

MOTHER OF SCHOOL GIRL

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Daughter's Health.

Flover, Iowa.—"From a small child my 13 year old daughter had female weakness. I spoke to three doctors about it and they did not help her any. Lydia E. Pinkham's Vegetable Compound had been of great benefit to me, so I decided to have her give it a trial. She has taken five bottles of the Vegetable Compound according to directions on the bottle and she is cured of this trouble. She was all run down when she started taking the Compound and her periods did not come right. She was so poorly and weak that I often had to help her dress herself, but now she is regular and is growing strong and healthy."—Mrs. MARTIN HELVIG, Flover, Iowa.

Hundreds of such letters expressing gratitude for the good Lydia E. Pinkham's Vegetable Compound has accomplished are constantly being received, proving the reliability of this grand old remedy.

If you are ill do not drag along and continue to suffer day in and day out but at once take Lydia E. Pinkham's Vegetable Compound, a woman's remedy for woman's ills.

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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HARRIS & CO. PROPRIETORS.

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WATFORD, MAY 15, 1914.

NOTE AND COMMENT.

The member of the Canadian House of Commons from the Yukon takes nineteen days to reach Parliament Buildings, Ottawa. Should he journey westward through Asia and Europe, crossing Pacific and Atlantic Oceans it would take him twenty-five days to reach Ottawa. Canada is a big, big country.

The Attorney General of Ontario has sent out instructions to the effect that the law regarding the punishment of railway trespassers must be rigidly enforced. The letter points out that during the past year there have been no less than 132 people killed and 62 injured as the direct result of trespassing on railroads, and that every legitimate effort must be made to stop it. Any prosecutions which may be made by railroad companies are in the interests of the public and should be treated as such.

A reaction against the "swat the fly" campaign has set in. In evidence of which is the fact that 123 English medical health officers have united to appeal to the public to prevent the fly nuisance by clean-up methods, not by extermination cam-

Every Woman is interested and should know MARVEL Whirling Spray. The new vaginal system, built on the latest scientific discovery. It cleanses, soothes, and restores. Ask your druggist for it.

If he cannot supply the MARVEL, accept no other, but send money for direct purchase. Send money to the following address: WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

paigns. A few flies can breed faster than an army of children can kill them off. The real remedy is to remove the breeding places, and thus prevent fly propagation. Of course, there is no harm, and there is much good, in continuing the fly-swatting. In most homes more or less of it is a necessity if they are to be kept tolerably free of flies. The point the medical authorities make, and it is obviously sound, is that general household cleanliness will do more preventing than willing hands and nimble feet can do in curing.

The simplification of the common school curriculum, which has been long demanded by a section of the public, is provided for in the draft of the new regulation and courses of study of the public and separate schools of the province completed for presentation to the Ontario Educational Association. The simplification of school studies is made through an extension of the optional principle so that a school board is at liberty to pare down the number of subjects taught to a minimum in forms one to four; the subjects to be taught are to be divided into three groups; the first group comprises reading, literature, composition, spelling, grammar, history, geography, writing, arithmetic, manners and morals and is made compulsory. The second group includes hygiene, physical culture, art, nature study and vocal music, when the teacher is qualified and may be taught with the omission of topics authorized by the inspector or local chief inspector. Group three comprises book-keeping, manual training, handsewing, household science, agriculture and horticulture, which are made entirely optional, but the school board may select for teaching any subjects that are desirable and practicable under the conditions of the school; in the fifth form foreign languages, commercial subjects, manual training, household science, horticulture are made optional.

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.

Early Birds An observant Frenchman, who has been making notes of the feathered fraternity, has just made a time table of the hours they wake of a morning. The chaffinch heads the list with 1.30 a.m.; at 2.30 the blackcap hails the morn, while at 3 the quail utters his quaint "Pay tes dettes" ("Pay thy debts"). The blackbird does not rise till 4 o'clock, while the tomtit, even more of a stay-at-home, does not commence his day till 4.30, and the restless sparrow considers the air not sufficiently warmed for his approval till 5.30 a.m.

Miller's Worm Powders are complete in themselves. They not only drive worms from the system, but repair the damage that worms cause and so invigorate the constitution that it speedily recovers from the disorders of the digestion that are the result of the work of these parasitic intruders. They do their work thoroughly and strength and soundness follow their use.

