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For Years, Restored To Health by Lydia E. Pinkham's Vegetable Compound.

Canadian women are continually writing us such letters as the two following, which are heartfelt expressions of gratitude for restored health:

Glanford Station, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound and never found any medicine to compare with it. I had ulcers and falling of womb and doctors did me no good. I suffered dreadfully for years until I began taking your medicine. I also recommend it for nervousness and indigestion." — Mrs. HENRY CLARK, Glanford Station, Ont.



Chesterville, Ont.—"I heard your medicines highly praised, and a year ago I began taking them for falling of womb and ovarian trouble. My left side pained me all the time and just before my periods which were irregular and painful it would be worse. To sit down caused me pain and suffering and I would be so nervous sometimes that I could not bear to see any one or hear any one speak. Little specks would float before my eyes and I was always constipated. I cannot say too much for Lydia E. Pinkham's Vegetable Compound and Liver Pills, for there are no medicines like them. I have taken them and I recommend them to all women. You may publish this testimonial." — Mrs. SPRENGER J. MARTIN, Chesterville, Ontario, Canada.

## Guide-Advocate

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HARRIS & CO. PROPRIETORS

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WATFORD, APRIL 11, 1913.

### NOTE AND COMMENT.

President Wilson's wife says that in Washington she will spend no more than \$1000 a year upon her clothing, and the society ladies hold up their hands in utter astonishment, while the modestes declare that it is a scandal. Here is an estimated apportionment of Mrs. Wilson's appropriation. Total, \$1000. For dresses and gowns, \$600; for hats and gloves, \$200; for shoes and stockings \$80; miscellaneous (lingerie, etc.), \$120. Some ladies say that \$5000 or \$10,000 would not be out of the way for a President's wife to spend annually on her get up.

Lord Curzon has taken occasion to condemn the practice of using the plumage of birds in millinery. He said that women decorate their heads with the plumage of the most beautiful and innocent things in creation. The whole world has to be ransacked and ravaged to supply the nefarious traffic. Suffering is caused to wretched victims, for, by deplorable irony, the plumage most in request is that which can be procured only at the period of nest-

**Every Woman** is interested and should know about the wonderful **MARVEL Whirling Spray** The New Vaginal Spray. Most convenient. It cleanses thoroughly. Ask your druggist for it.

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

ing. So they first proceed with the slaughter of the parents, and this is followed by the starvation of the young. The trade is also a wanton and wicked one, because some of the most beautiful specimens of bird life are gradually being exterminated. The bird of paradise is quite extinct. The New Guinea white egret is extinct in China, while in Venezuela one of its haunts is being destroyed.

### Items Worthy of Thought

I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have. I must stand with anybody that stands right, stand with him while he is right and part with him when he goes wrong.—Abraham Lincoln.

The woman who has formed the habit of saying pleasant things and letting everything that is unpleasant pass without comment is in a position to pour oil on the troubled waters of both social and business life. She is the type that gets the most out of life because everyone instinctively turns the best side to her.

We live but one life, we pass but once through this world. We should live so that every step will be a step onward and upward. We should strive to be victorious over evil influence. We should seek to gather good and enrichment of character from every experience, making our progress ever from more to more. Wherever we go we should try to leave a blessing, something which will sweeten another life or start a new song or an impulse of cheer or helpfulness in another heart. Then our very memory when we are gone will be an abiding blessing in the world.

The best capital, in nine cases out of ten, a young man can start in the world with, is robust health, sound morals, a fair intelligence, and will to work his way honestly, bravely, and if it be possible, a trade, whether he follows it for a livelihood or not. He can always fall back on a trade when other paths are closed. The path of success in business is invariably the path of common sense. Notwithstanding all that is said about "lucky hits," the best kind of success in every man's life is not that which comes by accident. The only "good time coming" we are justified in hoping for is that which we are capable of making for ourselves.

It is not luck, but labor, that makes men; luck is ever waiting for something to turn up. Labor, with keen eye and strong will, always turns up something. Luck lies ahead and wishes the postman would bring him news of a legacy. Labor turns out at six and with busy pen or ringing hammer lays the foundation of a competence. Luck whines. Labor whistles. Luck relies on chance, Labor on character. Luck steps downward to self-indulgence. Labor strides upwards and aspires to independence.

### Hollanders Wed When Miles Away

If your sweetheart were a thousand miles away and you didn't see any possibility of his coming to you for some time and yet you did want to marry him right away—well, if you were in Holland you could be married anyway in spite of the distance, for the Dutch law marries people when they are separated the same as when they are "side by side" in the church.

The "glove" ceremony is used, and while the contracting parties may not be quite as overjoyed at the affair as if their proximity were closer, they are just as truly married.

Not long ago a man in South Africa who was forced to remain there for some time on business was married in this way to a woman in Holland. She wanted to go to South Africa to join him, but her parents would not consent unless she were first married. So the "glove" ceremony was performed. The bridegroom sent his glove to his best friend in Holland, and at the crucial moment it was held both by the bride and proxy. And the wedding was duly registered in Holland and South Africa.

It seems that this long distance marriage is purely a Dutch institu-

tion, having originated in the old days of the Dutch-Bavarian rule.

