

IN STERLING LIVES A GIRL

Who Suffered As Many Girls Do—Tells How She Found Relief.

Sterling, Conn.—"I am a girl of 22 years and I used to faint away every month and was very weak. I was also bothered a lot with female weakness. I read your little book 'Wisdom for Women,' and I saw how others had been helped by Lydia E. Pinkham's Vegetable Compound, and decided to try it, and it has made me feel like a new girl and I am now relieved of all these troubles. I hope all young girls will get relief as I have. I never felt better in my life."—Miss BERTHA A. FLOQUIN, Box 118, Sterling, Conn.

Massena, N. Y.—"I have taken Lydia E. Pinkham's Vegetable Compound and I highly recommend it. If anyone wants to write to me I will gladly tell her about my case. I was certainly in a bad condition as my blood was all turning to water. I had pimples on my face and a bad color, and for five years I had been troubled with suppression. The doctors called it 'Anemia and Exhaustion,' and said I was all run down, but Lydia E. Pinkham's Vegetable Compound brought me out all right."—Miss LAVISA MYRKS, Box 74, Massena, N. Y.

Young Girls, Heed This Advice.
Girls who are troubled with painful or irregular periods, headache, dizziness, dragging-down sensations, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

Guide-Advocate

Watford, Ont.
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Guide-Advocate

HARRIS & CO. PROPRIETORS
WATFORD, FEBRUARY 5, 1915.

What The British Navy Means To Us

The following extract from an article by a distinguished writer in the latest issue of the "Round Table," a non-political publication devoted to the welfare of the Empire, is well worth the thoughtful consideration of all Canadians who have the welfare of the Empire at heart:
"The people of the British Empire have learnt much during the last three months, and will learn more still before the war is over as to the true source of their strength. Command of sea, now as always, stands between the Empire and destruction. Command of sea is all that separates victory from disaster. So long as the British Navy commands the sea the British Empire cannot be defeated. If it loses command of the sea the Empire cannot win. All discussion of financial, economic, or other war problems must finally come down to that simple elementary truth, and it would be well were it burnt into the mind of every subject of the King throughout the world."
"If a defeat were ever to come,

EVERY WOMAN
Is interested and should know about the wonderful "Whispering Spray" **Marvel Douche**
Ask your druggist for it. If he cannot supply the MARVEL, send no order, but send stamp for illustrated book—gratis. It gives full particulars and directions invaluable to ladies. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

then Great Britain, with all her dominions, would lose everything: Empire, possessions, shipping and commerce. Their colonies would be taken, their coaling stations seized, their vessels sunk and their commerce destroyed; all that would be an easy task for a victorious fleet. Neither conventions, neither Hague Tribunals nor Laws of Nations would prevent our foes from employing every weapon to their hands for our destruction."

"Fortunately, we have good faith that the British fleet is more than equal to the task before it, and for this let us be thankful that we did not listen to those misguided doctrinaires, who with their incapacity to look facts in the face, to distinguish the real from the unreal, urged us in season and out of season to weaken our fleet, and fatally to reduce even that small margin of insurance on which not a few paltry millions, but our whole life and nationhood, depend. Let us also, throughout the Empire, mark and learn the lessons which this war will teach us. While every part of the Empire is equally and vitally concerned in the command of the sea, yet the very breath of the Empire's fleet is defeated, small, weak, and distant squadrons must either uselessly keep their harbors or be sent to the bottom. The shores and commerce of all the Dominions, as well as of the British Islands, will then be open to the attack of the victorious enemy. The whole Empire is, therefore, equally concerned in the Navy's strength, and it is vital to every part that in this and in every war there shall be present on the day of decision and at the decisive point an irresistible and united fleet."

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.

The Zeppelin Raid

The air raid on the Norfolk Coast was undoubtedly brilliant. The consummate aeronauts who carried it out will receive iron crosses and second and third degrees and so forth for heroism. Such is the consideration in which the German War Office holds its assassins. In this it proclaims the estimate it sets upon the German people. The mischief done was absolutely valueless from a military point of view. It was perpetrated simply to please the German people, and that is the imperial view of what will please them. It rewards them as taking a diabolic delight in calculated cold blooded destruction of peaceful life and property. We should be very sorry to take that view of them though there were jingoes everywhere who did a lot of mafeeking over it. Of course the General Staff gave out that these attacks were on fortified or otherwise defended places. But then if they were going to lie they did not need to make any raid at all. Why not lie bravely and tell how they demolished Dover Castle, the Tower of London, the Roman Wall and Stonehenge, and if they thought it would please the Germans, add in a few cathedrals. They did manage to throw shells near some military quarters without, except at Hartlepool, hitting any. The most of the shells had no such mission. They were dropped on peaceful villages and towns. That intended for the King and Queen at Sandringham had a virtue all its own. It will register in England such a volume of wrath against the German war machine which ordered it as will put a new seal on its doom.

Miller's Worm Powders, being in demand everywhere, can be got at any chemist's or drug shop, at very small cost. They are a standard remedy for worm troubles and can be fully relied upon to expel worms from the system and abate the sufferings that worms cause. There are many mothers that rejoice that they found available so effective a remedy for the relief of their children.

