

MRS. MABEN WAS MADE WELL

By Lydia E. Pinkham's Vegetable Compound and Wants Other Suffering Women To Know It

Murfreesboro, Tenn. - "I have wanted to write to you for a long time to tell you what your wonderful remedies have done for me. I was a sufferer from female weakness and displacement and I would have such tired, worn out feelings, sick headaches and dizzy spells. Doctors did me no good so I tried the Lydia E. Pinkham Remedies - Vegetable Compound and Sanative Wash. I am now well and strong and can do all my own work. I owe it all to Lydia E. Pinkham's Vegetable Compound and want other suffering women to know about it." - Mrs. H. E. MABEN, 211 S. Spring St., Murfreesboro, Tenn.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for nearly forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Why Lose Hope. No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial. 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 Watford, Ont.

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LOCAL ADVERTISING - First insertion per line, 10 cents; subsequent insertions 4 cents each time per line. Acute measure 14 lines to the inch.

DISCOUNTS - 10% per line each insertion. Minimum charge 25 cents. Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO. PROPRIETORS. WATFORD, JUNE 5, 1914.

HOME HINTS

See a little of your neighbors and the outside world. A house-bound woman is generally a dull woman and often a cross one.

Baltimore Sun: Although woman is, and admittedly so, a compound complex perplexity, a paradox, yet she is with all her opposites, vagaries and whimsicalities, in everything that makes for joy and good in the home, and on this mundane sphere, the life-spring of existence.

If all the parents taught their children how to hoe a garden or milk a cow, the high cost of living would come down to earth. It's teaching the boys how to thump the piano, and the girls how to tango and drink pink tea, that will make potatoes ten dollars a barrel faster than anything else. - Lethbridge Herald.

Papers contain very many reports of operations for appendicitis, the ailment seeming to be epidemic. If people would observe the old rules for health - keep the bowels moving

Every Woman Marvel Working Spicy. The new Vaginal Spritz. Most convenient. It contains nothing harmful. Ask your druggist for it.

freely by drinking more water, eating more fruit and less rich cakes and pastry there would be fewer cases for doctors. Try the simple life and out out luxuries and see how it will work out.

Horticulture on the Dominion Experimental Farms

At the Central Experimental Farm at each of the Branch Farms and Stations distributed over the Dominion a large amount of investigational work is carried on year after year in the growing of fruits, vegetables and flowers. The purpose of this work is to discover and develop not only improved varieties and strains of these crops but to find out the most successful methods of culture for the different provinces and districts.

The result of last season's work has been brought together in a summary prepared by Mr. W. T. Macoun, Dominion Horticulturist, and the Superintendents of the Branch Farms and Stations and issued in Bulletin No. 77, copies of which are available to all who apply for them to the Publications Branch of the Department of Agriculture at Ottawa.

Referring to apples at the Brandon Manitoba Farm the bulletin states that a large number of hybrid trees are doing well. These are stated to be bearing fruit which makes excellent preserves and jelly.

At Lethbridge Alberta culture with and without irrigation was carried on. Sections dealing with ornamental gardening are especially interesting and instructive to those who take pride in the appearance of their home surroundings.

Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It is prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Props., Toledo, O. Sold by Druggists, price 75c. Take Hall's Family Pills for constipation.

Woman

Woman, wherever found, is the same kind, civil, obliging, tender, being inclined to be gay and cheerful but timorous and modest.

There is in every woman's heart a spark of heavenly fire which beams and blazes in the hours of adversity, and men can be great when great occasions call. In little duties women fill their sphere, narrow cares that cluster round the hearth.

She is the beautiful mosaic arch in the common home; the every day home where men entertain angels unawares and where she smooths to placid peace the rough and rugged places in the highways of existence. If taken in the abstract, woman is superior to man in this, i.e., that pain and anguish, grief and sorrow, affliction and poverty, are but stepping stones on which she climbs above the narrow sphere which he calls life and she it is who is last at the cross and earliest at the grave. While her heart is loyal to home, love and duty, her head often gets light as air and by reason of conflicting circumstances she is easily influenced, and led astray.

Fashion, that invidious siren, is one of the chief tempters and but very few women can resist her artless caprices.

It is said that Satan employed Fashion to assist him in the downfall of the human race and perhaps the aphorism is correct for this earthly idol is worshipped in many homes, and if the love of money is the root of all evil, the love of dress is the main trunk of the tree of extravagance which is too often wrecked in the tempest of bankruptcy.

The Age of Cement

The stone age, as our anthropologists speak of it, is the time long ago, when men used nothing but stone and wood in their implements of the hunt and of the household. A great advance in civilization was made when the first man burnt a piece of

iron stone and procured iron. The result was the iron age. It is a common saying that history repeats itself. As man developed from the use of stone to the use of iron in his hunting implements, so man has in more recent times developed from stone to iron in his building material, and this second change has been almost as important as the first. But there are those who object to progress. The stonemasons do not like to be left out of the count. While iron has taken the place of stone as the supporting structure of building, cement, either poured on in blocks, is taking the place of the stone facing with which iron buildings are veneered. The masons of Montreal have protested to the Mayor against any use of cement blocks in any work that is done for the city. King Canute sitting on his chair far out on the beach just above low tide level and forbidding the tide to come in, was no more ridiculous than those who are to-day trying to stop the substitution of cement and concrete blocks in building, for stone blocks. The masons claim that the stone is more lasting than the cement.

