

DOCTORS DID NOT HELP HER

But Lydia E. Pinkham's Vegetable Compound Restored Mrs. Bradley's Health— Her Own Statement.

Winnipeg, Canada.—"Eleven years ago I went to the Victoria Hospital, Montreal, suffering with a growth. The doctors said it was a tumor and could not be removed as it would cause instant death. They found that my organs were affected, and said I could not live more than six months in the condition I was in."

"After I came home I saw your advertisement in the paper, and commenced taking Lydia E. Pinkham's Vegetable Compound. I took it constantly for two years, and still take it at times, and both my husband and myself claim that it was the means of saving my life. I highly recommend it to suffering women."



Why will women take chances or drag out a sickly, half-hearted existence, missing three-fourths of the joy of living, when they can find health in Lydia E. Pinkham's Vegetable Compound?

For thirty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, tumors, irregularities, etc.

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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really true, we should have thought that the very notion of "starving Germany" would have been derided. Instead of that, it is treated very seriously as to be used as a justification for a "reckless" submarine war against British merchantmen.

London Express:—The man of serviceable age and wit out there who remembers that he turned away in the days of Great Britain's travail will bear his shame to the day of his death. He will be ashamed to meet the mothers of the men who have died. He will be ashamed to speak to his fellows home again bearing the scars of war. He will be ashamed to look his children in the face.

What is going forward at express speed behind the walls of Britain's navy yards, if it were known to the German authorities, would dispel decisively any Teutonic belief that Admiral Jellicoe's fleet intends to restrict its activities to blocking the North Sea and keeping the Atlantic and other oceans clear of the enemy's vessels. Within six months the list of the royal navy will be augmented by six super-dreadnoughts and eight battle cruisers from its yards at Devonport and Portsmouth alone.

All of these ships will be equipped defensively and offensively more powerfully than any man-of-war of their respective class that is now afloat. At least one of the super-dreadnoughts, for example, has an arrangement of turrets which is quite new and which permits big calibre guns to be fired broadside or straight ahead with equal facility.

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.

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.

PERFUMING THE GARMENTS. Two or three tiny balls of cotton wool sprinkled with the desired perfume and concealed in the hem of the garment, sleeping in a cap the crown of which is a sachet, perfuming the hearts of artificial flowers upon a hat, keeping gloves and veils in boxes between sheets of blotting paper saturated freshly every few days, these are the means by which a clever girl surrounds herself with an intangible perfume that is always delightful.

Where Was Wales? Spencer Leigh Hughes, M. P. tells of the following amusing experience: He was once passing the war office building in Whitehall when his companion, a Scotchman, pointing to the emblematic devices engraved over the door, indicated the Scotch thistle, the English lion and the Irish harp.

"Where is the emblem of Wales?" asked his friend. "Oh," Mr. Hughes replied, "I expect there is a leak in the roof."—London Express.

Badly Scared. "Were you frightened during the storm?" "Dear me, yes. The windows were all open and I was so afraid of the lightning that I didn't even stop to wake up John. I jumped right up and closed them myself."—Detroit Free Press.

Prohibitive. "What's the matter, daughter?" "Father, I want a duke." "That can be arranged, my dear. I was afraid you might want a baseball pitcher."—Baltimore Sun.

There is no fatigue so wearisome as that which comes from want of work.—Spurgeon.

Reduced by Asthma. The constant strain of asthma brings the patient to a dreadful state of hopeless exhaustion. Early use should by all means be made of the famous Dr. J. D. Kellogg's Asthma Remedy, which more than any other acts quickly and surely on the air passages and brings blessed help and comfort. No home where asthma is present in the least degree should be without this great remedy.

But the best policy is one that is paid up.

STRENGTH IN EXCITEMENT.

Either Fear, Rage or Pain Starts the Adrenal Glands to Work.

Many a person has wondered where he obtained the strength that enabled him to undergo some emergency that called for unusual physical exertion when under ordinary conditions he would be unable to control a tithe of that strength. It was from the adrenal glands, two little glands situated above the kidneys, which secrete what is known as adrenaline and when stimulated discharge the same into the blood.

The effect of this addition to the blood is to release sugar from storage in the liver and bring it into the blood, drive the blood from the abdominal regions into the heart, lungs, central nervous system and limbs. The resulting effect is to excite the muscles to irritability and enable unusual effort to be made.

Either fear, rage or pain will supply the stimulus required to set the adrenal glands into action. When a muscle is fatigued without any accompanying degree of excitement it may take a couple of hours for it to recover its normal condition, but if adrenaline is injected, or if through excitement the adrenal glands are stimulated to discharge and secrete, the fatigued muscle may regain its "irritability" in three minutes.

BEARDS IN BATTLE. And Why Clean Shaven Men Became Prized as Warriors.

The habit of shaving is not of a very ancient origin. According to James Stephens in "Here Are Ladies" when humanity lived a quiet, rural and unambitious life men did not shave; their hair was their glory, and if they had occasion to swear, which must have been infrequent, their hardest and readiest oath was "By the beard of my father," showing clearly that this early time was held in veneration in early times and was probably accorded divine honors upon suitable occasions.