Busiest Man in the Country At a recent meeting of the Norwich Council, James H. Entwistle was re-engaged at \$500 per year to be constable, sanitary inspector, pound keeper, collector of dog and poll taxes, caretaker of town hall, council chamber and fire hall and engine, ring the town bell six times each week day and four times on Sunday, clean all crossings on Main and Stover streets of mud and snow and keep all the heel bastions free from obstructions, be inspector of milk, meat and bread, enforce the law for the prevention of the growth and spread of noxious weeds, to inspect the laying of the water-works mains and sewer pipes, post bills and deliver official notices.

Warts on the hands is a disfigurement that troubles many ladies. Holloway's Corn Cure will remove the blemishes without pain.

A woman with electricity in her hair should turn the switch.

Natives of the interior of China hatch both hens' and ducks' eggs by burying them in lukewarm rice, which is re-lit daily.

A new instrument accurately records the steam pressure at all times during a vessel's voyage no matter of how long duration.

Surprises For the Librarian. "No man gets a better insight into what people read than the public librarian, and a friend of mine, custodian of a library in a poor South London district, can cite many instances of a taste for the higher things of literature in unexpected places," says a writer in an English publication.

"Among his regular borrowers are a policeman who specializes on sociology, a lavatory attendant who borrows little else but works on education and psychology, a commissionaire with a taste for abstract theology and two rag and bone shopkeepers, one of whom studies only theosophy and Buddhism, the other only art."

A Defect. A little girl was playing with a girl friend of her own age on the porch of her home. An elderly gentleman, her mother's father, and an elderly lady, her father's mother, were sitting on the porch talking pleasantly with each other. The little girl had often wished her grandparents were of the same name, like other children's grandparents. Presently the little girl remarked, "What a nice grand-mother and grand-father you have!"

"Oh, yes," she said, with a sigh, "but they don't match."

A Burst of Genius. "It twenty men reap a field in eight hours, how long will it take fifteen men to reap the same field?" a student was asked. He thought long before writing down the answer, and when he handed in his paper this is what the examiner read, "The field, having already been reaped by the twenty men, could not be reaped a second time by the fifteen."

Another Idea. "Dear, when shall I install you as the mistress of a dear little home?" "You may as well understand now first as last, John Henry, that there won't be any home on the installment plan."

An Exception. "Animals," said the teacher, "frequently become attached to people, but plants never do." "How about burs, teacher?" queried the small boy at the foot of the class.

Cynical. "I read the other day of a woman who complained of her husband because he had never said a word since their marriage." "Odd thing that she noticed it."

A Stickler For Propriety. "Waiter, waiter, call the manager!" here is a fly bathing without a costume."—London Punch.

A lady's comment—'Tastes better—goes farther.'

Red Rose Tea "is good tea"

The Name Was Alright

A woman who travelled a great deal in the West, says the Argonaut, was celebrated as the most inveterate "kicker" a certain hotel had ever known. One evening after she had been served with dessert this lady, who was always complaining, asked the waiter why the dish served her was called "ice-cream pudding." "If you don't like it, madam, I'll bring you something else," suggested the polite negro. "Oh, it's very nice," responded the lady. "What I object to is that it should be called ice-cream pudding. It's wrongly named. There should be ice-cream served with it." "Yes, ma'am," replied the waiter, "but that's just our name for it. Lots o' dishes is named that way. They don't bring you a cottage with cottage-pudding you know."

No Rest With Asthma. Asthma usually attacks at night, the one time when rest is needed most. Hence the loss of strength, the nervous debility, the loss of flesh and other evils which must be expected unless relief is secured. Fortunately relief is possible. Dr. J. D. Kellogg's Asthma Remedy has proved its merit through years of service. A trial will surely convince you.

A Fish Story

A doctor, while enjoying a holiday in the country, took the opportunity along with a friend to go fishing. During operations the doctor's sinker came off and was lost. He was in a dilemma—no sinker, no more fishing that day. Happy thought; he had a bottle in his pocket. The bottle was filled with water, carefully corked, and sent down on its mission.

After a few minutes interval the doctor had a bite and pulled up his line at racing speed, finding a fine pair of fish, one at each hook. "Ha, doctor, twins this time!" exclaimed his companion. "Yes," quoth the doctor, "and brought up on the bottle, too."

