

DOCTORS ADVISE OPERATIONS

Saved by Lydia E. Pinkham's Vegetable Compound.

Swarthmore, Penn.—"For fifteen years I suffered untold agony, and for one period of nearly two years I had hemorrhages and the doctors told me I would have to undergo an operation, but I began taking Lydia E. Pinkham's Vegetable Compound and am in good health now. I am all over the change of life and cannot praise your Vegetable Compound too highly. Every woman should take it at that time. I recommend it to both old and young for female troubles."—Mrs. EMILY SUMMERSGILL, Swarthmore, Pa.



Fort William, Ont.—"I feel as if I could not tell others enough about the good Lydia E. Pinkham's Vegetable Compound has done for me. I was weak and tired and I could not rest nights. A friend recommended your Compound and I soon gained health and strength and could not wish to sleep better. I know other women who have taken it for the same purpose and they join me in praising it."—Mrs. WM. A. BUFFY, 631 South Vicker Street, Fort Williams, Ontario.

Since we guarantee that all testimonials which we publish are genuine, is it not fair to suppose that if Lydia E. Pinkham's Vegetable Compound has the virtue to help these women it will help any other woman who is suffering in a like manner?

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

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HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, APRIL 18, 1913.

NOTE AND COMMENT.

Thirty years ago Western Canada had a population of 90,000. To-day 2,000,000 souls breathe on the vast prairies. Thirty years ago Western Canada produced 15,000,000 bushels of grain. Last year 400,000,000 bushels were produced. Thirty years ago Western Canada had 1,300 miles of railroad. To-day 12,000 miles of parallel steel pierce the horizons. Thirty years ago a self binder or harvester cost \$360. To-day it costs \$175 and the duty has been split in two. Thirty years ago Western Canada had no combines; now it is cursed with half a dozen.

When you meet a youth that will do any sort of work no matter how menial it may be, rather than be idle, you may make up your mind that he will amount to something. The young man who would starve before he would do anything beneath what he conceives to be his dignity, is not made of the right kind of stuff to cut much of a figure in this world. All honest toil is honorable. There is nothing so morally degrading as that aversion to manual labor, which is usually a combination of laziness

Every Woman... MARVEL Whiting Spray... WINDSOR SUPPLY CO. Windsor, Ont.

and conceit. Following recent official intimations that the Post-office Department was preparing to introduce parcel post service, Hon. Mr. Pelletier has given notice of forthcoming legislation for that purpose. It is practically settled that the zone system of rating according to distance shall be adopted in preference to a flat rate, which the long distances in Canada make too heavy a burden upon the departmental finances. Such other features of the American system as experience in operation have shown to be sound and adaptable to Canadian conditions will probably be incorporated in the new service.

Britain's Drink Bill

Last year the United Kingdom spent roundly \$800,000,000 on intoxicating liquors, representing about \$17.50 per head of the population, or about \$90 per family of five. As the figures include children, abstainers and only occasional users they do not indicate the money actually expended by the habitual consumers of intoxicants. The total sum is slightly less than six times the expenditure on the army, about four times that on the navy, is a half more than the railway receipts, and exceeds by \$150,000,000 the value of the nation's dwellings. Contrary to the common notion England and Wales expend more on drink than either Scotland or Ireland.

Large as the total is, it is less by \$6,000,000 than that of 1901, notwithstanding the exceptional industrial prosperity. Both that year and 1910 disclosed a slight upward tendency, ascribed to buoyant trade, but it has apparently been more than checked by the temperance agencies. As compared with 1874 the consumption per head of beer has fallen by over six gallons, of spirits to little more than half and to wine of less than a half. Mr. George B. Wilson, secretary of the United Kingdom Alliance, from whose annual review of the trade these figures are taken, notes that by lowering the gravity of their beer the brewers passed on to the consumers very much more than the whole of the taxes levied in 1910.

