WOMAN SUFFERED TEN YEARS

From Female Ills—Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Belleville, N.S., Canada.—"I doctored for ten years for female troubles and did not get well. I read in the paper about Lydia E. Pinkham's Vegetable Compound and decided to try it. I write now to tell you that I am cured. You can publish my letter as a testimonial."—Mrs. SUVRINE BABINE, Belleville, Nova Scotia, Canada.

Another Woman Recovers.

Auburn, N. Y.—"I suffered from nervousness for ten years, and had such organic pains that sometimes I would lie in bed four days at a time, could not eat or sleep and did not want anyone to talk to me or bother me at all. Sometimes I would suffer for seven hours at a time. Different doctors did the best they could for me until four months ago I began giving Lydia E. Pinkham's Vegetable Compound a trial and now I am in good health."—Mrs. WILLIAM H. GILL, No. 15 Pleasant Street, Auburn, New York.

The above are only two of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which show clearly what great things Lydia E. Pinkham's Vegetable Compound does for those who suffer from 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.

PUBLISHED EVERY FRIDAY.

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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.

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

AUCTIONEER 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, AUGUST 29, 1913.

NOTE AND COMMENT.

Ontario is to be the country of the next twenty years. Buy a farm in Ontario, improve it, live on it if you can. Clear the land, stone it, drain it, keep it clean, treat it well; get good roads through the townships; it will pay you back many times over. The best place to raise grain and stock is in Ontario, but you've got to be in earnest when you are doing it, and you should do it right. Ontario is too good a place for any further slip-shod methods.

That Canada should send over to England in 1914 a Canadian brigade to the divisional and army manoeuvers is the proposition being urged all parts of the Dominion upon Col. Sam. Hughes, Minister of Militia and Defence. The brigade would be under the command of the militia minister himself. A staff of distinguished Canadian officers is also part of the plan urged. The scheme suggests that this brigade should consist of four batallions of infantry and a composite corps of cavalry, artillery, army service corps, etc.

A beautiful writer has said: "If there be a pleasure on earth which angels cannot enjoy and which they might almost envy man the possession of, it is the power of relieving distress. Every kindly act we do but inclines us more and more toward such deeds, and we become readier to do the same again and with more enjoyment. Every kindness done to others in our daily walks advances us nearer those great souls which make the age they live in memorable.

Unusual interest is being displayed just now by prominent Japanese, who are believed to represent the Mikado's Government, in an investigation of how the Orientals who live in the vicinity of Vancouver are getting along, how they are being treated by Canadian citizens and the Government, and how they are succeeding in certain commercial pursuits. British Columbia laws prohibit Japanese labor in logging camps, on Government licensed timber, and the brown men are also legislated against as salmon fishermen. To extend the anti-Japanese feeling, boards of trade in the farming sections are now taking up the question, and at the next session the Legislature will be bombarded with demands for the enactment of an act based on the California measure to entirely prohibit Chinese and Japanese ownership of land.

Harry K. Thaw may be a moral degenerate as the State of New York has spent so much money to establish, but he is not entirely devoid of redeeming traits. While on his flight from the asylum, in all the excitement which his new found freedom must have brought to him, he did not forget the mother who stuck to him as only a mother can since he first went wrong, but found time to write her a letter, knowing as he must have known that there was no one in all the world more anxious to hear that he was still alive and free.

The deadliest error that can mislead a young man is that in order to know the world he must disregard home restrictions and sow wild oats. The son who sows wild oats will compel his father and mother to reap with him and be sharers of his shame. Every son needs to be careful of his character. It is the capital with which he enters business or begins a professional career. If it is shoddy or spotted the best men will shun him as a deadly poison.

Pride and Pride

Pride is a good thing in its place. Pride in a man's good name, or in what he has been able to accomplish with his hands or brain is pardonable, but the sort that goes around with a chip on its shoulder and its nose up in the air makes angels weep and devils hold their sides. There are people who would not carry a parcel up street or be seen shovelling the snow from the house-front whose fathers carried the hod or shovelled coal at a dollar and a half a day. There is a kind of pride, too, that leads a man pretty near to the penitentiary door and sometimes through it. This "keeping up appearances" keeps many a family dodging creditors and lands them at last on drudgery street. "A man's pride shall bring him low." Take pride in paying your way. Owe no man anything you can't pay without calling in the auctioneer.

Even X-ray gowns don't disclose a woman's hidden intentions.

The coign of vantage is all right if you can convert it into cash.

Many a man saddles himself with a wife and then hopes the girth will break.

If a horse could think he wouldn't be doing sums in arithmetic. He would be kicking the stuffing ont of automobiles which are his natural enemy.

A progressive Ohio farmer uses an electric motor to run a fodder cutter and a blower to blow out the cut food into a silo.

Wireless connection between the principal Catholic churches of Italy, France and Austria and the vatican is being arranged.

More than 4,600 miles of copper wire will be required for telephones in a big office building which is being built at New York.

Set about doing good to somebody; put on your hat, and go to visit the sick and the poor; inquire into their wants and minister to them. Seek out the desolate and oppressed. I have often tried this medicine, and always find it the best antidote for a heavy heart.

