

MADE WELL AND STRONG

By Lydia E. Pinkham's Vegetable Compound

Toronto.—I gladly give you my testimonial in favor of your wonderful medicine. Last October I wrote to you for advice as I was completely run down, had bearing down sensation in the lower part of bowels, backache, and pain in the side. I also suffered terribly from gas.



After receiving your directions, I followed them closely and am now entirely free from pain in back and bowels, and am stronger in every way.

I also took Lydia E. Pinkham's Vegetable Compound before my baby was born, and I recommend it highly to all pregnant women.—Mrs. E. WANDY, 92 Logan Ave., Toronto, Ont.

Another Woman Cured
Maple Creek, Sask.—I have used Lydia E. Pinkham's Vegetable Compound and Blood Purifier, and I am now in perfect health. I was troubled with pains every month. I know other women who suffer as I did and I will gladly recommend your medicine to them. You may publish this if you think it will help others.—Mrs. F. E. COOK, Maple Creek, Sask.

If you belong to that countless army of women who suffer from some form of female ills, don't hesitate to try Lydia E. Pinkham's Vegetable Compound, made from roots and herbs.

Guide-Advocate

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HARRIS & CO.
PROPRIETORS.

Guide-Advocate

HARRIS & CO. PROPRIETORS
WATFORD, JUNE 16, 1911.

The Real Spring Tonic.

Now is the time to take a spring tonic.

Not a tonic that somebody has concocted and patented—not one of these so-called "bitters" made of bad whiskey and bitter herbs—but THE spring tonic, the tonic that "tones" and that doesn't make you a drunkard or a drug fiend.

This tonic isn't patented. You can't buy it at a drug store. You can't order it from any wholesale house. But if you open your windows wide enough at night it will come in its wholesale quantities. And if you will only throw your shoulders back and breathe like a human being rather than like a sheep, you will be able to take to yourself a cubic yard of it every hour of the day.

That is, you can get the tonic thus if you live and work where the tonic is to be had. If you don't—and there are literally millions of people in this country who don't—it only remains for you to do the best you can—to grasp every available opportunity to get to where the tonic is to be found.

The tonic is to be found in all outdoor spots—that is, all outdoors worthy

Every Woman
is interested and should know about the wonderful
MARVEL Whirling Spray
The new Vaginal Syringe. Best—Most convenient. It cleanses instantly. Ask your druggist for it.
If he cannot verify the MARVEL, accept no other, but send stamp for literature. Book—sent. It gives full particulars and directions in readable English.
WINDSOR SUPPLY CO.,
Windsor, Ont. General Agents for Canada.

of the name. The real outdoors is the outdoors of the wide, wind-swept places, of the places that are high and sun-kissed, of the places where many trees grow or where spreading waters are. And here flows the tonic, sweeping the earth miles deep with every wind that blows.

It's a simple remedy, this natural spring tonic—merely air that is pure—air that man has not polluted with foul gases from the waste that he scatters so carelessly over the face of this mother planet—but it's astonishing how few people realize its effectiveness.

Incidentally, this natural spring tonic is a good summer tonic, and fall tonic, and though it is exceedingly difficult to convince folks of this—it is a good winter tonic, too.

The Closing Days.

A Toronto Daily last week contained a despatch from a neighboring city that—aged 101 years had gone to the County Industrial Home, there to end his days, and he is said to have gone at his own request. But how the report startles us, that a man after fighting the battle of life for over 100 years has to end his days in a poorhouse! The despatch further stated that the old gentleman had a son of seventy-five and two grandsons of over fifty living in the same County. Naturally, the reader would think it strange that so sad a course could have been necessary. But if the inner history were known it would probably be revealed that the son and grandsons are in almost as bad a plight as the old man, and that he preferred to go to the poorhouse rather than to add to their burdens. The case is a pathetic one, but it is not unique—you hear of such every day—and the whole story emphasizes how terrible is an old age of penury, and how important it is that we should regard youth "as the springtime which soon departeth, and wherein we ought to plant and sow all provision for a long and happy life."

If the old gentleman had been in receipt of a Canadian Government Annuity of only \$200 his presence in home of the son or grandson would have been a boon rather than a burden, and the cozy-corner would, no doubt, have been kept for him. He may have been a sober and industrious youth, but he had no system of investment which was absolutely safe, and which would yield him a bountiful return for the amounts which he might from time to time save; and so his money was spent or lost as fast as it was earned. But there is no such excuse for the boys or girls, men or women, of Canada today, for by the Canadian Government Annuities Act they are provided with a system by which their savings will be taken care of and invested by the Government, and under which they will receive a return larger than it would be possible to secure from any other safe investment because when the Annuity begins each payment absorbs a portion of the purchase money as well as of the interest thereon, and if the Annuitant lives the average number of years he may be expected to live he will get back all that he has paid in with accumulated interest at 4%. If he lives beyond this period, the Annuity will not cease but will be continued to him every three months so long as he may live.