Thoughtlessness

One of the greatest evils responsible for a good many of the ills of mankind is thoughtlessness. The person who throws a banana peel on the sidewalk doesn't do it because he thinks someone will slip on it and break a leg. He simply doesn't think. The man who playfully points a gun at another and pulls the trigger doesn't intend to commit murder. He just doesn't know that the gun is loaded, and the thought doesn't occur to him to find out. The train dispatcher who forgets to send a message would never dream of intentionally causing a head-on collision costing many human lives. He always repents when it is too late. And the practical joker doesn't intend to inflict pain with his tricks. He just wants to have a good laugh, but sometimes he feels more like crying instead, as a result of his thoughtlessness.

And it is equally true that the Watford housewife who forgets to shop early and leaves her purchases until the last thing on Saturday night doesn't intend to impose hardships on weary clerks and tired delivery men. She doesn't look at it in that light. It is the same reason—thoughtlessness. It would be just as convenient to purchase during the day time, but she has so much to do around the house that she can't, or think of what she has to buy until the shops are almost ready to close on Saturday, the hardest day of the week for merchants and clerks. If people would only exercise their powers of thinking and be a little more considerate of others this world would be a brighter world. The greatest sins against mankind are not done with criminal intent. They are the result of thoughtlessness.

TRIAL IS INEXPENSIVE. To those who suffer from dyspepsia, indigestion, rheumatism or any ailment arising from derangement of the digestive system, a trial of Parnee's Vegetable Pills is recommended, should the sufferer be unacquainted with them. The trial will be inexpensive and the result will be another customer for this excellent medicine. So effective is their action that many cures can certainly be traced to their use where other pills have proved ineffective.

Living Beyond Our Means

All over this continent and in other countries about 1897 there was a sudden and decided rise in the cost of almost all articles of utility. Evidently this was a measure of protection on the part of those who controlled the producing ends of the various lines of commerce; for it was immediately followed by a season of financial depression that lasted until about 1903.

But the upward march of prices has gone steadily on, until, as at present, we seem face to face with conditions similar to those of the period just mentioned. As well as the peculiar and well noted fact that these seasons of commercial and financial stringency recur in cycles of about ten years, there is a further indication of coming depression in the gradual lowering of the bank reserves and in the gradual lessening of the purchasing power of gold. It is true that the world's supply of gold is comparatively small at any time, but since it is a well known determining factor in relation to capital, labor and credit, it ever presents the possibility of the unexpected and the problem of the age for the consideration of its greatest financial minds. Our danger in a great measure is found in this uncertainty, this elusive, mysterious relative value of gold.

Dealing with a superficial aspect of the question, it appears that the cost of living is largely affected by the desertion of the farm for the city. This is one of the pronounced and lamentable features of today's civilization. The finest products of the nation are the young men and women of the farm, who are not only the moral safeguard of the state at large, but also its most beneficial producers. Emerson said, "In the city one can find the dancing master, the opera and the theatre, but in the country we find hours for labor, and groves for devotion." The cry of "back to the land" is but the unconscious protest of city life against its own efficiency to meet the cost. The youth and the mixed farm will help solve many of our problems.

Also it seems that the high cost of living is in same measure due to the cost of high living. Today we are no longer content with the simple life of our forefathers. We scorn the last year's model in typewriter, dress, automobile, lingerie, battleship, or picture-hat. As quoted by Dr. David Starr Jordan in a recent article, "Instead of living beyond our means, we are living beyond the means of the fourth generation."

The Heart's Best Gift

How often it is true in family life that we do not give to those we ought to love, the little affection, the little signs of tenderness they have a right to expect from us! Be it only a smile, every one should have a supply of them: be it only a flower, there are seasons when there are bouquets in every field; be it only a slight attention, attentions do incalculable good sometimes. These are little doors which open out on the immense blue horizon of happiness. If you leave these little doors closed, those who are thirsty will continue to suffer from thirst; those who are hungry will still be hungry. There are men and women dying in the very domain of affection, only for lack of little attentions. But there you are; you are too generous for such trifles. You offer more; you have all sorts of official attentions on your program. Your poor, neglected wife, who would be made happy by one affectionate kiss, is put off, according to your station in life, with a fine country seat, a new carriage, or a new dress. She could get along well without all of this. But what she really wants, the only thing which is of real importance to her, and which you might give her so easily, you refuse her. "Such as I have give I thee." It is the expression of man's good will in its broadness, its simplicity, its sincerity. If we could make this our motto, our way would be full of light and we would shed light into the hearts of all those who lived about us.

