

WOMAN SICK FOR YEARS

Wants Other Women to Know How She was Finally Restored to Health.

Hammond, Ont. — "I am passing through the Change of Life and for two years had hot flushes very bad, headaches, soreness in the back of head, was constipated, and had weak, nervous feelings. The doctor who attended me for a number of years did not help me, but I have been entirely relieved of the above symptoms by Lydia E. Pinkham's Vegetable Compound, Blood Purifier and Liver Pills, and give you permission to publish my testimonial." — Mrs. LOUIS BEAUCAGE, Sr., Hammond, Ont., Canada.



New Brunswick, Canada. — "I can highly recommend Lydia E. Pinkham's Vegetable Compound to any suffering woman. I have taken it for female weakness and painful menstruation and it cured me." — Mrs. DEVERE BARBOUR, Harvey Bank, New Brunswick, Canada.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact. Every suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a 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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ADVERTISING RATES.

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One-eighth	12	8	5
One-twelfth	8	5	3

NOTE AND COMMENT.
Dundalk Herald—Blasphemy is a clumsy attempt to be emphatic, a mark of low intellectual power and a sign of ignorance. The most verbal speaker of profanity to the extremist time of one's unholy zeal cannot compare in power with the sober yes or no. Swearing is the language of stupidity.

In these days of frenzied real-estate it is interesting to note that the greatest of all real estate promotions is about to be floated in China. Dr. Sun Yat Sen has been authorized by the new Chinese government to establish a corporation to establish a system of government railways covering 70,000 miles in extent. English, French, German and American capital is hastening to China and getting in on the ground floor. And the next thing we know will be the emigration of white families to the new farming districts of revised China.

This strolling boy and girl problem is a mighty serious one in every town and hamlet in Canada, and is

Every Woman
is interested and should know about the wonderful **MARVEL Whirling Spray**.
The new Vaginal Sprayer. Best—Most convenient. It cleanses instantly. Ask your druggist for it.

If the cannot supply the MARVEL accept no other, but send stamp for illustrated book—sealed. It gives full particulars and directions valuable to ladies.

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growing more serious every year. If the curfew could be put into operation on the parents of these strolling youngsters, the evil would be largely mitigated. When parents gad about all over creation at night, how can one expect the children to be anything else but "gadders." Parental control is a thing of the past in so many homes that one sometimes wonders what will be the ultimate result. The application of the shingle and slippers are unknown, and while too much of this sort of medicine may not be wholesome, it is just as necessary for the well-being of most children as meals, and its entire absence very often results in the child, and the humiliation of the parents.—Exchange.

Comparing the cost of education to the farmer and the resident of town, the Bruce Herald quotes Inspector McCool, who takes as an example School Section No. 2, Brant, which pays its teacher a salary of \$600 per annum. After deducting the various grants from the salary, the Inspector finds that a man owning a 100 acre farm in this section and assessed for \$3,300 would pay a school rate per year of \$7.07. In Walkerton the Inspector owns a house assessed at \$3,100 and on this he pays a school rate of \$30.15, thus showing that the levy for education in the town is nearly five times that of the country. Compared with his town brethren, the farmers would seem to be fairing mighty well.

State of Ohio, City of Toledo,) ss.
Lucas County.
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY.
Sworn to before me and subscribed in my presence, this 6th day of December, A.D. 1886.
(Seal) A. W. GLEASON, Notary Public.
Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials, free.
F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

Alcohol in Hospitals.
The diminution in the use of alcohol in hospitals and institutions of public health has been one of the remarkable features of the last twenty or thirty years. In Great Britain where alcohol is still used much more than in America the diminution has been put at 80 p.c. Alongside of this two facts stand out. First the patients recover at least as satisfactorily and their average stay in the hospital is shorter, and second it is the milk bill, and not the drug bill, that has increased at the expense of the alcohol. While the alcohol bill is only one fifth, the drug bill has remained stationary or diminished slightly, the milk bill has increased three or four fold. Aerated waters have found a large place as drinks for patients in acute illnesses, while in chronic cases and in convalescent's cocoa and tea are used where beer and porter were formerly widely used. In Canadian hospital practice alcoholic liquors are used occasionally in some very severe illnesses, but practically never in convalescence.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of *Wm. D. Mitchell*

There are men who sloop over socially, sloop over religiously, and those who even spill their superabundant sweetness commercially. Of all the tiresome fools deliver us from the fellow who goes about slapping people on the back, calling everybody "old fellow," and wanting to kiss everything from an innocent baby to the devil. When you get a man slooping over religiously, you have the disease developed to a still more dangerous as well as obnoxious degree. Keep your eye on the man whose tears and smiles are always slooping over, and whose pocket handkerchief is always stretching out from beneath his coat-tail.