The plan is available at any Money Order Office in Canada. The Postmaster will give you a booklet which will explain the system, and if you wish for information as to the cost, all you need do is to write to the Superintendent of Annuities, Ottawa, post free, giving him your age last birthday, and he will advise you by first mail what this will be. Remember that it is the only absolutely safe plan by which your old age may be made free from anxiety, and happy and comfortable, and that it is the only sure plan by which a wage-earner or person on small salary can provide for the rainy day.

Money Not All.

One cannot help but feel sorry for John D. Rockefeller, for, after chasing the dollar through a long lifetime, he must finally come to a realizing sense that there are other things in this world much more while. By a mixture of genius and single-minded purpose, Rockefeller has been able to accumulate what is probably the largest fortune ever held by a single individual. But to

what end?

Time after time he has endeavored to give away portions of this vast horde of wealth, and time after time his gifts have been spurned. In many instances where his money has been accepted, the very recipients have received it with curled lip, and disdainful snort. We are reminded of this by reason of the fact that some time since Rockefeller aimed to present the sum of \$150,000 to Wellesley College to be utilized for the installation of a steam-heating plant. It now develops, however, that the young ladies of the Massachusetts college strongly object to the trustees accepting such a gift from this man, and they have petitioned to have the donation returned. So it seems that even schools have convictions of conscience about receiving Rockefeller money.

John D. has gained wealth, but he has lost that which is vastly more valuable, the confidence and esteem of his fellow citizens. When a man reaches a point where his gifts are thrown back in his face, he is indeed poor in spite of his millions.

Glass for Shelves.

Glass is an ideal shelving for a kitchen closet, as it can be kept clean so easily. If this is too costly paint the shelves white and give a coat of enamel. This is easily scrubbed and does away with the necessity of papers. The kitchen cupboard should never be permitted to get untidy, and should be scrubbed out at least every fortnight; the lower shelves oftener. The range and gas stoves quickly show lack of attention. Polish once or twice a week, and in the intervals wipe off frequently with newspapers to absorb grease. A gas stove should have the parts removed and boiled every few days and the burners should be kept clean with a fine wire or brush.

Worms cause feverishness, moaning and restlessness during sleep. Mother Graves' Worm Exterminator is pleasant, sure and effectual. If your druggist has none in stock, get him to procure it for you.

It costs London more than \$3,500,000 a year to keep its streets clean. Radium gives a violet tinge to glass and porcelain and turns white paper yellow.

A man's laziness has reached the limit when he refuses to stand up and let a rich widow marry him. An optimist is a man who can be thankful, when he has a sore throat, because he wasn't born a giraffe. It is said that by anointing your eyes with the milk of human kindness you will be able to see good in your neighbors.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY, Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

There are many tests of character. Emerson, you remember, had four: "Set a dog on him; set a highwayman on him; set a woman on him; try him with money." Traveling is another test—when a man is free of the home restraints. But one of the most searching tests is that of leisure; give a man a week's leisure and mark how he uses it and you will have a clue to the man.

Constipation is the root of many forms of sickness and of an endless amount of human misery.

Dr. Morse's Indian Root Pills,

thoroughly tested by over fifty years of use, have been proved a safe and certain cure for constipation and all kindred troubles. Try them. 25c. a box.

100 DROPS
CASTORIA
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS - CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
Recipe of **DR. SAMUEL PITCHER**
Pumpkin Seed - Licorice - Rochelle Salt - Olive Oil - Peppermint - St. Catharine's Tincture - Honey - Sugar - Water - Flavor
A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
Fac-Simile Signature of **Dr. H. H. Pitcher**
NEW YORK.
116 months old
35 DROPS - 35 CENTS
EXACT COPY OF WRAPPER.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought Bears the Signature of
Dr. H. H. Pitcher
In Use For Over Thirty Years
CASTORIA
THE CENTAUR COMPANY, N. Y. N. Y. CITY.

OUR Furniture Sales
Continue to increase each year and we appreciate the very generous patronage that it has been our pleasure to enjoy during 1910 and during 1911 we shall be in a better position than ever to give you
The Newest . . . The Best . . . And the Cheapest FURNITURE
that the wholesale trade supplies, because we buy in large quantities and receive large discounts which means bigger values for our patrons. We cordially invite you to share in those advantages.
H. A. COOK,
Main St., Watford. Furniture and Undertaking.

GOING TO BUILD?

This Spring or Summer? If you are we can furnish you with **BUILDERS' SUPPLIES** right and give you some practical hints which will be of benefit. Call and see us and let's talk the matter over.
WE carry everything required in this line and you will find our prices satisfactory.
LET us figure on your requirements.

AXES, CROSS CUT SAWS, ETC.
HIGHEST PRICE paid for HIDES, SKINS and FURS
T. DODDS,
HARDWARE.

THE FARMER'S MILL.
Chopping, 5 Cents per Cwt.
All Kinds of Grain Chopped and Flour Exchanged for Wheat.
Having installed a Power Corn Sheller, we are prepared to Shell and Clean Corn in large or small quantities.
Bring Your Corn Along and Get it Shelled.
STEWART & CO.