

FARMER'S WIFE ALMOST A WRECK

Restored to Health by Lydia E. Pinkham's Vegetable Compound—Her Own Story.



London, Ont.—"I am a farmer's wife and a very busy woman. Last summer I was taken with severe pains in my back so bad that I could not get up or scarcely move without pain, and my periods were painful. My husband called in a good doctor and I was under his care for some time, but he did me little or no good. One day a friend of mine told me to try Lydia E. Pinkham's Vegetable Compound as she had been greatly helped by it. I began taking it and soon got well, and my periods became natural again. Since then I have had perfect health. In fact I have never felt so well in my life. Lydia E. Pinkham's Vegetable Compound is a medicine many women need. If you think this letter will help other women please publish it."—Mrs. K. C. Young, Tambling's Corner, London, Ontario, Canada.

Women who suffer from those distressing ills peculiar to their sex should not doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Wilson's cabinet, the members of which, with one exception, all began life in the country or small towns. In Canada, conditions are much the same, for of the present provincial premiers in Canada, not one was city born. It would seem that a childhood spent next to nature inculcates more of the attributes that lead to greatness than do childhood days spent in the rush and roar of the city.

Mr. W. J. Gage, the founder of the National Sanitarium Association, has received official notice that his Majesty the King has approved of his appointment as a Knight of Grace of the Order of the Hospital of St. John of Jerusalem.

The season's work of the Ontario Immigration Department in placing farm laborers on the farms in various parts of Ontario is practically done. So far this season upwards of 3,500 immigrants have been placed. At the beginning of the season the department had about 1,000 applications from farmers for laborers. About 3,500 applications were received by the department during the season, and of these all have been filled except about 300.

Persons who are inclined to regard themselves as old people at the age of 75 or 80 would do well to regard Lord Strathcona, who has just entered his 94th year. Letters from Sarnia people now in England mention attending a reception given by Lord Strathcona a fortnight ago, at which he spent three hours in the arduous duties of making his guests welcome. Two days later the aged commissioner was on his way to Canada, where he will spend two days on business before returning, Strathcona was born in 1819.

have been given to us, but we have not brought to these privileges and opportunities the spirit and the capacity of democracy. We want men.—St. Mary's Argus.

A Consoling Thought

When you see the autos scooting past the door of your abode you may wish you had a motor and could tear along the road in a nifty-looking cruiser and a liveried chauffeur, it would be a pleasant feeling thus to make a little stir; but there's many a jay joy-rider, if behind the scenes we saw, who is dodging the collectors and the servants of the law, and who isn't half as happy as the man whose bosom fills with a thrill of exultation that he owes no butcher bills. It is doubtless very pleasant to rise at break of day and to seek the sunny uplands and the meadows far away, whizzing through the lovely landscape where old nature ever smiles in a car which in an hour covers ninety statute miles; but the fellow who is walking feels a keener, deeper joy, free from hidden, secret sorrow and from harking care's annoy, if he sees the flying auto in the far-off distance fade with the heartening reflection, "Well, my grocer bills are paid."

'Tis a noble aspiration to possess a chug-chug car but to pay our bills up promptly is a nobler one by far; it is good to be the owner of a thumping big machine, but to walk and dodge the mortgage is a better thing, I ween.

Value of Underdrainage

Wm. Channon, President of the Farmers' Institute for West Victoria, is a great believer in underdrainage. A few years ago his farm was wet and unprofitable. The sum of \$1500 was spent in underdrainage, and today it is one of the best producing farms in his neighborhood. This year he has as fine a piece of barley as he ever sowed. The land was ready to work early in the spring, and the seed was put in early. It germinated quickly, received a good start, the roots went down deeply, and the crop held right through cold weather and dry weather. "That \$1500 was the best investment I ever made," said Mr. Channon.

