

## TWO WOMEN TESTIFY

What Lydia E. Pinkham's Vegetable Compound Did For Their Health—Their own Statements Follow.

Hallburton, P.E.I.:—"I had a doctor examine me and he said I had falling of the womb, so I have been taking Lydia E. Pinkham's Vegetable Compound and it has done me a lot of good. All the bearing-down pains have vanished. I have gained ten pounds in weight, the discharge is all gone, and I feel better than I have for a long time. I think any woman is foolish to suffer as I did for the sake of a few dollars.

"You can use my letter as a testimonial. It may encourage other poor women who suffer as I did to use your Vegetable Compound."—Mrs. GEO. COLLAUTT, Hallburton, Lot 7, P.E.I.

Read What This Woman Says: New Moorefield, Ohio.—"I take great pleasure in thanking you for what your Vegetable Compound has done for me. I had bearing down pains, was dizzy and weak, had pains in lower back and could not be upon my feet long enough to get a meal. As long as I laid on my back I would feel better, but when I would get up those bearing down pains would come back, and the doctor said I had female trouble. Lydia E. Pinkham's Vegetable Compound was the only medicine that helped me and I have been growing stronger ever since I commenced to take it. I hope it will help other suffering women as it has me. You can use this letter."—Mrs. CASSIE LLOYD, New Moorefield, Clark Co., Ohio.



place, moping about and indulging in mournful complaints, he naturally feels that it is no place for him, and he at one shakes the dust off his feet while he pulls out with all possible speed for some other place. Consequently try and make a live, enterprising town out of the one in which you live. When you are working for or saying a good thing for your town you are accomplishing all the more for yourself.

One of the saddest things in rural Ontario is the neglected cemetery to be found here and there in every district. Broken and over-turned tombstones, weeds and undergrowth, sometimes down fences and stock running among the graves, make up a sad picture. Surely the living owe something more than this to the dead. A little money, a little time, a little thought of duty is all that is required to remedy past neglect. A high-class funeral, a mountain of expensive flowers, new black clothes and much crepe, the ornate church service, a flood of tears more or less prolonged, a costly monument and—then utter neglect of the sacred spot where the dead sleep. Plenty of time for all social, commercial and political gatherings, but no time to get together and do something for the decent upkeep of the place where our dear ones lie. Shame upon us who are guilty and let us awaken to our duty in this regard.—Ridgetown Dominion.

MUSCULAR RHEUMATISM SUBDUED.—When one is a sufferer from muscular rheumatism he cannot do better than to have the region rubbed with Dr. Thomas' Electric Oil. There is no oil that so speedily shows its effect in subduing pain. Let the rubbing be brisk and continue until ease is secured. There is more virtue in a bottle of it than can be fully estimated.

HABITS ARE TYRANTS. Changing Them Too Suddenly Is Apt to Produce Bad Results. Those who form sudden resolutions to break off their habits, no matter whether they are good or bad, may be laying themselves open to an illness. A man who for the last twelve years has made a rule of spending one week of his holiday each year in bed departed from the custom last year and for the first time throughout that period had an illness which kept him from business. The human body can shape itself to practically any conditions or habits, but if those conditions are discontinued suddenly one is almost sure to be ill.

In fact, it is the opinion of a well known physician that any kind of habit is bound to "hit back" if it be discontinued too abruptly. No man can suddenly switch off meat to a vegetable diet, for instance, and remain well. Here is a common instance of how the body adapts itself to environment. A man is kept to his bed for two or three weeks. When he gets up he finds it difficult to walk for the first day or two. He puts down this trouble to weakness. But his legs are not really weaker. It is simply that their mechanism is upset.

De Quincey is a notable example of the way habits become chains, which, if broken, bring illness and often death. The famous writer had accustomed himself to taking four ounces of opium a day. He would certainly have died if he stopped this daily dose.—London Mirror.

OLD TIME TRAINED NURSES. Removing and Burying the Dead Was Part of Their Duties. In their "History of Nursing" the authors, Miss Nutting and Miss Dock, quote from an article written in 1764 which gives an insight into what was required of the trained nurse in the eighteenth century. The article says: "This occupation is as important for humanity as its functions are low and repugnant. All persons are not adapted to it, and the heads of hospitals ought to be difficult to please, for the lives of patients may depend upon their choice of applicants. The nurse should be patient, mild, compassionate. She should console the sick, foresee their needs and relieve their tedium. The domestic duties of the nurse are to light the fires in the wards and keep them going, to carry and distribute nourishment, to accompany the surgeons and doctors on their rounds and afterward to remove all dressings, etc.; to sweep the halls and wards and keep the persons of the patients and their surroundings clean, to empty all vessels and change the patients' linen, to prevent noise and quarrelling and disturbances, to notify the steward of everything they see which is wrong, to carry out the dead and bury them, to light the lamps in the evening and visit the sick during the night and to watch them continually, giving them every aid which their state requires and treating them with kindness and consideration."

