

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. 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.

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Guide-Advocate HARRIS & CO. PROPRIETORS. WATFORD, MAY 8, 1914.

Old Country Sobriety

Much has been said and written about the amount spent in the United Kingdom on intoxicating liquors. No doubt the sum, judged by western standards, is enormous, and should be reflected in the average statistics of the country. Figures, however, do not always provide the most reliable basis of judgment. By themselves they seem convincing and even appalling, but the calm process of prosaic analysis usually reduces them to more informative dimensions. This is particularly true of theories founded on the total consumption of drink where many elements notifying the drawn deductions are either ignored or not accorded their due weight. Only a few weeks ago many protests were made in England against the appointment of an American railway man to the position of manager of the Great Eastern Railway. The ground of protest was the statement made by the chairman of the company that no equally competent man

Na-Dru-Co Laxatives accomplish their purpose with maximum efficiency and minimum discomfort. Increasing doses are not needed. 25c. a box at your Druggist's. 174 National Drug and Chemical Co. of Canada, Limited.

could be got in the British Isles. Whether that be the case or not he entered on his duties, and his first experience of a London exodus was that of the Easter Monday holiday. Mr. Thornton visited several of the neighboring resorts whither journeyed over four million people. And this is his testimony: "What impressed me as much as anything was their free-and-easy good temper and their sobriety. I had a long day amongst you all, full of entertainment, and from early morning until dark I never came across a single intoxicated person. It did one good."

This testimony reflects on the hard figures of statistics. Also it tends to show that the old country is not entirely so bad as it is depicted.

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.

CROPS DURING 1913.

Report of Secretary of Agriculture Shows That They Have Fallen Off.

Very brief space is allotted this year to a discussion of the crops in the United States in the report of the secretary of agriculture. Special emphasis is laid on the fact that the figures quoted are estimates, and it is pointed out that this fact should be constantly kept in mind. From the estimates at hand it appears that the production of crops in 1913 was materially below the average, the yield per acre of all crops combined being smaller than in any year in the past decade with the exception of 1911. The corn crop, the most valuable product of this country, according to the estimates, fell below 2,500,000,000 bushels, which is smaller than any crop since 1903. Wheat production, with an estimated total of 753,000,000 bushels, is the largest ever recorded in this country. This crop was matured before the drought became effective. Brief mention is made as to crop conditions throughout the world. From the estimates it appears that there were increased areas sown to wheat, oats, barley, rye and corn and that the wheat acreage has probably yielded a record output. Barley, oats and rye are bountiful crops, but corn will probably give the poorest result in twenty years.

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 system that are the result of the work of these parasitic intruders. They do their work thoroughly and strength and soundness follow their use.

Care of Plants in Winter.

Look to the tubs and canna tubers stored in the cellar. If too damp, mold will have formed and cause decay if not removed. Spread the tubers out where the air is dry and separate the perfectly good roots from those touched with mold. If, on the contrary, the roots look shriveled, put them near the floor in a damp corner of the cellar. Ventilation must be given in the cellar during the winter to keep it dry. Be very sure that there are no cracks or loose window panes to let in draft and frost.

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. Kelllogg's Asthma Remedy has proved its merit through years of service. A trial will surely convince you.

To prevent automobile radiators freezing in cold garages there has been invented a special form of electric heater, taking current from a light socket. A California inventor has patented a scoop for grocers that weighs its contents, the scoop pressing down an indicator along a scale mounted on the handle.

Duluth, Minn., April 29.—The steamer Benjamin Noble is lost off Duluth and twenty men are believed dead. Wreckage was found on Spark Point. Life-savers are unable to launch a boat, because of the high seas. Not a man reached shore so far as known.

A man with ideas always has enemies—but seldom as many ideas as enemies.

LEGAL NOTES.

Where a creditor grants an extension of time for payment by agreement with the principal debtor, reserving his rights against the surety, the surety is not discharged unless his rights have been affected by the extension.—National Park vs. Kohler, 121 N. Y. S. 640.