Air is as necessary to the life of plants as to human beings. When water percolates down through the soil and is carried out by the drains, air rushes in to fill the spaces occupied by water. Thus at every rain-storm, the soil is thoroughly ventilated, foul air being forced out through the tile. A drained soil is much warmer in spring than an undrained soil. In an undrained soil the sun's rays, instead of warming up the soil, spends its energy in evaporating the moisture from the surface, thus keeping the soil beneath cold. A drained soil actually retains more water for the use of the growing plant throughout the growing season than does an undrained soil. Undrained soils become sour and soggy, and the refreshing rains, instead of percolating through, are lost in the surface run off. The tiny bacteria which are working to liberate food for the plants, thrive best in drained soils. The depth to which plant roots penetrate is limited by the water table in the soil. In drained land the water table is held at a lower level than in undrained land, thus giving greater feeding surface for the roots of the crop. Add to these advantages the fact that seeds germinate more quickly in drained land and that it is more easily worked, and no wonder experience has proven underdrainage a profitable venture.

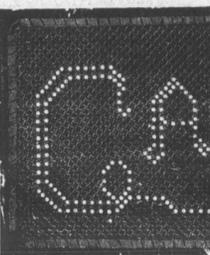
Nebuchadnezzar

The children saw him eating grass. "What brought in him down to such a pass?" they asked and gazed in wonder. A near-by sage replied: "I ween, he read the Health Hints magazine, and so he's scared, and man that poison lurks in every can sold by the village grocer; and every time he eats a pie, or on a doughnut casts his eye to the grave is closer. The milk we drink, the steak we chew, will raise a grievous howdydo inside our anguished bodies; there's poison in our scrambled prunes, there's verdigris upon our spoons, and death is in our toddies. The modern Borgias ply their trade in shops where oatmeal are made, there's poison in our leaves and fishes; there's poison in the purple ink that poets, when they're thirsty, drink,

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

40,000 FARM LABORERS WANTED

FOR HARVESTING IN WESTERN CANADA

"GOING TRIP WEST" \$10.00 TO WINNIPEG
Plus half cent per mile from Winnipeg up to MacLeod, Calgary, or Edmonton.

"RETURN TRIP EAST" \$18.00 FROM WINNIPEG
Plus half cent per mile from all points west of MacLeod, Calgary or Edmonton to Winnipeg.

GOING DATES

AUGUST 18th—From all stations Kingston to Renfrew inclusive and east thereof in Ontario.

AUGUST 22nd—From Toronto and West on Grand Trunk Main Line to Sarnia inclusive and South thereof.

AUGUST 25th—From Toronto and North-Western Ontario, North of but not including Grand Trunk Line Toronto to Sarnia and East of Toronto to Kingston, Sarnia, Lake and Renfrew, including these points.

SEPTEMBER 3rd—From Toronto and all stations in Ontario East of but not including Grand Trunk Line Toronto to North Bay.

SEPTEMBER 5th—From all stations on Grand Trunk Line Toronto to North Bay inclusive, and West thereof in Ontario, including C.P.R. Line Sudbury to Sault Ste. Marie, Ontario, but not including Alaska and West.

ONE-WAY SECOND-CLASS TICKETS WILL BE SOLD TO WINNIPEG ONLY

One-way second class tickets to Winnipeg only will be sold. Each ticket will include a verification certificate, with an extension coupon. When extension coupon has been signed at Winnipeg by a farmer, showing he has engaged the holder to work as a farm laborer, the coupon will be honored up to September 30th for ticket at rate of one-half cent per mile (minimum fifty cents) to any station west of Winnipeg on the Canadian Pacific, Canadian Northern or Grand Trunk Pacific Railways in Manitoba, Saskatchewan or Alberta, but not in Ontario.

A certificate will be issued entitling purchaser to a second-class ticket good to return from any station on the Canadian Pacific, Canadian Northern, or Grand Trunk Pacific Railways in Alberta, Saskatchewan and Manitoba east of MacLeod, Calgary and Edmonton to original starting point by the same route as travelled on going journey on or before November 30th, 1913, on payment of one half cent per mile (minimum fifty cents) up to Winnipeg added to \$18.00 from Winnipeg, provided the holder deposits the certificate with the ticket agent on arrival at destination, and works at least thirty days at harvesting.

