WOMAN IN TERRIBLE STATE

Finds Help in Lydia E. Pinkham's Vegetable Compound.

Cape Wolfe, Canada.—"Last March I was a complete wreck. I had given up all hope of getting better or living any length of time, as I was such a sufferer from female troubles. But I took Lydia E. Pinkham's Vegetable Compound, and today I am in good health and have a pair of twin boys two months old and growing finely. I surprised doctors and neighbors for they all know what a wreck I was.

"Now I am healthy, happy and hearty, and owe it all to Lydia E. Pinkham's remedies. You may publish this letter if you like. I think if more women used your remedies they would have better health."—Mrs. J. T. COOK, Lot No. 7, Cape Wolfe, P.E.I., Canada.

Because your case is a difficult one, and doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has remedied many cases of female ills, such as inflammation, ulceration, displacements, tumors, irregularities, periodic pains, backache, and it may be exactly what you need.

The Pinkham record is a proud and peerless one. It is a record of constant victory over the obstinate ills of women—ills that deal out despair. It is an established fact that Lydia E. Pinkham's Vegetable Compound has restored health to thousands of such suffering women. Why don't you try it if you need such a medicine?

Guide-Advocate

Watford, Ont.

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

HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, FEBRUARY 12, 1915.

NOTE AND COMMENT

Britain is buying from us all the war supplies we can produce—many factories are working twenty-four hours a day—and we are securing for our crops and foodstuffs generally, the highest prices in our experience.

The Council should not be parsimonious regarding the salaries of its officials. It is poor economy that does not see that the laborer is worthy of his hire—and in Own Sound the officials' salaries are not extravagant. But on the other hand it is a poor boss that does not insist on a full day's work for a full day's pay. If the official is getting full pay, the council should see that he gives value for it.—Owen Sound Sun.

The French official reports are usually "Very encouraging." The people would like more information, nevertheless.

Brockville Times: The German aviators threaten to wrest the laurels from the German sailors as baby-killers.

"Back to the land" is a cry which a good many people might listen to with advantage. Agriculture is going to boom in Canada and offers good profits now, and a future independence for those who will go into it with a determined spirit.—Kingston Standard.

"Young women of England, remember for your conscience sake, that only the brave deserve the fair." Thus reads an advertisement in the personal column of the London Times day after day. It is one of the many ways in which non-volunteers for the war are being made to feel uncomfortable. Another is the distribution of white feathers to young men in citizens' clothes by self-constituted recruiting officers among the women. A London paper relates that Winston Churchill, First Lord of the Admiralty, was stopped on the street recently by an officious young woman, who wanted to know why he wasn't at the front. To prevent this sort of thing being abused, it is suggested that those who have valid reasons for staying at home should wear some kind of an official distinguishing badge.

Are the ladies more patriotic than the men? It is a fact that here and elsewhere throughout Canada the women are doing magnificent work in their various organizations for the patriotic funds and for the needs and comforts of the soldiers of the Empire. The stricken Belgians are not forgotten and The Red Cross Society is a worthy object of liberal contributions. The men pay carefully and discuss freely the strategical situation of the various armies in the great struggle. The women do not follow closely the moves of the armies but they are touched with the suffering of winter warfare to the millions of men in the battle lines. All honor to the ladies in Canada and other parts of the British Empire who are active in sewing, knitting and giving in the Empire's great testing time.—Glencoe Transcript.

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. m

War Tax on Sugar Not Likely

Rumors are rife concerning wholesale war taxes on foodstuffs. Not only is there talk of a tax on tea but there are those who look for another duty on sugar, coffee, liquors and tobacco. There is in fact speculation going on in all these lines by men anticipating the taxes.

It is, however, scarcely likely that sugar will be taxed again. It now bears a war tax of 70 cents per cwt., and should an attempt be made to squeeze a further revenue from it, there would probably be a silent protest on the part of a large portion of the consuming public, resulting in a decline in consumption. There would therefore be a danger of the revenue being lessened by adding too freely to the war-tax.

5,000 Facts About Canada

"Know Canada! make Canada known!" is a striking sentence in the War Year edition for 1915 of that popular booklet "5,000 Facts About Canada," compiled by Frank Yeigh, of Toronto, who knows Canada as probably few Canadians do. It is true that he who would know Canada and its wonderful growth in any one year, will find this annual publication "worth its weight in Yukon gold or Cobalt silver," while as a means of making the Dominion known in other countries, it is no less valuable. Fifty chapters are devoted to such subjects as Agriculture, Area, Banking, Census, Immigration, Mining, Manufacturing, Trade, etc., and a page of Canadian War Facts show how up-to-date it is. Sketch Maps are included of the Dominion in 1867 and 1915. Copies may be had from progressive newsdealers, or by sending 25c. to the Canadian Facts Publishing Co., 588 Huron St., Toronto, Canada.

EVERY WOMAN is interested and should know about the wonderful Marvel Whirling Spray Douche

Ask your druggist for it. If he cannot supply the MARVEL, accept no other, but send stamp for Illustrated book—sealed. It gives full particulars and directions invaluable to ladies. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

ERADICATE THE RAT!

A Disease Breeder and Carrier That Serves No Good Purpose.

