the noblest parts of their authors, they are clothed with the noblest associations of our lives."

Nothing gives more serenity to old age and so fortifies against inward and outward woes as a collection of good books. The young couple who are wasting their income in a mad effort to pace with all that shifting fashions demand in clothes could insure far greater happiness for the future by investing in a modest library as they go along.

#### Some High Ocean Waves

Regarding the greatest height of waves reported by different observers, Lieutenant Raffi, of the "Jules Verne," reported a wave of 66 feet in the Atlantic.

Henry, recently noticed waves of 66 feet in the Atlantic. But this does not appear to be the highest on record. In 1863 Admiral Fitz-Roy affirmed in his "Weather Book" to have seen waves of 80 feet. Captain Kiddle, of the "Celtic," observed 70 feet height, and the same figure is also reported by the commanding officer of the "Narung" in the region of the English Channel during the tempest of last winter which prevailed on the Channel and the North-Sea. It is not stated how the observers estimated the height of the waves, so that some latitude must be given on this account.

Expense vs. Savings  
Dominion Department of Agriculture Dairy Division

Here and there one finds a dairyman who hesitates about taking up cow testing because of the initial expense of about three dollars for the necessary outfit of scales and bottles.

This would seem to be an extreme case of "Penny wise and pound foolish." So many examples are constantly cropping up of distinct savings through the small expenditure that they should be noted for the encouragement of those who still hesitate.

Cows had been bought at auction time after time, discarded by owners who were evidently absolutely ignorant of their high value as good producers. After one or two months' test the new owners have often refused \$50 and \$100 on their bargains. That is a pretty quick return on the cow testing outfit expenditure.

In fact amongst such discards at auction were picked up one or two world's champions, worth thousands of dollars. This vital fact should not be overlooked: Hundreds of poor cows are being kept today at huge expense of whose low value the owners are also probably ignorant. Yet a three dollar outfit would help discover them, soon turning the present loss into distinct savings.

Then, thanks to that small expense, many dairymen are now making an additional income of three hundred dollars from twenty cows, because the poorest have been discarded. It will abundantly pay every dairyman to keep dairy records.

#### 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. CHEENEY & 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.

#### MILK PER ACRE

Dominion Department of Agriculture Dairy Commissioner's Branch, Ottawa.

If it may be assumed that the farm of the average factory patron is fairly well adapted to dairying, that the patron himself is inclined towards dairying, rather than, let us say, fruit growing, and that his cows are fairly good, then it will be of interest to note how the farm is made to respond to this dairy inclination.

There are frequently noticed yields as low as 250 pounds of milk per acre cultivated including pasture, but some good patrons obtain 750 and 800 pounds per acre. Even this is little enough, for there are plenty of authentic records of 1,100 and 2,100 pounds of milk per acre. It should not be extremely difficult to obtain more than this, even 2,500 or 3,000 pounds.

This latter figure is a long, long way ahead of the yields already mentioned of only 250 pounds which may be found on many a so-called dairy farm in Canada, and is indicative of the possibilities in reach of the factory patron who is really anxious to attain first rank.

It is questionable if the average yield per acre in Ontario is much more than 600 pounds of milk. If loyal, whole-hearted support is given to the local factory and to our national industry of dairying, the farm and the dairy herd will be made far more productive. Great

help will be derived by keeping individual records of each cow, because the old-established, complacent "average" cow has no intention whatever of assisting the average patron to get 3,000 pounds of milk from the average acre. The first necessary step is to know for certain that each cow is a good producer, then one may aim with more hope at \$30 or \$40 per acre.

#### BIG GRAIN COMPETITION

New Features of List of Canadian National Exhibition

A Grain and Sheaf Competition open to world is an added feature of this year's Prize List of the Canadian National Exhibition, which is now being distributed. The prizes in this competition are \$100 and Medal each for Spring wheat, Fall wheat, barley, oats, flint corn, Dent corn, beans and peas. All exhibits must be the product of the crop of 1913 or 1914 and be sent through the Minister of Agriculture, Commissioner or Secretary of the Province or State, or Officer in charge of an Agricultural Department. The exhibit shall consist of two bushels of grain in sack, accompanied by one sheaf of the same grain. Sheaves are not required for entries of beans and peas.

The other departments of the Prize List have been carefully revised, and the total amount to be awarded for Live Stock and other products of the farm and home is \$55,000. The List has been specially framed to protect the interests of the small exhibitor.

The Grenadier Guards' Band from England will feature the music, while two concert bands will also be given by Creator's Band, the most famous concert band on the American Continent. The spectacle, "Babylon," is on a more magnificent scale than ever before, and the other special attractions promise to show marked improvement.

A Cure for Fever and Ague.—Disturbance of the stomach and liver always precede attacks of fever and ague, showing derangement of the digestive organs and deterioration in the quality of the blood. In these ailments Parnee's Vegetable Pills have been found most effective, abating the fever and subduing the ague in a few days. There are many who are subject to these distressing disturbances and to these there is no better preparation procurable as a means of relief.

#### Rural Ontario

Anyone who sees the magnificence of the country this season will find his natural pessimism cured. Rural Ontario is a land of promise. All the crops look wonderfully well, and as there is little danger of frost now, it is reasonable to believe that the agricultural yield for the year 1914 will be greater than ever.

It is not generally known that the field crops of Ontario greatly exceed in value the total yield of Manitoba, Saskatchewan and Alberta. Further improved methods of farming, due to the experimental and demonstration work of the Ontario Agricultural College, are increasing the yield annually. While the peach crop may be considerably below the average, there is reason to hope that other fruits, grains and roots will be better than ever.