For full particulars see nearest C.P.R. Agent, or write—

M. G. MURPHY, D.P.A., C.P.E., Toronto

JOS. S. HUME, AGENT, WATFORD.

Plumbing and Heating

If you are building this year we will be glad to estimate the cost of a bath room for you. Our man has city experience and will guarantee work to pass any inspector.

Bucks Reliance, Pease Economy and Kelsey Furnaces are leaders that require no description. Our prices are low and work guaranteed.

The N. B. Howden Est.

EAVETROUGHING AND REPAIRING ON SHORT NOTICE

and doom in all our dishes. And e'en the water from the well has germs that make the drinkers yell, if it has known no filter; what wonder, then, O children sweet, if good old Neb has chilly feet and stomach out of kilter? He's scared to death by what he reads, and so on hands and knees he feeds, and fills himself with forage; no man can read the weird Health Hints appearing in the public prints, and still retain his courage."—Walt Mason.

Good Harvests

The fact that the United States Government is advancing fifty million dollars to banks of the Western and Southern States to help move the crops is based on the fact that a bumper harvest is expected. The crops in the United States are stated to be likely to prove a record. So are the crops of the Canadian West, nor does much seem to be wrong with those of the East.

Business and prosperity are based on harvests. Thus their seems to be good business time ahead—some little distance ahead. Money will be harder to get than usual for some time yet. But with the Balkan embargo settling down, some reason exists to think that the worst of the financial stringency is passed.

To the married man the bachelor is a man of singular ideas.

There are many noted fishermen who have a reputation for veracity in their every day business life.

The low water flow of Niagara Falls would yield 2,350,000 horse-power.

Canada has had thirteen general elections since Confederation, with eight different premiers and ten cabinets.

If you trade in Watford you go home satisfied.

Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY.

Subscription—\$1.00 per annum in advance. \$1.50 in advance to the United States.

ADVERTISING RATES.

Space	One Year	Half Year	Three Months
One column	85¢	55¢	42¢
Half column	45¢	30¢	22¢
One-fourth column	25¢	15¢	12¢

Shorter periods 12 cents per ruling inch.

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.

LEADS ADVERTISING—First insertion per line, 10 cents; subsequent insertions 5 cents per line per week. Average measure 14 lines to the inch.

BUSINESS CARDS—One inch and under, per year \$5.00.

ADVERTISERS' CARRIES—\$5.00 a year.

LOCALS—10¢ per line each insertion. Minimum charge 25 cents.

Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO. PROPRIETORS

NOTE AND COMMENT.

According to a county of Huron man now travelling in the Northwest, it is said that at the present time, in the prairie provinces, there are \$78,000,000 of uncollected accounts for farm implements. The volume of the vast business of the implement agencies of the West may thus be guessed.

With 20 per cent. of all hogs slaughtered in Ontario affected with tuberculosis, a large percentage of the beef affected with the same disease, it inclines one to believe that the safest thing on the menu is an egg with the shell on, and even then it may turn out to be chicken. Mutton is about the most free from disease of any, but of late years there has been but little call for it. Looks as if the sheep was coming into its own, and that it would once more become the most popular with the meat consuming public.

The Christian Guardian is authority for the statement that small towns and country districts produce bigger men, mentally, than do cities. As evidence, it points to President

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WATFORD, SEPTEMBER 5, 1913.

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Every Woman

is interested and should know about the wonderful **MARVEL Whirling Spray**. The new Vaginal System, free of all obstructions. It cleanses naturally. Ask your druggist for it.

If he cannot supply the MARVEL, send no order. We send stamps for literature, and directions for use. It cleanses naturally. Ask your druggist for it.

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

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MAGNIFICENT PROGRAMME OF ATTRACTIONS TWICE DAILY

\$2000.00 ADDED TAKE A HOLIDAY Single Fare on All SPECIAL EXCURSION PRIZE LISTS AND AL W. J. REID, PRESIDENT

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Our air most popu carry the lines of

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EDISON RECORDS

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FINE FURNITURE

The only in price is CAN

It makes concrete or a garden walk. High quality and economies due to See that every l of satisfaction.

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