

HOW THIS WOMAN FOUND HEALTH

Would not give Lydia E. Pinkham's Vegetable Compound for All Rest of Medicine in the World.



Utica, Ohio.—"I suffered everything from a female weakness after baby came. I had numb spells and was dizzy, had black spots before my eyes, my back ached and I was so weak I could hardly stand up. My face was yellow, even my fingernails were colorless and I had displacement. I took Lydia E. Pinkham's Vegetable Compound and now I am stout, well and healthy. I can do all my own work and can walk to town and back and not get tired. I would not give your Vegetable Compound for all the rest of the medicines in the world. I tried doctor's medicines and they did me no good."—Mrs. MARY EARLEWINE, R.F.D. No. 3, Utica, Ohio.

Another Case.
Nebo, Ill.—"I was bothered for ten years with female troubles and the doctors did not help me. I was so weak and nervous that I could not do my work and every month I had to spend a few days in bed. I read so many letters about Lydia E. Pinkham's Vegetable Compound curing female troubles that I got a bottle of it. It did me more good than anything else I ever took and now it has cured me. I feel better than I have for years and tell everybody what the Compound has done for me. I believe I would not be living today but for that."—Mrs. HETTIE GREENSTREET, Nebo, Illinois.

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HARRIS & CO.
PROPRIETORS

Guide-Advocate
HARRIS & CO. PROPRIETORS.
WATFORD, SEPTEMBER 12, 1913.

NOTE AND COMMENT.

Jack Johnson is black in color, but it is the line of his character, not that of his skin, to which the people of England object.

People should be sane enough to differ in opinion on public questions without straining life-long friendship to the breaking point. We cannot all think alike, but the true gentleman will respect the honest opinions of the men who differ with him.

The Dominion Government plans to make Stag Island a national park as a commemoration of the hundred years of peace existing between the States and Canada. Conceded to be one of the prettiest spots in Canada, with the expenditure of a little money and labor the island can be made a beautiful natural playground, and a fitting tribute of appreciation to the friendliness that exists among the English-speaking people.

It is stated that the price of butter will in all probability take a drop, not yet, but soon. The reason for this is the fact that the make this

Every Woman
In household and chamber—
Marvel Whiting Spray
The new Vapor Spray. Best
"Most convenient." It cleanses
instantly. Ask your
druggist for it.

season has been liberal and stocks are heavier. In Western Ontario alone there has been a tremendous increase in the amount of creamery butter made. During the past five years the increase has been about 200 per cent. Dealers and cold storage men have been buying at rates from two to three cents lower than a year ago. Large quantities have been put away for the winter, and if conditions do not take a bad turn the trade will see easier prices the rule shortly.

To the music of thousands of clinking reaping machines, Western Canada is harvesting the greatest grain crop in her history. The natural elements have been kind to the country in keeping off floods and drought, and in a few short weeks business will again feel the onrush of prosperity in all its branches. After all, good old Mother Earth, responding to the labors of the farmers, is still the foundation source of financial success. The anxiety with which the whole race of mankind hangs upon crop and weather reports emphasizes more and more each year the tremendous importance of the farmer to the whole community.

In an editorial the Detroit Free Press says: "There are good points in Canada's method of managing her banks, and there are points of danger as well. The drift towards monopoly is one of the latter. Another, we think, is the probability that a community's deposits in branch banks may be diverted from the community's use to localities where it will bring returns. The eastern provinces complain bitterly that their capital is often unavailable for local purposes, being transferred by the Montreal or Toronto management to the Northwest or to New York where higher rates of interest may be obtained. This is no doubt advantageous for the bank's stockholders, but it is apt to result in material hardship to the communities from which the money is taken."