There are people who can weep bucketfuls that it wouldn't be safe to trust with a watch key under their nose with your back turned. There are men who sloop over with religion and let their wives shovel snow or split kindling while they talk holiness or foreign missions till they can't spit. In business the gushing man is an insufferable nuisance. He thinks it the thing to embrace every man he meets and empty upon him an avalanche of sweetness. He cheerfully deposits his scanty stock of ideas with each transient visitor, and seeks either his commendation or advice. His tale, whether of weal or woe, must be told, and with an amount of empty egotism that is fulsome. Beware of giving or receiving confidence. Beware, above all things, of "slooping over." There is plenty of room for earnestness and enthusiasm in this world, but don't peddle or haul your thoughts or business up and down every back street of your acquaintance. "A fool uttereth all his mind."

SUFFERERS FROM PILES!

ZAM-BUK HAS CURED THESE!
Friction on the hemorrhoid veins that are swollen, inflamed and gorged with blood, is what causes the terrible pain and stinging and smarting of piles. Zam-Buk applied at night will be found to give ease before morning. Thousands of persons have proved this. Why not be guided by the experience of others?
Mr. Thomas Pearson, of Prince Albert, Sask., writes:—"I must thank you for the benefit I have received from Zam-Buk. Last summer I suffered greatly from piles. I started to use Zam-Buk and found it gave me relief, so I continued it, and after using three or four boxes I am pleased to say it has effected a complete cure."

Mr. G. A. Dufresne, 183-185 St. Joseph street, St. Roch, Quebec, P.Q., writes: "I can highly recommend Zam-Buk to everyone who suffers from piles."
Magistrate Sanford, of Weston, King's Co., N.S., says: "I suffered long from itching piles, but Zam-Buk has now cured me."
Mr. William Kenty, of Upper Nine Mile River, Hants Co., N.S., says: "I suffered terribly from piles, the pain at times being almost unbearable. I tried various ointments, but everything I tried failed to do me the slightest good. I was tired of trying various remedies, when I heard of Zam-Buk, and thought as a last resource I would give this balm a trial. After a very short time Zam-Buk effected a complete cure."

Zam-Buk is also a sure cure for skin injuries and diseases, eczema, ulcers, varicose veins, cuts, burns, bruises, chaps, cold sores, etc. 50c. box from all druggists and stores, or post free from Zam-Buk Co., Toronto, for price. Refuse harmful imitations.
Try Zam-Buk Soap, 25c. tablet.

Public Spirit.

Everyone has heard of the man who prayed: "God bless me and my wife, my son John and his wife, us four and no more." That man should have gone into the pork barrel. He was short-sighted as well as hoggish. Time and money are well invested that are spent in making your own town a better place to live in.

Those old timers who built up the old world city of Venice were the right sort of stuff. Their enemies drove them off their fertile lands and they had to take refuge on some barren islands where there was nothing to work with but the sand and the sea. They backed up again their backbone, used the sand that was in them and the sand that was under their feet and made Venetian glass; they took the sea for their possession and became the greatest commercial city of their time.
Other things being equal, it is the town with the public spirited men in it that gets on the map. To make that invigorating cocktail called "Prosperity," mix equal parts of public spirit, commercial courage and rich natural resources.

Half the pleasure of eating is through the eye. If food is well served and cooked, a meal is a success, though the quantity and variety of the food may be limited.

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are best for nursing mothers because they do not affect the rest of the system. Mild but sure. 25c. a box at your druggist's.
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Eczema Curable—Proof Now at 25c.

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A special trial size bottle of Oil of Wintergreen, Thymol and Glycerine, etc., as compounded in the Laboratories of the D.D.D. Company, may be had in our store on this special 25 cent offer. This one bottle will convince you—we know it—we vouch for it.
Ten years of success with this mild, soothing wash, D. D. D. Prescription, has convinced us, and we hope you will accept the special 25 cent offer on D. D. D. Prescription so that you also will be convinced.
T. B. TAYLOR & SON, Druggists, Watford.

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Night and D
attended t
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POINTED I
It's awfully hard buried.
Necessity is the mother of most of us.
No man is as good to be tomorrow.
It is as hard to be it is unnecessary.
Life is one continuous something to eat and Give a woman a and she can love the position a n home is never as g it is.
A girl may have neither a kleptom fiend.
Occasionally a ms best of him while enemies.
The piano next de tune.
"TIS WELL TO K said Mrs. Surface when they met in where have you been "Oh, just down to t of Dr. Thomas' Ecl Surface, who hates But she remembe contracted a wea another customer fo

The Dis
A priest was gr the evil of great audience was a ma The man was the girls, and the lec this man as an ex said the priest, "of father of seven o who is the happye the million dollars is the father of sev will ask you, Mr. you think is the the priest, pointi of his argument, and said: "Fathe man with seven happier. A mar dollars worries fo with seven daughte
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TIME T
Trains leave Watford
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Accommodation, 29
Chicago Express, 5.
GOING
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Accommodation, 28
New York Express,
Accommodation, 30
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