More towns die for want of confidence on the part of business men and lack of public spirit than any other cause. When a man in search of a home or a business location gets into a town and finds everything brim full of hope and enthusiasm of the prospects of the place, and all earnestly at work to build it up, he soon becomes imbued with the same spirit, and as a result he drives down stakes and goes to work with the same interest. When, however, he goes to a town where everyone expresses doubt and apprehension for the future prosperity of the

## A CUNNING WAGER.

It Looked Like a Sure Loser, but Was Really Easy Money. There was a queer bet, one that seemed somewhat foolhardy, made by a politician a few weeks before the election in 1906, when it was apparent that McKinley would sweep the country.

He had been approached by a man who offered to make a "majority" wager. "I'll tell you what I'll do," the politician replied. "I'll bet you \$50 that I can write down the names of thirty states that McKinley will carry." The man snapped up the bet eagerly, and the politician wrote the list of names and gave them to a friend to keep, sealed, until the day after election.

"Now," he said, "just to show you how big a cinch McKinley has, I will bet you \$500 that I can name ten additional states that he will carry." The man who took the first bet jumped at the second chance, feeling certain that forty states would not go Republican.

When the election was over and the votes counted the envelopes were opened. In the list of thirty states the politician had named all the solid south and the doubtful states. He lost \$50. But in the list of ten he named states that did not go Democratic in twenty years until the election of 1912.—Louisville Times.

Coal-Ash is a fine polisher for the bright parts of the range. Dip a wet rag into the fine ash and rub well and a fine polish will be the result.

Why suffer from corn when they can be painlessly rooted out by using Holloway's corn cure.

One day's worry exhausts a person more than a whole week of quiet, peaceful work. It is worry, not overwork, as a rule, that kills people.

Happiness is a condition in ourselves, the outcome of devotion to something better than ourselves.

A Burmese official has been arrested for stealing 250 elephants. This is the largest theft on record.

Nearly all children are subject to worms, and many are born with them. Spare them suffering by using Mother Graves' Worm Exterminator, the best remedy of the kind that can be had.

An industrial electrician of Rotterdam, Holland, has hit upon the device of making a two-year-old cheese in a day. He subjects fresh cheeses to the action of an alternating current through which fresh cheeses, after twenty-four hours, have all the properties of cheese quite old. It is expected that further experiment will enable the manufacturer so to graduate and direct electrical action of this nature as to give various cheeses any taste and consistency required by a fastidious market.

ASTHMA VICTIMS. The man or woman subject to asthma is indeed a victim. What can be more terrifying than to suddenly be seized with paroxysms of choking which seem to fairly threaten the existence of life itself. From such a condition Dr. J. D. Kellogg's Asthma Remedy has brought many to completely restored health and happiness. It is known and prized in every section of this broad land.

## Make Us Prove It

We dare not exaggerate to you. We are dependent upon your patronage. To get it we must have your trust and confidence. We make the following statements with a full understanding of what they mean to us. You are safe when you believe in these statements.

### For the Bowels

If you only knew as much as we and those who have used them know about Rexall Orderlies, you would be as enthusiastic about recommending them as we are. They taste just like candy. They act so easily and so pleasantly that the taking of them is a pleasure.

Even children like Rexall Orderlies; and you know that if a medicine appeals to a child, it will appeal to grown-ups.

help chase gloom, dispel blues and make you feel happy by their splendid tonic, cleansing and strengthening effect upon the bowels.—They act to free the system—and keep it free—from the distress and ill feeling that naturally results from irregular and inactive bowels.

Rexall Orderlies do this quietly, without griping or causing nausea, purging or excessive looseness. They act to overcome and remove the cause

of bowel ills and in a short time usually make unnecessary the continued use of physics and purgatives, thus tending to stop such unhealthy habits as may have been formed.

### Make us Prove This

We do not ask you to take our word for this. We want you to make us prove it, and at no cost to you. Buy a box of Rexall Orderlies at our store. Use them once, or use up the whole box. Then, if you are not thoroughly satisfied, just come back empty handed and tell us. Without obligating you or questioning you we will return the money you paid us for them.

Doesn't that indicate that Rexall Orderlies are at least worthy of trial? Doesn't it prove our faith in them? Doesn't it merit your confidence? Could any offer be more fair to you?