One party to a contract of sale need not proceed to a complete performance of the contract in order to recover for materials furnished under the contract where the other party has violated the contract and shown intention not to perform.—Willis vs. Jarrett, N. Car., 61 S. E. 265.

Where articles are sold for a particular purpose—as, for example, food sold for consumption—there is an implied warranty on the part of the seller that it is fit for the intended use and if it is not he is liable to the purchaser for all damages suffered.—Cook vs. Darling, Mich., 125 N. W. 411.

A right of way over another's premises will not be implied unless it is strictly essential in order to obtain access to the land for the benefit of which it is presumed to have been granted. The theory of an implied easement is based upon the probable intention of the parties.—Bauman vs. Wagner, 130 N. Y. S. 1016.

How to Live

"Worry less and work more, Ride less and walk more," "Frown less and laugh more, Drink less and breathe more, Eat less and chew more, Preach less and practise more."

Money Urgently Needed!

Their lot was never an easy one, even under favorable conditions. They had to struggle along through sheer hard work and hand-to-mouth pinching and scraping. Then came the blow. The husband was stricken down with tuberculosis. The wife was left with four little ones to keep. But she faced the future bravely, buoyed up by the hope that some day her husband will come back. In the meantime, she has to go out washing and cleaning every day, and then force her tired-out body to do her own work at nights.

Cases of this kind are numerous. They always call for prompt relief. For unless consumption is quickly treated its terrible effects hurt many beyond the first victim. At this moment money is urgently needed so that medicine, nourishment, and treatment may be taken to sufferers. We implore you to contribute something NOW. Please don't delay; the situation is serious. Contributions to the Muskoka Free Hospital for Consumptives will be gratefully acknowledged by W. J. Gage, Chairman Executive Committee, 84 Spadina Avenue, or E. Dunbar, Secretary—Treasurer, 347 King Street West, Toronto.

The Yellow Peril

A schoolmaster, wishing to impress upon his class the great population of China said: "The population of China is so great that two Chinamen die every time you take a breath."

This information made a deep impression upon his young pupils, particularly one small boy at the foot of the class. His face flushed and he was puffing furiously.

"What is the matter?" enquired the schoolmaster with alarm. "What on earth are you doing, Tommy?" "Killing Chinamen, sir," was the answer.—New York Globe.

A Cure for Rheumatism.—A painful and persistent form of rheumatism is caused by impurities in the blood, the result of defective action of the liver and kidneys. The blood becomes tainted by the introduction of uric acid, which causes much pain in the tissues and in the joints. Parmslee's Vegetable Pills are known to have effected many remarkable cures, and their use is strongly recommended. A trial of them will convince anyone of their value.

The man who makes money betting against his own successes certainly doesn't earn it.

The increased cost of living doesn't seem to make any difference with the bed bug.

Overeating dulls the brain, the cost of living is conducive to overdevelopment of the brain.

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

A man who is married may not be able to do anything he wishes, but neither does he do anything just as his wife wishes.

More men fall from being light headed than because they can't balance what they have in their upper stories.

A safe and sure medicine for a child troubled with worms is Mother Graves' Worm Exterminator.

"You cut that end, and I'll cut this," Said Mulligan to Pith; The more they cut the more it grew— You see it was a ditch.

Every Woman is interested and should know about the wonderful MARVEL Whirling Spray. The new vaginal spray. It is the most powerful and most effective remedy for all the ailments and diseases of the female system. It is a real blessing to all women. It is sold by all druggists for 25c.

Pure, clean, flavory and strong, in sealed packets.