The Measure of a Man

The place to take a true man's measure is not in the market place or in the amen corner, nor in the forum or the field, but by his own fireside. There he lays aside his mask and you may learn whether he is imp or angel, king or cur, hero or humbug. We care not what the world says of him — whether they crown him or pelt him with bad eggs; we care not a copper what his reputation or religion may be; if his babies dread his coming home; if his better half swallows her heart every time she asks him for a five dollar bill, he's a fraud of the first-water, even though he prays night and morn until he is black in the face and howls hallelujah until he shakes the eternal hills. But if his children rush to the gate to greet him, and love's sunshine illumines the face of his wife when she hears his footsteps you can take it for granted that he is true gold, for his home is a heaven and the humbug never gets that near the great white throne of God.

A Helpful Word

Give the young and struggling a word of encouragement when you can. You would not leave those plants in your window boxes without water nor refuse to open the shutters that the sunlight might fall on them; but you would leave some human flower to suffer from want to appreciation or the sunlight of encouragement. There are a few hardy souls that can struggle along on stony soil—shrubs that can wait for the dews and sunbeams, vines that climb without kindly training; but only a few utter the kindly word when you can see that it is deserved. The thought that no one cares and no one knows, blights many a bud of promise. Be it the young artist at his easel, the young preacher in the pulpit, the workman at his bench, the boy at his mathematic problems, or your little girl at the piano, give what praise you can.

The Mail Order House

An exchange hits the nail on the head as follows:

"There are but few editors in our province who have not made a vigorous and continuous fight against the city mail order house. This has been done in the interest of the home merchant, without money and without price. If the editors of the land had received regular advertising rates for all they have said against those enemies of the country merchant, they would now be wearing diamonds. Now, the department store man appreciates advertising space, and is willing to take all the average country editor has for sale and at a good price. What other class of business or professional man would refuse business to help their friends, especially as many of said friends never seem in the least disposed to return the compliment or even appreciate it?

Deafness Cannot be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free.

F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation. m

Drinking at Meals

We used to be told that drinking much water at meal time was very bad for the health, though probably some of us persisted in the habit, notwithstanding the warning. But now we are strongly advised to continue it or, if we have not followed it, to do so at once.

A professor in the university of Illinois has been carrying on an elaborate series of experiments with students and he has found that drinking at all meals is a great help to digestion, increasing the assimilative power to such an extent as to make a noticeable improvement in the general health of the students experimented with.

Canada has the largest mountain park system in the world, with an area of over 15,000 square miles.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE **CASTORIA** ALWAYS

Bears the Signature of

Chas. H. Fletcher.

The Kind You Have Always Bought

In Use For Over 30 Years

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

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

Trimmed and Burning

Recently the Metropolitan papers printed an item about a man who kept a lamp in his window for 40 years to guide his sweetheart to his western home. She never came but the light burned brightly just the same. His faith did not falter. He has implicit trust. Yet she had been drowned at sea, yet every night he trimmed his lamp and set it as a beacon for her feet.

All over the land such beacon lights are burning, even in our inland towns, far from the surge of the rolling sea. When once this light of love is kindled the winter winds blow in vain to extinguish it. When the storm is at its height, when the fog gathers the thickest, then it is that the faithful light burns the clearest. The rays from this lone lamp have more of strength and beauty than could be packed into the crown of jewels of an emperor.

John Wanamaker's new store in Philadelphia, which has a floor space of 45 acres, is said to be the largest store in the world. Marshall Field's store in Chicago with a floor space of 35 acres, comes next. Wanamaker's two stores in New York, which are connected by bridges, have a combined area of 32 acres

A FOE TO ASTHMA.—Give Asthma half a chance and it gains ground rapidly. But give it repeated treatments of Dr. J. D. Kellogg's Asthma Remedy and it will fall back even faster. There is no half way measure about this remedy. It goes right to work and drives asthma out. It reaches the inmost breathing passages and leaves no place for the trouuble to lurk. Have it by you for ready use. m

Girl Wanted

Yes, wanted a girl—a daughter—in a thousand homes, bright, smiling, helpful, always willing to hold the baby, set the table or sweep the floor, and to do these things so happily and cheerfully and well, that the baby will crow, the table will look like a well-balanced picture, and the careful, critical grandmother will find no dust under the chairs or in the corners of the room. Wanted—a loving daughter, the touch of whose caressing fingers brings a happy light to the weary eyes of a father and mother, the sound of whose cheery voice and merry laughter is a joy to the whole household. Where is there a home in which such a daughter is not wanted? Does anyone know such a girl? There is a situation open for her. She is advertised for, sought for; she can have any place she wants; the world is hers, but why are there not more applicants? Ah, she is already occupied. She has a home of her own which she cannot give up; she is enshrined in the hearts of father and mother; her brothers have bound her about with the cords of love, and will not let her go.

Never wear one pair of shoes all the time unless obliged to do so. Two pairs of boots worn a day at a time alternately gives more service and are much more healthy.

Children Cry FOR FLETCHER'S CASTORIA

Stopping an ad. to save money is like stopping a clock to save time.