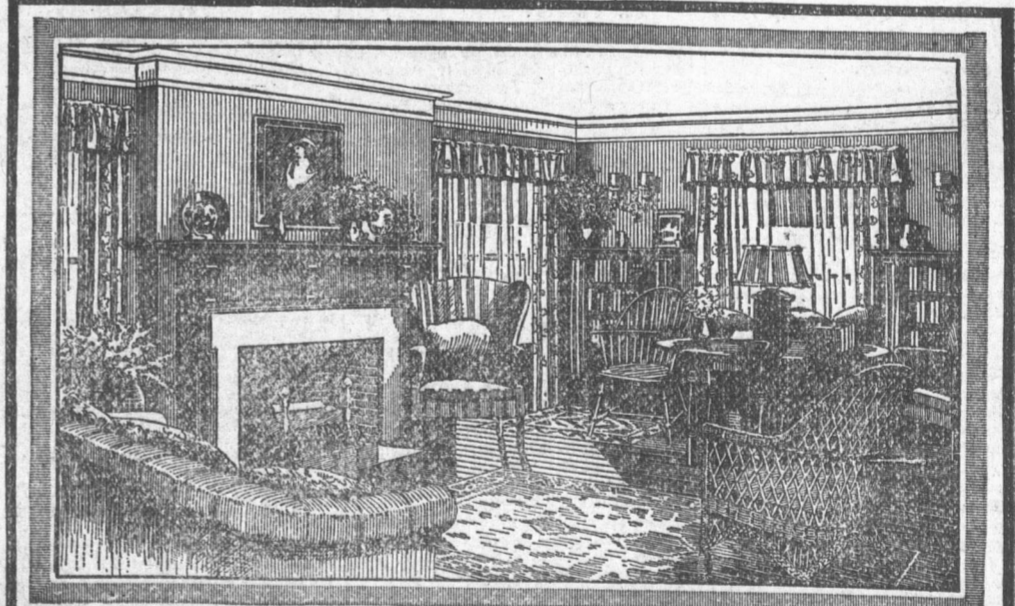
A Loving Mother

A loving, good mother is a treasure above all others of an earthy nature, as she never feels any sacrifice too great, any anguish too keen, any shame so dreadful, any fate so overwhelmingly terrible, as to transcend the endurance or crush the power of a mother's love. Mrs. Wilson says, and truly she spoke, that "under an invincible inspiration, when danger threatens her darlings, she knows no self disgrace, death affrights her not, she extends her arm to arrest every approach, offers her own breast as a shield against darts, bullets, sword thrusts, and courts it a privilege to lay down her life in defence of those loved ones." O, loyalty, supreme, sublime, immortal! Thy name is mother's love. Her very existence is interwoven with her children, their counselor, comforter and guide; therefore we should highly prize and sorely cherish that valuable jewel, a good mother. This world is so dreary when we are bereft of mother, yet so few appreciate her as we should, for what is home without a mother?

Some people preserve their old Bibles wonderfully, but wear out their books of fiction with much handling.

CASTORIA

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



The decorating of your walls is quite a problem. You want them to be pleasing in color and appearance so as to make a suitable background for your furniture and pictures.

So the ideal wall finish should be artistic in texture and coloring, absolutely sanitary, and capable of being cleaned if necessary with soap and water—and durable—to avoid a too frequent expense for redecorating.

Wall papers do not meet all these requirements, the patterns and designs fade, the papers themselves collect dust and germs and cannot be properly cleaned. Sanitary experts have proven that any kind of wall paper is unsanitary, and the custom of applying new paper over the old, affords a breeding place for germs.

Kalsomine and other water paints, while clean and sanitary, have not the necessary permanency. They need frequent renewal and often rub off on ones clothing—smudges and finger marks cannot be washed off satisfactorily.

The product that meets every requirement is Sherwin-Williams Flat-tone, a durable, flat-drying oil paint made in a variety of twenty-four beautiful shades, the selection of expert decorators. This finish can be washed with soap and water, and last for years.

Come and see us about S-W Flat-tone. It is put up in liquid form ready for use. Ask for a color card of the pleasing shades.

N. B. HOWDEN ESTATE

HARDWARE, PAINTS & OILS
WATFORD

Is Your Stomach

Sooner or later you will be wrong if you do not know the fact that over-acidity of the stomach is the cause of the highest suspicion that your stomach don't delay a moment. Little ills soon

DR. PIERCE'S Golden Medic

soon rights the wrong. It helps the nature to perform the manner, without any outside aid. As Dr. Pierce's Golden Medical Discovery is a stomach and heart to perform the manner, without any outside aid. For over 30 years it has been the greatest remedy for all ailments of the stomach and bowels. Sold by all druggists. Write Dr. R. V. P.

THE HOWDEN GROCERIES

Our grocery department is always well stocked with the best quality goods at the lowest prices. If you are not already a customer, try us.

TIM MITTHING, PLUMBING

Not too large and not too small to be taken care of. Hot water heating and plumbing at reasonable prices.

THE HOWDEN

We Do All AT THE GUT