Rats are dangerous. They have no legitimate business, nor can they serve any good purpose in any community. Sanitarians are well agreed that rats are a serious menace to health. They are so filthy in their habits as tenants of the sewers and as feeders on everything dirty and diseased that it is no wonder they are carriers of disease, parasites and plague infection.

That rats are afflicted with many diseases more than bubonic plague is confirmed by Dr. Rupert Blue, surgeon general of the United States public health service, who, speaking on this point, says: "Other infections of the rat are trematodes, or flukes; cestodes, or tapeworms; nematodes, or round worms; protozoa, insects and vegetable microbes." Of the rats examined in San Francisco 34 per cent were infested with tapeworms.

Plague is primarily a disease of the rat. It is communicated from the plague stricken rat to other rats and from rats to man by means of fleas, as the principal agent, yet it has been determined many times that handling a rat that has been dead of plague only a few hours gives the infection almost instantly. Two small boys while playing in an unused cellar found the body of a dead rat. The corpse was buried with unusual funeral honors. In forty-eight hours both were ill with bubonic plague. A laborer finding a sick rat on the wharf picked it up with the naked hand and threw it into the bay. He was seized three days later with plague. But the flea is the chief inoculator. Fleas abandon a rat dead of plague and go in search of living beings who still have warm blood circulating in their veins. Biting man they inoculate into him the living virus which starts the disease.

Since plague is a disease due to rats and rat fleas and not to filth or dirty habits, there's only one thing to do to avoid plague, eradicate the rats. This can be done by making war on them with traps, poison and starvation, and by "rat proofing" against them; that is by building them out. As a result of the Chinatown plague epidemic in 1907, so efficient was the ratproof constructions that followed, that rats and plague were entirely "built out" of that part of the city.

FIRST CATCHER'S PAD.

It Was Worn by Charlie Bennett of the Old Detroit Team.

Charlie Bennett, the noted catcher of the famous Detroit team of 1886-7, often told with delight the story of how he and his wife made the first catcher's breast protector.

It was a constant source of worry to Mrs. Bennett to watch her husband being made a target for the speed merchants of thirty years ago. And she fully realized the pressing necessity of some kind of armor to prevent the hot shot sent through by these speedy slabmen from caving in a rib or two which belonged to her better half.

After much deep thinking and considerable labor the Bennetts shaped out something that had a faint resemblance to the protector worn today.

In a private trial it worked fine, and in the tryout Charlie would let the ball slip through his hands and bang up against his chest without experiencing the slightest jar. After Bennett got used to it he wore it in a regular contest, and, with the eyes of thousands of spectators upon him, he would let a fast one hit him square on the chest. The ball would rebound back almost to the pitcher.—New York World.

Deaf Mute Church Work.

Religious work among deaf mutes was established in 1849 by Dr. Gallaudet, who started a small Bible class for them in a room in the University of New York. The Churchman, an Episcopal weekly, says that at the present time there are thirteen ordained clergymen, twelve of whom are themselves deaf, ministering to the spiritual needs of 35,000 deaf mutes in the United States of whom there are fully 20,000 in the southern section. The salaries of the missionaries to the deaf range from $1,000 to $1,800 annually, and a very few of them have their expenses, in addition, provided.

Reduced by Asthma. The constant strain of asthma brings the patient to a dreadful state of hopeless exhaustion. Early use should by all means be made of the famous Dr. J. D. Kellogg's Asthma Remedy, which more than any other acts quickly and surely on the air passages and brings blessed help and comfort. No home where asthma is present in the least degree should be without this great remedy. m

The Alvinston fire brigade had a run on Monday when the home of J. A. Piper took fire. It was extinguished before the brigade arrived and very little damage was done. The fire was caused by the use of gasoline in a heated kitchen but by quick thought and presence of mind what might have ended in a tragedy was averted.

Take One Tonight

—if you feel bilious, "headachy" and irritable—for that's a sign your liver is out of order. Your food is not digesting—it stays in the stomach a sour, fermented mass, poisoning the system. Just take a dose of Chamberlain's Stomach and Liver Tablets—they make the liver do its work—they cleanse and sweeten the stomach and tone the whole digestive system. You'll feel *fine* in the morning. At all druggists, 25c., or by mail from Chamberlain Medicine Company, Toronto 14

CHAMBERLAIN'S TABLETS

SAVING PRICES ON STAPLES

O-CEDAR MOPS—in all sizes. A household necessity of to-day. Prices, 75c., $1.00, $1.25 and $1.50.

VACUUM CLEANERS AND SWEEPERS—$8.00. The kind pedlars charge you $15.00 for.

CARPET SWEEPERS—$3.00 to $4.00.

FOOD CHOPPERS—Gem or Jewel; kitchen size, $1.00 medium, $1.25; large, $1.50.

GET OUR PRICES FOR ANYTHING IN HARDWARE

The Howden Est.

Nothing But the Best

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents For MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., and all kinds of repairs.

NEW AND SECOND HAND SEWING MACHINES AND ALL SUPPLIES

Our Prices are right, as low as is consistent with reliable goods

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

INTERNATIONAL STOCK FOOD

FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL

AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE

Chopping and Rolling Done While You Wait

PHONE 39

We Do All Kinds of Printing

AT THE GUIDE-ADVOCATE

Guide-Advocate Want Ads. Get Quick Results