Ontario, in extent of territory, is now the second largest province in the Dominion, extending 1,200 miles from east to west, and north from the international boundary for more than 800 miles. It contains an area of 407,263 square miles. In 1911 this province produced 35 per cent. of the total field crops of Canada, 39 per cent. of the timber, 41 per cent. of the minerals, and 75 per cent. of all the fruits grown in the Dominion. Yet only 10 per cent. of Ontario's land has been located, there being 236,000,000 acres vested in the Crown. Over 85 per cent. of the total area, and nearly all the unlocated lands are within the boundaries of new or upper Ontario.

The recent suspension of two daily newspapers, the Woodstock Express and the Lethbridge News, has called for considerable editorial comment. The essential fact is that two substantial cities, Woodstock and Lethbridge, have joined Galt and Windsor as one-newspaper towns. It is a state of affairs that is bound to spread. In scores of towns two newspapers are struggling and inefficient, where one could be made strong and give valuable service to its community, and at less expense to the advertisers. In fact, if partisanship could only be gotten out of the columns of the local press, it is difficult to make a case for a second paper in any but the larger places.

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 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.

A new mysterious poison was found in fresh pork at Montreal. It was thought to be ptomaine, but the chemists say it is not. A family nearly died from eating it, as did also a dog to which a piece of the meat had been fed. As yet the nature of the poison cannot be ascertained. The meat looked and tasted all right, and came from an establishment, the proprietor of which is said to keep all his goods in the very best condition.

Clever Marketing

There has been published in England recently a very complete blue book on the cost of living. Careful analysis of prices shows how the rising and falling markets affect the small household. It is noted that potatoes and bacon, on which, perhaps, a majority largely subsist, are now at high prices and are not likely to become cheaper. Here is evidence that the high cost of living is due, at least in part, to convention. Narrow-mindedness in house-keeping may be as costly as an epicurean taste. Most people like rice but few think of eating it instead of potatoes as a vegetable with their meat. Eggs and bacon are cooked for breakfast with surprising regularity and regardless of market fluctuations. Fish may be cheaper, but it is not in the very de- vere class of breakfast dishes. Porridge is agreeable and nourishing if it is properly made, but many a household would not be satisfied with a breakfast which consisted only of the cereal and toast.

French women are the most economical caterers. They rely on their skill as cooks to make appetizing the most commonplace food, and they go to market with unbiased minds. The average British, and perhaps the average Canadian house-keeper will decide overnight or before going out in the morning what there shall be for dinner. The French wife buys what is fresh and good and cheap, and then decides how it shall be cooked. It is true that we in Canada pay unnecessary toll to transportation, express and storage companies because we have not suitable local markets. It is also true that the cost of living could be reduced and variety obtained by following the lower edge of provision market. The success of this plan, however, depends on ingenious cooking. Cheap food is very nasty unless it is cleverly handled.

The Safest Place

What is the safest place? Bishop Hatto who thought his tower on the Rhine "the safest place in all Germany," was speedily undeceived, and so might we be in the choice of home—even if it is not a tower on the Rhine—as the safest place. Mr. Fred A. Bishop, the President of a company that has carried 60,000,000 passengers without the loss of a life on a line of steamers plying between New York and Coney Island during the past thirty years, says the safest place in America is the deck of a steamer. He quotes statistics to show that in the United States during the fiscal year ending June 30th, 1912, 307,692,494 passengers were carried on steam vessels that are required by law to report the number of passengers carried. Taking the total number of lives lost as 264, it is seen that 1,165,501 passengers were carried for each life lost, whether of passengers or crew, and from all causes.

As the average of deaths by violence per annum in the United States is said to be 90 per 100,000 of the population, six of whom are murdered, Mr. Bishop seems to have very good ground for his statement that the safest place is the deck of a steamer. Even his record of sixty million passengers carried without a fatality must give place to that of the British railways. Board of Trade figures for 1912 show that there was but one fatality on British railroads last year for each 68,100,000 passengers carried. A seat in a British passenger train is probably, therefore, still the safest place in the world.

The pessimist stays away from the picnic because it might rain.
Miller's Worm Powders destroy worms without any inconvenience to the child, and so effectively that they pass from the body unperceived. They are not ejected in their entirety, but are ground up and pass away through the bowels and leave them in a condition not favorable to worms, and there will be no revival of the pests.