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

You Know Us

We are in business right here where you live. You are an acquaintance, neighbor or a friend of ours. This money-back-if-not-satisfied offer should prove the sincerity of our claims.

When we say we believe we have the best laxative and back up our statement with our unqualified promise to return without question or formality the money paid us for it, if it does not prove entirely satisfactory to you, we believe we are entitled to your confidence.

Our business success and prestige depend upon your confidence in us. We know we must secure and hold your confidence in order to get and keep your patronage. Therefore, we would not dare make this offer if we were not positively certain that we can prove our claims for

Rexall Orderlies

Our experience with them and the many reports we have received from those who have used them prove that they are really the most pleasing and satisfactory bowel remedy we know of. Rexall Orderlies taste like candy. They are soothing and easy in action. They don't cause griping, nausea, purging or excessive looseness, as do the usual physic or laxative. Rexall Orderlies seem to act as a tonic-strengthening upon the nerves and muscles of the bowels. They promptly

relieve constipation. They act to overcome the cause of constipation. They tend to eliminate the cause of sick headache, biliousness, bad breath, nervousness and other ills attendant upon inactive bowels.

Make Us Prove This. We want you to come to our store and get a package of Rexall Orderlies. Use a few or use up the entire box. Then, if you are not entirely satisfied, come back and tell us and we will promptly return the money you paid us for them.

You promise nothing—you sign nothing—you obligate yourself to us in no way whatever. We accept your mere word.

Don't you now believe that Rexall Orderlies are worthy of a trial? Could any offer be more fair?

J. W. McLAREN

The Rexall Store. Watford, Ontario. There is a Rexall Store in nearly every town and city in the United States, Canada and Great Britain. There is a different Rexall Remedy for nearly every ordinary human ailment—each especially designed for the particular ill for which it is recommended.

MINERVA PAINTS. Cover Better—Wear Longer—Protect—Beautify. Every can contains Full Imperial Measure. No matter what your painting requirements are MINERVA PAINTS Will give you absolute satisfaction, and the most economical results.

2 IN 1 SHOE POLISH. The Modern Shine! Easier to Use Better for the Shoes. THOS. DODDS & SON. HARDWARE, PAINTS, ETC. WATFORD.

The Great Ship SEEBEE. The largest and most costly passenger steamer on inland waters of the world—FOR DAILY SERVICE BETWEEN FARE, \$2.50 CLEVELAND AND BUFFALO.

A. D. HONE PAINTER and DECORATOR. Specialist in Hand Painted Decorations. The Best Work at Reasonable Prices. Estimates Furnished. A COMPLETE LINE OF Samples of WALL PAPER on Hand. When you have work in his line let him figure on it.

What Cure... Many different remedies have been tried for Eczema and other skin diseases. But it is now known that the only reliable cure is a mild, soothing liquid made up of Oil of Watergreen, Tri-Glycerine and other ingredients so fully compounded that each ingredient has its proper effect.

SHERWIN... ARE THE... When there is a B... the Agency. It is... right in Watford... 65 Cents Per

FLOOR-LAC... HARD OIL... FURNITURE... CARRIAGE... STOVE... Pure Lead \$9.00 Per

NOTHING... Sewing Machines, Gramophones, Books and... New Line... A full stock of Edison... each month as they are issued... Repairs kept in stock for... Several Second-hand Sewing

HARP... Fine Furniture.

which concern... We bring every... An in... condition... ing the... conti... create... The Cem... success... Send... Can... M... Car...