Red Rose Tea "is good tea"

LINES IN THE FACE Make Women Look Old and they show the effect of unnatural sufferings—of headaches, back-aches, dizziness, hot flashes, pains in lower limbs, pains everywhere. These symptoms indicate that Nature needs help. Overwork, wrong dressing, lack of exercise, and other causes have been too much for nature—and outside aid must be called upon to restore health and strength. Dr. Pierce's Favorite Prescription The Vegetable Remedy for Women that relieves nervous exhaustion and irritability and removes other distressing symptoms due to a disturbed condition. For over forty years it has been used with more than satisfaction by the young, middle-aged and the elderly—by wives, mothers and daughters. You will find it of great benefit. Sold by Medicine Dealers in liquid or tablet form, or send Dr. V. M. Pierce, Buffalo, N. Y., 50 one-cent stamps for trial box by mail. DR. PIERCE'S PLEASANT PELLETS Relieve constipation, regulate the liver, and bowels. Easy to take as candy.

THE HOWDEN EST.

GROCERIES CHINA Our grocery department is always well stocked with the best we can buy in staple and fancy eatables. Lowest prices if you are not already a customer, try us. We import direct from the European factories and have a large stock to choose from in dinner and tea sets, toilet sets, fancy china and cut glass

TINSMITHING, PLUMBING No job too large and nothing too small to be taken care of. Furnaces, hot water heating and eavertroughing at reasonable prices. HARDWARE Aluminum ware Builders' Hardware Stoves and Furnaces Enamelled ware Cutlery and Edge Tools. Sherwin-Williams' Paints Pumps and piping

THE HOWDEN EST

ROOF UNHARMED About nine years ago the Perforated Pad Co., Woonsocket, R. I., covered their factory with J-M Asbestos Roofing. Recently they had an interior fire which burned almost through the roof boards, but the Asbestos Roofing was entirely unharmed—didn't leak—was as water-tight after the fire as before, and what was more to the Perforated Pad Co., this fireproof roofing prevented further spread of the fire—prevented several times greater damage. J-M ASBESTOS ROOFING is just as fireproof as slate, with none of the shortcomings of slate. It is all-mineral. We use Asbestos as its base. Asbestos, you know, is a rock. This all-mineral Asbestos Roofing does not rot or decay—doesn't go to pieces like other ready roofings. And it doesn't rust like tin. It is unaffected by acids, chemical fumes, gases or salt air. And it is the only prepared roofing that never needs painting. Write for Booklet telling all about J-M Asbestos Roofing. WATFORD PLANING MILLS GEO CHAMBERS 1157

A frame with wires strung across it at regular intervals has been patented by a Pennsylvania man for cutting noodles evenly by pressing the dough through it. For the guidance of tourists France is planning to number all of its principal highways and to display the distinctive number of each on all of its mile posts. The Oil of Power.—It is not claimed for Dr. Thomas' Electric Oil that it will cure every ill, but its uses are so various that it may be looked upon as a general pain killer. It has achieved that greatness for itself and all attempts to surpass it have failed. Its excellence is known to all who have tested its virtues and learnt by experience.

After procuring a license to marry Nellie Marvin, a Bothwell girl employed Pennsylvania for cutting noodles evenly by pressing the dough through it. For the guidance of tourists France is planning to number all of its principal highways and to display the distinctive number of each on all of its mile posts. The Oil of Power.—It is not claimed for Dr. Thomas' Electric Oil that it will cure every ill, but its uses are so various that it may be looked upon as a general pain killer. It has achieved that greatness for itself and all attempts to surpass it have failed. Its excellence is known to all who have tested its virtues and learnt by experience.

Children Cry FOR FLETCHER'S CASTORIA

Children Cry

CASTORIA

The Kind You Have Always in Use for over 30 Years. All Counterfeits, Imitations, Experiments that trouble Infants and Children.

What is

Castoria is a harmless, gentle, drops and soft substance. Its use is for colic, it relieves teething and flatulency. It acts on the stomach and bowels, the Children's Panacea.

GENUINE CASTORIA

The Kind You Always In Use For

We Do All

AT THE 'G'

FLORIDA

SHIRAZ

MARTIN'S

100% PURE PAIN EXPELLER

CASTORIA