We particularly recommend Rexall Orderlies for children, delicate and aged persons. Rexall Orderlies come in convenient, vest-pocket size tin boxes, 12 tablets, 10c; 35 tablets, 25c; 80 tablets, 50c.

CAUTION: Please bear in mind that Rexall Orderlies are not sold by all drug stores. You can buy Rexall Orderlies only at the Rexall Stores. You can buy Rexall Orderlies in this community only at our store:

## J. W. McLAREN

Watford The Rexall Store Ontario

There is a Rexall Store in nearly every town and city in the United States, Canada and Great Britain. There is a different Rexall Remedy for nearly every ordinary human ailment—each especially designed for the particular ailment for which it is recommended. The Rexall Stores are America's Greatest Drug Stores

## CANADIAN PACIFIC

### EXCURSIONS To Manitoba, Saskatchewan, Alberta

HOMESEEKERS Low Round Trip Rates each Tuesday, March to October inclusive. Winnipeg and Return - \$35.00 Edmonton and Return - 43.00 Other points in proportion Return Limit two months.

TOURIST SLEEPING CARS on all excursions. Comfortable berths, fully equipped with bedding, can be secured at moderate rates through local agent.

SETTLERS Settlers and families without live stock should use SPECIAL TRAINS. Each TUESDAY MARCH AND APRIL 10.20 p.m.

REGULAR TRAINS Leaving Toronto 10.20 p.m. Daily Through Colonist and Tourist Sleepers

COLONIST CARS ON ALL TRAINS No charge for Berths

Home Seekers' Trains Leave Toronto 10.20 p.m. during March, April, September and October, and at 2 p.m. and 10.20 p.m. during May, June, July and August. Through Trains Toronto to Winnipeg and West Full particulars from any C.P.R. Agent or write M. C. Murphy, District Passenger Agent, Toronto

Guide-Advocate Ads. are Business Bringers.

## Guide-Advocate

Watford, Ont. PUBLISHED EVERY FRIDAY. SUBSCRIPTIONS—\$1.00 per annum in advance. \$1.50 in advance to the United States.

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One column	\$65	\$38	\$22
Half column	35	22	12
One fourth column	23	12	7

Shorter periods 12 cents per running 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. LEAD ADVERTISING:—First insertion per line, 10 cents; subsequent insertions 4 cents each time per line. Axle measure 14 lines to the inch. BUSINESS CARDS—One inch and under, per year \$5.00. ACTIONERS CARDS—\$5.00 a year. LOCALS—10c. per line each insertion. Minimum charge 25 cents. Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO. PROPRIETORS

## Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, MARCH 21, 1913.

### NOTE AND COMMENT.

The Middleton anti-treating bill introduced into the Michigan Legislature, not only prohibits treating in saloons and barrooms, but makes it the duty of bartenders and proprietors to refuse drinks to those seeking to treat friends. It provides a penalty of a fine of from \$10 to \$50 for the first offence; \$50 fine or 90 days in jail for the second offence; and for the third offence the license of the saloon in which the "have one on me" ceremony takes place can be cancelled.

More towns die for want of confidence on the part of business men and lack of public spirit than any other cause. When a man in search of a home or a business location gets into a town and finds everything brim full of hope and enthusiasm of the prospects of the place, and all earnestly at work to build it up, he soon becomes imbued with the same spirit, and as a result he drives down stakes and goes to work with the same interest. When, however, he goes to a town where everyone expresses doubt and apprehension for the future prosperity of the

### Every Woman

is interested and should know about the wonderful MARVEL Whirling Spray. The new Vaginal Spray. Best—Most convenient. It cleanses instantly. Ask your druggist for it. If he cannot supply the MARVEL, ask for either, or send stamp for illustrated color-catalog. It gives full particulars and directions invaluable to ladies. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

## Concrete is the best building material

A BROAD statement—Yet literally true. The aim of man from the beginning has been to make his building materials as nearly like natural stone as possible. The great labor required to quarry stone led him to seek various manufactured substitutes. The only reason he ever used wood was that it was easiest to get and most convenient to use. Wood is no longer easy to get. Like most building material, its cost is increasing at an alarming rate. The cost of concrete is decreasing. So, from the standpoint of either service or economy, Concrete is the best building material. Canada's farmers are using more concrete, in proportion to their numbers, than the farmers of any other country. Why? Because they are being supplied with

## Canada Cement —



Without this label it is not "Canada" Cement. Write for our Free 160-page book "What The Farmer Can Do With Concrete"—No farmer can afford to be without a copy.

Canada Cement Company Limited Montreal