

WIFE TOO ILL TO WORK IN BED MOST OF TIME

Her Health Restored by Lydia E. Pinkham's Vegetable Compound.



Indianapolis, Indiana. — "My health was so poor and my constitution so run down that I could not work. I was thin, pale and weak, weighed but 109 pounds and was in bed most of the time. I began taking Lydia E. Pinkham's Vegetable Compound and five months later I weighed 133 pounds. I do all the housework and washing for eleven and I can truthfully say Lydia E. Pinkham's Vegetable Compound has been a godsend to me for I would have been in my grave today but for it. I would tell all women suffering as I was to try your valuable remedy." — Mrs. Wm. GREEN, 332 S. Addison Street, Indianapolis, Indiana.

There is hardly a neighborhood in this country, wherein some woman has not found health by using this good old-fashioned root and herb remedy.

If there is anything about which you would like special advice, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

Guide-Advocate

Watford, Ont.

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HARRIS & CO. PROPRIETORS

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WATFORD, JUNE 2, 1916

NOTE AND COMMENT

Ottawa Citizen.—But it is a peculiar thing that when any fantastic expression of patriotism is proposed it is inevitably the newspapers that are called upon to make whatever financial sacrifices may be involved should the plan necessitate the participation of the press.

Sunday night the British clocks were moved on one hour throughout the three kingdoms, and the people will enjoy an extra hour of sunshine, or at least daylight, in their pleasures and occupations until the end of September. Germany took the lead in this progressive and economical step on the first of this month and has been followed by Holland, France, Norway, Sweden and all the northern countries. The saving in light and fuel will run into millions.

The New York Outlook.—A characteristic Chicago story was about a builder who was asked when he could undertake a contract for erecting a church. "I have a house to build to-day and a market to-morrow; but maybe I could put up your church day after to-morrow." The expedition suggested in this story is matched in reality by the reported feat of contractors in Toledo, Ohio. They put up a five-room house, with bath-room, in twelve hours. More than two hundred workmen were employed. The house was a wedding gift from the Toledo Real Estate Board to one of its employes, and cost \$4,000.

Its Virtue Cannot be Described.—No one can explain the subtle power that Dr. Thomas' Electric Oil possesses. The originator was himself surprised by the wonderful qualities that his compound possessed. That he was the benefactor of wonderful Oil. So familiar is everyone with it that it is prized as a household medicine everywhere.

TOP OF THE WORLD

Nature's Skyscraper That Towers High Above All Others.

THE GIANT MOUNT EVEREST.

This Still Unconquered Peak Is in a Wild Country That is Extremely Difficult to Traverse and Has So Far Defied the Surveyors of India.

For many years the East Indian government has prohibited any attempt at the ascent of Mount Everest. As long ago as 1902 six European Alpinists set out for India to view the world from the top of its highest mountain. But the virgin snows of Everest could not have cooled their ardor half so rapidly as did the cold water with which the Indian government soured them. The mountaineers simply met with a blank refusal, and the reason of it was perfectly obvious and logical.

The nearest approach of a railroad toward Mount Everest is about 100 miles away. To the north of this railroad terminal is a succession of parallel ranges of the Himalayas separated by deep valleys. It is one of the most difficult countries in the world to traverse, and no white man has ever crossed it.

The surveyors of India have never been nearer than eighty miles from Mount Everest. Some of the valleys are peopled by a few wild tribes who fiercely resent the intrusion of any strangers. The whole country lies in Nepal, which while still an independent state strictly forbade any person to go north among these mountains, and since Nepal came under the suzerainty of India the prohibition has been continued, for obvious reasons, by the Indian government.

When the ascent of Mount Everest is finally made it will probably be on the side of Tibet, whose southern boundary is not far from the mountain, but by her agreement with China the Indian government is bound to keep explorers from crossing into Tibet from India. Permission was refused to Sven Hedin to cross the border on his last great expedition, when he finally crossed from Ladakh.

Some interesting facts about Mount Everest may not generally be known. Many persons have wondered how the determination of the height of Mount Everest could be so exact that its elevation is fixed at precisely 29,002 feet. It happened in this way: In 1849 and 1850 six trigonometrical determinations of the height of the mountain were obtained by the Indian survey at six different stations, all south of the mountain. The height of 29,002 feet assigned to Mount Everest was the mean of the six different values for the height just obtained.

But the geographical survey of India informed the world in 1908 that Mount Everest is higher than it was computed to be by those six trigonometrical determinations. It reported that between 1881 and 1902 six other determinations of the height of the mountain were made at five stations, all excepting one being nearer to the mountain than the previous surveys. These six new determinations gave a mean value of 29,141 feet after correction for refraction. According, therefore, to our present information, Mount Everest is 139 feet higher than it was earlier computed to be.

Why is it, then, that this latest result of the scientific computation of the height of Mount Everest has not yet appeared in books and maps? It is because the Indian survey is not convinced that the final determination has been reached. It says that the height, 29,141 feet, is a more reliable result than 29,002 feet, but the more recent determination is still probably too small. It desires to acquire more thorough knowledge of the problems of refraction and of the effects of deviations of gravity upon trigonometrical work before announcing the final determination of the elevation of the world's highest mountain. Meanwhile it will retain on its maps the first determination of 29,002 feet.