Dog Ate Flesh of Master's Dead Body

Horrible Tragedy of Northern Trail Discovered by Partner of Dead Man

News of a grim tragedy of the north country has been reported to the B. C. provincial authorities. It is the lonely death of a prospector and of a horrible sequence.

In April S. W. T. Mazanero, a colored miner who is well known in the north country, arrived in Atlin in an insane condition of mind. He reported that he had, a few days before, found his partner dead on the trail - murdered by Indians. Mazanero had his feet frozen and told several stories of the tragedy. The following day the police found the body of the partner, whose name was J. E. Simon, also a negro. The police, after thoroughly investigating the case, concluded that Simon had died of heart failure. He had been troubled with his heart. On February 7th he had left for his claim on Willow creek, remarking that he hoped he would get over the divide all right, as his heart was bad. Apparently he was stooping down to fix a broken snowshoe when he was overcome. The weather was warm as he put his tongue in his pocket. The horrible part of the tragedy was that his collie dog stayed by the body and had eaten a large part of it when the remains were discovered by the partner, about a month later. The horror of it affected the mind of Mazanero.

The Naval Reserve

Arrangements are progressing regarding the volunteer naval reserve, the formation of which has just been authorized. The force at first will be limited to 1200 men, and instruction will be in seamanship, signalling, gun and rifle drill, wireless telegraphy, electricity, etc. It is expected that the first companies in Eastern Canada will be at Halifax, St. John, Quebec, Montreal, Ottawa and Toronto.

Children Cry FOR FLETCHER'S CASTORIA

THE WESTERN FAIR

Sept. 11th to 19th

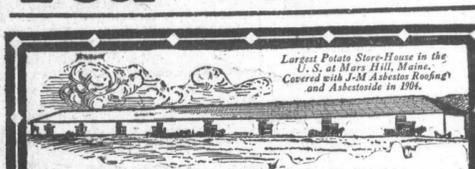
The management of the Western Fair, London, Ontario, are sending out this week thousands of their Prize Lists, Maps, Hangers, etc. Although they were unfortunate in the loss of their offices by fire, other quarters have been promptly secured and the work of preparing for the great Exhibition will be carried on with greater zeal than ever. \$1500.00 in cash has been added to the Prize Lists this year, thus making it very attractive, especially for Live Stock Breeders and Exhibitors. Several new sections have been added especially in the Horse Department which should bring a large exhibit. Prize Lists, Entry Forms and all information regarding the Exhibition will be promptly given on application to the Secretary, A. M. Hunt, London, Ontario.

Origin of Blankets

The cold winter of 1340 gave us the blanket. Its inventor, Thomas Blanket, was a Flemish merchant, settled in Bristol, and fallen from affluence to want. He and his wife suffering from the intense cold by reason of scanty bedding and lack of fuel, he searched for something to put on the bed to increase the warmth, and hit on a piece of rough unfinished cloth that had been thrown to waste. Its success as a warmth-giver suggested the manufacture of special bed covers of the same material, and these articles to which he gave his own name, won him wealth and immortality.

Pure, clean, flavory and strong, in sealed packets.

Red Rose Tea "is good tea"



The Roof Fixes the Value of a Building

The two most important factors of building construction are the foundation and the roof. A good foundation is a necessity. Likewise, no matter how valuable the structure, its standard is fixed by the quality of the roof upon it.

J-M ASBESTOS ROOFING

meets all these requirements. Its mineral construction - Asbestos (Rock) Fibre and genuine Trinidad Lake Asphalt - makes it practically indestructible. The ravages of time and weather have no effect upon this roofing. It will save a yearly repair bill as it does not require painting or graveling. It covers buildings of every description all over the country. For any building - anywhere - it is roof perfection.

Write or call for Sample and Booklet.

GEORGE CHAMBERS 1295

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.

TINSMITHING, PLUMBING

No job too large and nothing too small to be taken care of. Furnaces, hot water heating and eavtroughing 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.

A Smile or Two

"Pa, did you eat any of the cook's dough?" "Of course not, child. What makes you ask that?" "Because I heard ma say she was going to make you cough it up."

Colored gent (rising from his seat in street car) - "Have my seat, ma'am." Polite lady - "Oh, don't let me deprive you."

Colored gent - "No depravity at all, ma'am; no depravity."

Tommy - "I say, mamma, do fairy tales always begin with 'Once upon a time?'"

Mamma - "No, dear, not always; they sometimes begin with 'My love, I have been detained at the office again to-night.'"

Owing to fog, says 'Everybody's,' a steamer stopped in the mouth of a river. An old lady inquired of the captain the cause of the delay.

"Can't see up the river," replied the officer.

"But, captain, I can see the stars overhead," she argued.

"Yes," said the captain, gruffly, "but until the boilers burst we ain't agoin' that way."

A simple-hearted and truly devout country preacher, who had tasted but few drinks in the world, took dinner with a high-toned family, where a glass of milk punch was quietly set down by each plate.

In silence and happiness the new Vicar of Wakefield quaffed his goblet, and then added: "Madame, you should daily thank God for such a good cow."

The use of Miller's Worm Powders insures healthy children so far as the ailments attributable to worms are concerned. A high mortality among children is traceable to worms. These sap the strength of infants so that they are unable to maintain the battle for life and succumb to weakness. This preparation gives promise of health and keeps it. in

CHILDREN'S CASTORIA

The Kind You In Use for Over 30 Years

Chas. H. Fletcher

All Counterfeit Experiments of Infants and Children

What

Castoria is a h... goric, Drops a... contains neith... substance. Its... and allays fev... Colic. It reliev... Stomach and I... The Children's

GENUINE

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