The effect of a good crop, not only in the west, but in Ontario, will be an easing in the money market and a quickening of business conditions. The prairie is a treasure-house, but the good soil of this province, which nourishes the forest as well as the garden, is not yet doing its whole duty or returning to us all the wealth with which it is endowed.

Corns are cured by the pressure of tight boots, but no one need be troubled with them long when so simple a remedy as Holloway's Corn Cure is available.

A good way to kill June bugs is to hang a lantern over a pail of water with a little coal oil in it. The June bugs will fly against the lantern in their endeavor to reach the light and will fall into the pail below. The coal oil poisons them and they soon die. In this way sometimes a quart or so can be caught in one night. If every person would do this it would do away with a lot of June bugs.

#### COD LIVER OIL AND IRON

Two Most World-Famed Tonics Combined in Vinol!

Cod Liver Oil and Iron have proved to be the two most successful tonics the world has ever known—iron for the blood and the medicinal curative elements of cod liver oil as a strength and tissue builder for body and nerves, and for the successful treatment of throat and lung troubles.

Two eminent French chemists discovered a method of separating the curative medicinal elements of the cod's livers from the oil or grease which is thrown away, but to these medicinal elements tonic iron is now added, thus combining in Vinol the two most world-famed tonics.

As a body-builder and strength creator for weak, run-down people, for feeble old people, delicate children, to restore strength after sickness; and for chronic troubles we ask you to try Vinol with the understanding that your money will be returned if it does not help you.

T. B. TAYLOR & SONS, Watford.

You will like the rich strength and full flavor.

# Red Ros Tea "is good tea"

Lightning Rod Efficiency

## LIGHTNING ROD EFFICIENCY

The Farmer's Mutual Lightning Protected Insurance Company of Michigan, as its name implies, insures only rodDED buildings, and that only after the Company's inspectors have carefully examined the rodding and approved of it. During 1909-1912, inclusive, in a business which for the four years totalled \$55,172,075 risk this Company paid only \$32.00 for damage to buildings by lightning, in three small claims, all traceable to defects in rodding which were overlooked by the Company's inspector.

The Patrons' Mutual Fire Insurance Company, which also does business all over the State of Michigan, insures both rodDED and unrodDED buildings. In the same four years, 1909-1912, this Company, on a total risk of \$59,567,272, paid lightning damage on buildings to the extent of \$32,268.78, which is 1008 times as much as the Protected Company paid. Of this loss the damage to rodDED buildings consisted of three small claims only—and 20 per cent. of their buildings are rodDED. Deducing these rodDED risks, we see that the \$32,268.78 damage occurred on unrodDED risks amounting to \$47,753,818. At this rate the loss on the \$55,172,175 of unrodDED risks, the same as the Protected Company, would be \$37,283, which is 1168 times as great as the loss on the same amount of properly rodDED buildings. Thus, when the damage to properly rodDED buildings amounts to \$1.00 the damage to unrodDED ones amounts to \$1168.00; or, in other words, rods have saved \$1167 out of an expected loss of \$1168, indicating an efficiency of 99.91 per cent., or \$999 out of \$1000.

(From Prof. Day's address at Winter Fair, Guelph, December, '13)  
No building with "Universal" Lightning Rods on it has ever been damaged by lightning!  
Write us for a Catalog.  
THE UNIVERSAL LIGHTNING ROD CO.  
Makers of the Rod with the Lock-Joint. HESPELER, ONT.

## SASH AND DOOR FACTORY

PLANING MILLS and LUMBER YARDS

ALL ORDERS FILLED PROMPTLY

## PEDLAR ROOFINGS

Corrugated Iron, Carro Crimp Roofing, George Shingle

METAL CEILINGS AND WALLS, METAL CULVERTS

SEE OUR PRICES

## READY ROOFINGS

Our J.-M. ASBESTOS roofing is different from every other kind of prepared roofing. It is an all-mineral product, composed of pure asbestos and asphalt—both minerals. That is why it is in a class by itself.

ESTABLISHED 1870. GEORGE CHAMBERS

## THE HOWDEN EST.

GROCERIES CHINA

Our grocery department is always well stocked with the best we can buy in staple and fancy eatables. Lowest prices. If you are not already a customer, try us.

We import direct from the European factories and have a large stock to choose from in dinner and tea sets, toilet sets, fancy china and cut glass

## TINSMITHING, PLUMBING

No job too large and nothing too small to be taken care of. Furnaces, hot water heating and castrounging at reasonable prices.

## HARDWARE

Aluminum ware, Builders' Hardware, Stoves and Furnaces, Enamelled ware, Cutlery and Edge Tools, Sherwin-Williams' Paints, Pumps and piping

## THE HOWDEN EST

We Do All Kinds of Printing AT THE GUIDE-ADVOCATE

Every Woman is interested and should know about the wonderful MARVEL Whirling Spray. The new Vaginal Sprayer. Best—Most convenient. It gives you relief for all your troubles. If you cannot supply the MARVEL, accept no other. Get your money for this spray. It gives full satisfaction and directions, available in full. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

100 DROPS CASTOR OIL Vegetable Preparation stimulating the Food and clearing the Stomachs and Intestines. Promotes Digestion and Rest. Contains Opium Morphine NOT NARCOTIC. A Perfect Remedy for Croup, Whooping Cough, Sore Throat, Bronchitis, Asthma, Convulsions, and all other ailments of Infants and Children.

Dr. Pierce's... If You Suffer... Dr. Pierce's...

Ena... better... conc... mals... elimi... diseas... Hog... main... light... pork... or pat... struct... to bu... th...

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