### Habit

We have read somewhere that the cost of stopping a railroad train had been closely figured out, and that it was much greater than the expense of running a train several miles. We do not know which is the harder to stop, a train or a habit, but we are inclined to think the latter. We have never tried stopping a train. If trains are as hard to stop as some habits, few would ever be started. No one would ever dare ride on them. Boys, never start a thing you are not sure to stop. Never start a habit you think you may want to stop. It saves a great deal of trouble not to start it.

### Is Second Marriage Desirable?

In an address given at a convention of Women's Institutes, a member, Mrs. Parsons, touched upon the question of second marriage, expressing the following convictions:

Many people argue that second marriage cannot succeed. I cannot see why. We all know cases where they have succeeded. If experience counts for anything, surely a widower should know better how to treat a woman than a bachelor, and a widow has learned that a man cannot live on love and sweet nothings and badly cooked dinners. She knows that, if his creature comforts are well looked after, he is usually a very reasonable human. She knows exactly what he will say when he smashes his collar button, she can sit calmly serene at the breakfast table and listen to his complaints about the coffee, bacon and other things. This would reduce a widow bride to distraction, but the widow knows it is only a passing cloud—a storm in a teacup. Perhaps if women would only realize that a little more backbone and a little less wishbone were necessary to domestic felicity, success would attend their efforts at home-making. As a rule a widower is in a better financial position to undertake the burdens of housekeeping—he is just a little bit up on Easy Street and has a good home to offer a wife, and I think he too knows that there is no companion that is really as comfortable to get along with as a woman.

There is no reason why he cannot have had a deep devotion for one wife and be perfectly loyal to her memory and yet develop a real and true affection for a second wife and be just as loyal to her. This is not inconstancy, and it does seem such a pity when you hear these bereaved ones putting up the plea that they need a "companion" "a housekeeper," "someone to look after the children." Why not own up to the fact that they have again found love in the light of another's eye? Life holds so much of sorrow and pain for us all, so let us grasp all the bright bits and count up the blessings that come to us rather than the sorrows.

### The Strength of Ice

The necessities of war have not infrequently led to valuable discoveries of a practical scientific character. The French Ministry of War has for some time been studying the capacity of ice to bear weights.

It has been found that when ice has become about an inch and three-fifths (four centimeters) thick it begins to bear the weight of a man who is marching alone. At a thickness of something over three and one-half inches (nine centimeters) it will bear the weight of an infantry. When it has become twelve centimeters, or nearly four and three-quarter inches thick, it sustains light artillery or carriages, and at 29 centimeters, or about eleven and four-tenths inches, it bears the heaviest weights that the transporting of an army requires.

These conclusions of the French military authorities may have some interest for skaters, but it should be pointed out that they apply only to "young" ice. Successions of colder and warmer weather in the course of a few weeks produce a change in the structure of ice which greatly weakens its power of resistance to pressure. Accordingly, the measurements and estimates given above should not be trusted in the case of ice which is not of recent formation.

**SHILOH** quickly stops coughs, cures colds, and heals the throat and lungs. 25c. 50c. 75c.

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Main Saloon; Palm Garden; Smoking Lounge; Observation Room; Dining-Room and Buffet all in highest type of decorative art.

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Brighten Up Your Home with

**WATERMANS**

We Purchased Several Furnaces Before the Advance in Prices and Purchasers Will Save from 10% to 25% by Buying From Us.

## T. DODDS & SON

### Dad's Dope

The small hats that are in vogue at present look too sensible to remain in style for any length of time.

Of all the early spring birds, little robin redbreast is the only one that looks comfortable without a chest protector.

In the new simplified spelling introduced in New York, the silent "s" is dropped out of money. Most people think money is short enough without any abbreviations.

Exploration parties are engaged in removing the accumulated sand of sixty centuries from the interior of the head of the Sphinx. It is possible that the monolith will be a little more communicative when a few tons of foreign matter are excavated from its vocal tubes.

Colonel, the Hon. Sam Hughes, minister of militia, does not believe in restricting the armories throughout the Dominion to exclusively military purposes. In many of the smaller towns they can be utilized for fair falls, public meetings and social gatherings. By this method the cause of war and peace can both be served for the one price of admission.

Internal parasites in the shape of worms in the stomach and bowels of children sap their vitality and retard their development. They keep the child in a constant state of unrest and, if not attended to, endanger life. The child can be spared much suffering and the mother much anxiety by the best worm remedy that can be got, Miller's Worm Powders, which are sure death to worms in any shape.

Of all our native animals not one is so universally abused and has so many unpleasant things said about it as the innocent skunk and yet no other species is half so valuable to the farmer. Preeminently an insect eater he devours more beetles, grass hoppers and the like, than all other animals together, and in addition to these he devours vast numbers of mice.

Warts are unsightly blemishes, and corns are painful growths. Holloway's Corn Cure will remove them.

God probably never intended man to be satisfied—because if he was he would have nothing to pray for.

In the East women are learning to run elevators. Is this going up or down?

**NA-DRU-CO LAXATIVES** are entirely different from others both in their composition and their effect—complete evacuation without purging or discomfort. 25c. a box at your druggist's. NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED. 165

## What Cures

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 composed of Oil of Wintergreen, Glycerine and other ingredients fully compounded that each ingredient has its proper effect. This compound is now made up D.D. Prescription. Years of experience and thousands of cures show it to be this wonderful compound.

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