GRAND TRUNK RAILWAY SYSTEM
TIME TABLE.
Trains leave Watford Station as follows:
GOING WEST
Accommodation, 27 8:44 a.m.
Accommodation, 29 2:45 a.m.
Chicago Express, 5 9:27 p.m.
GOING EAST
Ontario Limited, 36 7:43 a.m.
Accommodation, 28 12:03 p.m.
New York Express, 2 3:00 p.m.
Accommodation, 30 5:16 p.m.
G. VAIL, Agent Watford

900 DROPS

CASTORIA

Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of

INFANTS CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC.**

Design of Old Dr. SAMUEL PITCHER
Pumpkin Seed -
Sulphate of
Sulphate of
Sulphate of
Sulphate of
Sulphate of
Sulphate of
Sulphate of

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac-Simile Signature of
Chas. H. Fletcher
NEW YORK.
At 6 months old
35 Doses - 35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought Bears the Signature of
Chas. H. Fletcher
of
In Use For Over Thirty Years
CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.

IT WILL SOON BE COLD WEATHER—BETTER PUT ON

GUARANTEED ROOF

NOW, A WRITTEN GUARANTEE WITH EACH ROLL, FROM ONE TO FIVE YEARS.

WIRE MATS
are a great saving to housewives. We have a good supply.

T. DODDS & SON

WELL SHINED SHOES ARE THE FOUNDATION OF GOOD APPEARANCE

2 IN 1 SHOE POLISH

GIVES A QUICK, BRILLIANT POLISH THAT LASTS EASY TO USE, GOOD FOR THE SHOES

House Furnishings

MASON & RISCH
PIANOS, GRAM-APONES, STRING INSTRUMENTS, MUSIC BOOKS, SHEET MUSIC, EDISON RECORDS

Our aim is to keep the latest and most popular goods in our line, and carry the FINEST ASSORTMENT of all lines of FURNITURE for
Parlor, Dining Room, Bedroom, Library or Kitchen.

Comfort, Elegance, Durability and Value are features that our goods are noted for.

No Big Profits to Pay Here

Our prices are as low as consistent with reliable goods.

Let us show you the new patterns.

NEW & SECOND HAND SEWING MACHINES

REPAIRS FOR STRING INSTRUMENTS

THE NEW CURTAIN STRETCHER

HARPER BROS.
PHONE 31
FINE FURNITURE FUNERAL DIRECTORS

Pan cook and its full c many other your serio select your

Mc

LONDON TORONTO MONTREAL WINNIPEG VANCOUVER ST. JOHN HAMILTON CALGARY SASKATOON EDMONTON

Sold in Watf

Plumbing

If you are l be glad to bath room city experie work to pa

Bucks Reliance, Pea

are leaders tion. Our guaranteed

The N. B
EAVENTROUGHING AN

SEVENTY-FIVE YE FOOD

What You Will Consume-If Yo That Age.

Have you any idea of the a food you will have eaten if you a age of seventy-five—providing, that you are of average height and appetite?

Fifty-four tons of solid food, three tons of liquid—about 1,300 times your own weight! The take-your-breath-away answer.

The tons of bread you have co would equal in size a small family and a ton and a quarter would equivalent weight of butter.

If you had been a lover of ba were to stretch it out in single sli miles would be the length! Five fish, and 12,000 eggs stand to you whilst a normal cheese cater ea assumes 400 pounds.

The vegetables you have co would fill a train three miles long that train-load you could ad pounds of sugar and 1,500 pound Some half-ton of tobacco has b summed in pipes, and half a millio ettes by the man who has been a

Dad's Dope

A German writer asserts t French war office is training c latest possible engines in aer Instead of letting loose the dogs it will now be release the birds of

A Texas town exploded 400 p dynamic to produce a rainfall. days later Dame Nature relea moisture without any avail choru