This decision certainly commended itself. It would be more vexatious than useful to change the figures now and then in order to add or subtract a few feet as the latest determination of the mountain's height. It is better to wait until refinement of scientific method yields the closest approximation possible. This is the suggestion of the Indian survey, and all map makers have apparently adopted it.

As the Times Change. In the sixties the customary proposal was, "Will you be mine?" Very faintly signs are showing that men will yet say, "May I be yours?" It will take time, for the possessive, the dominating instinct in man, is still strong, and long may it live, for that is the vigor of the race. Only we do not want that instinct to carry man away, any more than we want a well bred horse

to clinch its teeth upon the bit and bolt.—W. L. George in Atlantic.

An Essay on Man. What a chimera, then, is man! What a novelty, what a monster, what a chaos, what a subject of contradiction, what a prodigy! A judge of all things, a feeble worm of the earth, depository of the truth, cloaca of uncertainty and error, the glory and the shame of the universe.

Children think not of the past nor of what is to come, but enjoy the present time, which few of us do.—La Bruyere.

Example of Labor Efficiency. Efficiency of farm labor is often as important as its distribution. Two young men were plowing clover sod. Each had two horses hitched to a fourteen inch walking plow. It was heavy plowing, and each team was barely able to plow one and one-half acres a day. One morning the men decided to try three horses on one plow. They did so, and to their great surprise one man and three horses easily plowed three acres per day. They plowed as much as two men and four horses had done and did it much more easily. It was even easier for the driver, because it is always easier to drive a team that is not overloaded. The new arrangement released one man and one horse for other work.

Some Good Ayrshire Records. The following is a summary of the records of 683 Ayrshire cows and heifers that have qualified in the Ayrshire record of performance test from commencement to December 31, 1915; 202 mature cows gave a yearly average of 10,277.32 lbs. milk and 412.26 lbs. butter fat; 66 four-year-olds gave 9,281.50 lbs. milk and 378.06 lbs. butter fat; 136 three-year-olds gave 8,340.84 lbs. milk and 344.25 lbs. butter fat; 279 two-year-olds gave 7,501.65 lbs. milk and 309.27 lbs. butter fat.

Feeding Young Chicks. When the chicks are removed to their brooding quarters there should be some coarse sand or fine chick grit scattered where they can have free access to it. They should then be left until they show positive signs of hunger, which would be between two and three days after hatching. They may then be given some bread crumbs that have been very slightly moistened with milk.

Western Harvest Hands. The Saskatchewan Provincial Labor Bureau placed a total of 26,750 harvest hands during the past season. Of this number 16,230 were obtained from eastern Canada, 2,600 from British Columbia, 7,250 from various cities of the Province, and 1,700 soldiers from the various military camps.

Canada's Wheat Acreage. From 1910 to 1915 there was an increase of less than 50 per cent. in the wheat acreage of Canada, but there was in the same time an addition of nearly 200 per cent. to the yield. The larger yield of 1915 was, however, mainly the result of an exceptionally favorable season.

Asthma Overcome. The triumph over asthma has assuredly come. Dr. J. D. Kellogg's Asthma Remedy has proved the most positive blessing the victim of asthmatic attacks has ever known. Letters received from thousands who have tried it form a testimonial which leaves no room for doubt that here is a real remedy. Get it to day from your dealer.

And Then Profound Thought. She—You shouldn't squeeze my hand going out of the theater. When I squeezed back I meant you to stop. He—Me? I—why, I—I didn't touch your hand!

Differentiation. "Have you a good cook?" "Oh, the cook's good enough, but the cooking is atrocious."

Faith will move mountains today if backed up by hard work.

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. CHENEY & 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 COMMERCIAL, 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.

Children Cry FOR FLETCHER'S CASTORIA

Send for our New Cook Book

Mail us a red ball trade-mark, cut from a bag or carton of Lantic Sugar, and we will send you a book of particularly good recipes for cakes, candies, preserves and other delicious sweets.

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is called "The All-Purpose Sugar," because the extra "FINE" granulation makes it equally suitable for the table, for cooking and for preserving.

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ALL KINDS OF GRAIN TAKEN IN EXCHANGE

Chopping and Rolling Done While You Wait

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The Guide-Advocate JOB PRINTING DEPARTMENT

YOUR ORDER SOLICITED

ALL WORK SATISFACTORILY DONE

PRICE REASONABLE

Germany is to have a "food dictator." The Kaiserland seems to be made up of dictators and men who take dictation. There is no middle class.

Winnipeg Telegram.—Can anything good come out of Toronto? If its present City Council is representative of popular sentiment, the place is beyond praying for. The Council's decision not to pay the city's share of the provincial war tax is a piece of disgraceful folly, which will spread a bad odor, even beyond the confines of Canada.

Montreal News.—The end of the war will be the beginning of a still

more glorious page in the history of the Empire. There will be an Imperial Conference of some kind, but its deliberations will not be merely tentative as they have been in the past. They will build up a fabric of sound, constructive statesmanship, that will make the British Empire the glory of all the ages. But these things must not be hurried if they are to be well and truly done.

If you really believe in Safety First, get a box of Takake pills for your sleeplessness, neuralgia, or rheumatism for they are absolutely harmless, and are sure to relieve you. Fifty cents a box at your druggists, or by mail from the Georgian Mfg. Co., Collingwood, Ont. 1