With the advent of war came the habit of shaving. A beard offered too handy a grip to a foe when he had to close quarters; therefore, warriors who had no true hardihood of soul preferred cutting off their beards to the honorable labor of defending their chins.

Many ancient races effected a compromise in order to retain a fitting military appearance, for a barefaced warrior has but little of terror in his aspect. The ancient Egyptians, for example, who had cut off or could not cultivate or had been forcibly deprived of their beards, were wont to go into battle clad in heavy false whiskers, which, when an enemy seized hold of them, came off instantly in his hand, and the ancient Egyptian was enabled to dispatch him while in a trance of stupefaction and horror.

Clean shaven men became by this cowardly stratagem very much prized as fighting men, and thus the foundation of the shaving habit was laid.

Names of Nations. The names of the great nations of Europe set many puzzles to the philologist. There is no doubt that France is the country of the Franks, the free men, or that Austria is the eastern empire. But one would not so easily guess that "Russians" means rowers or seafarers—a word of Swedish origin commemorating the Scandinavian vikings. The Britons have been supposed to take their name from a word signifying variegated, in allusion to their staining their skins with woad.

The Most Puzzling of All. "Germans," which is not the Latin "germanus," own brother, but of Celtic origin, and has been variously interpreted as meaning "the people" or "the about-ers."—London Chronicle.

What will be the highest concrete structure of the kind in the world is a railway viaduct being built in Pennsylvania, 242 feet above a stream and 2,350 feet long.

Mrs. Margaret E. Laird, the wife of a Newark (N. J.) druggist, has been appointed a member of the board of Health in that city.

\$ SAVE YOUR DOLLARS \$

ONE WAY TO SAVE YOUR DOLLARS IS TO BUY WHERE YOU CAN GET THE BEST VALUE FOR THE MONEY—ALSO THE BEST SERVICE.

It is recognized, and we can back up what we say, that we are the cheapest place in the west at which to buy all kinds of Builders' Materials.

For all our contract customers we will run out flooring or any interior finish out of their own lumber.

Our Mr. Daniels, Alvinston, has been engaged for this year. He is an expert mechanic.

We have bought heavily in lumber and got the discounts. Our lumber comes direct from the mills. We can save you the middleman's profit.

Large Shipments Arriving Weekly.

WATFORD PLANING MILLS

ESTABLISHED 1870. G. CHAMBERS

Sugar-Making Supplies

- IX Buckets... \$15.00 per 100
Grimm Spouts... \$ 2.75
Eureka Spouts... \$.85
Tapping Braces... \$.50 each
Tapping Bits... \$.20 each
22 Gauge Seamless Pans, 5 ft... \$5.00

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Nothing But the Best

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value.

Agents For MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., and all kinds of repairs.

Our Prices are right, as low as is consistent with reliable goods

HARPER BROS.

PHONE 31. FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

TRENOUTH & CO.

DEALERS IN Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of INTERNATIONAL STOCK FOOD FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE Chopping and Rolling Done While You Wait

PHONE 39

We Do All Kinds of Printing

AT THE GUIDE-ADVOCATE

The War Tax and Business

(From Montreal Pharmacist February number)

Two very important meetings taken place in Montreal—the Drug Association of Canada's primary Trade Association. These meetings were both purpose of considering the proposed, and which very soon both the manufacturers of perfumes and the trade of butlers—the wholesale druggist and the retailer have been called and will take place.

The objections to the new taxation as voiced by these manufacturers are several in number. It is proposed, it was shown, a 15 per cent. to 40 per cent. tax on retail prices. It is proposed on the price of sale the public represented on a calculation from 10 per cent. No other business or is taxed to any such extent, and portland lines would actually the measure were persisted Government.

Instead of yielding for the amount the prohibitory tax would defeat the object ruin prosperous and legitimate enterprise in manufacturing. The Minister of Finance proached on the basis of a question in detail, it being claim treatment of the manufacturers, as well in the branch unfair and unjust. It is a poor and sick, cannot stand charge, and also have already for the same purpose in respect crude material employed in furing same.

The general tariff advance cent applies to the ingredient as well also certain advances year at the War Session of Alcohol is one important item manufacturers who have to hand Revenue Tax of 3.95 per spirits. In principle it cannot just to tax one and the same a different headings. It is a poor and sick, cannot stand charge, and also have already for the same purpose in respect crude material employed in furing same.

Church Advertis

Churches are doing less from the pulpit and more in papers, says the Bowmanville This is right, too. The sacred never intended for an medium. The Belleville On many sensible things, editor day to day and on this quest priety.—Opinion will differ abt making announcement of changes. But it has become the recent years for all churches public press for informing when services are to be held subjects will be discussed by ster. The size of type can difference in the principle inv newspaper is surely more dign rate and satisfactory than for himself to become a living bul by making all kinds of announce prior to his sermon.

Telegram poles have been with entirely in one Welstow the residents have permitted t be strung from house to house.

Women are now eligible t ment to the faculty of the Coll and Sciences at Cornell Univer

Miss Freda Boss, of Supel has sailed for China wher supervise the play of Oriental

Keep a Bot handy for t unexpected Gu

TURNER'S FAMOUS INVALID PORT

"Buy it for Purify's sake" Sold Everywh

This is the tonic