CLANNISH MANXMEN.

They Still Use Their Own Tongue in Promulgating Their Laws.
The Isle of Man is in the Irish channel, about equidistant from England, Scotland and Ireland and is famed for its lovely scenery, excellent climate and the quaint old world flavor of its places and people.
Home rule has been enjoyed by the Manxmen for many years. Although there are fewer than 60,000 Manxmen, they have their own parliament and courts. The house of keys and the house of lords hold annual sessions in Douglas, the capital, and the laws they pass are read aloud every year from Tynwald hill. The statutes are proclaimed in the Manx tongue, a language as distinct from English as Italian or German.
The Isle of Man was long a bone of contention among the kings of Northumberland, Scotland, Norway and England. The government, as it is in operation today in Hall Caine's island, was established by Orry, a Scandinavian adventurer who made himself king of the island. He divided his kingdom into six shandings, and this division, with four municipal districts, still serves in the election of members of the house of keys. The bishopric of the Isle of Man is declared to have been founded by St. Patrick, who stopped off and established the see while on his way to Ireland.—New York World.

Doughty Berbers.
The ancient Berbers, who still live in the mountain territory of Kabylia, were never conquered by Roman, Goth, Vandal, Arab or Turk. They made their first obeisance before the firearms of the French under the second empire. Through all these millenniums they have lived in their populous villages perched high on the tops of steep hills. Around them in all directions is a zone of trees, with pasture above, beginning at about 3,000 feet, and the oft conquered open valleys below. Here for unknown ages the Berber has lived among and from his trees. There are four staples of life in Kabylia—dried figs, olives, bread and meat. For miles there is one unending succession of villages set in this open forest of figs and olives.—Argonaut.

Cordovan Leather Boots.
At the court of Elizabeth the wide topped Spanish boot, handsome and, to our eyes, theatrical, became popular among the rival courtiers, each endeavoring to outvie the other in the queen's eyes. The most handsome and admired of all were made of white Cordova leather, edged with costly lace and having gold spurs. Sometimes buff and red and much more rarely the now prevalent black leather was the material. Boots for men seem to have gone out of fashion during the Stuart era, so far as the upper classes went. Your plain citizen always adhered to a more or less substantial shoe when at home and seldom drew on boots save when on a journey.—London Saturday Review.

Gentle Reminder.
A gentleman, on a visit to another city, entered a restaurant and on leaving took a way with him by mistake a hat belonging to another man. The hats were so nearly identical that the mistake was not detected, and the surprise of the gentleman may be imagined when, reaching home, he glanced at the lining of the hat and found written there the words, "You damned fool, what did you take this hat for?"—Lippincott's.

Willie Wants to Know.
"Pa, how can guns kick when they have no legs?"
"Don't ask absurd questions."
"Guns haven't any legs, have they, Pa?"
"Certainly not."
"Well, then, what's the use of their having breeches?"—Boston Transcript.

Sunflowers.
The old name for the sunflower was solsoeae, the sun follower. The ancient sunflower or sun follower was the marigold. The tall plants of the present day are of American origin.

Weak men never yield at the proper time.—Latin.

Shaking Hands.
Cheerful Idiot—I was quite excited just now seeing two men shake hands. Johnson—What can there possibly be exciting about the simple ceremony of handshaking? Cheerful Idiot—Oh, each man had his hand doubled up and was shaking it under the other fellow's nose!—London Telegraph.

Sweet and palatable, Mother Graves' Worm Extirminator is acceptable to children, and it does its work surely and promptly.
There are 23 cases of diphtheria in Walkerville, 20 cases of scarlet fever and 10 cases of measles, according to Sanitary Inspector Forest.

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Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
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Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.
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A POSITIVE FOR RHEUMATISM

Hundreds of People Found "Fruit-a-tives" Only Help

READ THIS LETTER

Superintendent of Sunday Toronto Tells How He Cures of Chronic Rheumatism After Years.

55 DOVERCOURT ROAD, ONT.

"For a long time, I have written you regarding with most remarkable cure effected by 'Fruit-a-tives'. I have Rheumatism, especially in my hands and feet. I have spent a lot of money on many good results. I have 'Fruit-a-tives' for 18 months and pleased to tell you that all the enlargement has hands and perhaps never soreness is all gone and I kind of work. I have gained in 18 months". R. A.

Rheumatism is no longer a disease it once was. Rheumatism is no longer one of the "diseases". "Fruit-a-tives" has its marvellous powers. It cures Rheumatism, Sciatica, Lumbago, Gout, Gravel, and all other such diseases which some derangement of stomach and kidneys of skin.

"Fruit-a-tives" is sold by all druggists. Price per box, 50c. 6 for \$2.50. 25c. or sent postpaid on price by Fruit-a-tives Limited.

CHANNY

Shorthorn Cattle & Lincolns
Present offering—Shorthorn, a grand lot of lambs, yearling rams and ewes.
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WEST HALF OF LOT 3, CO. 10, Township of Warwick, Good large new brick barn, 40 x 60 feet, 12 foot p. apple trees, 7 acres of good land, good water, 25 acres of land, close to school and church, good for raising. Apply to J. F. ELLIOTT, July 25th, 1914.

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(OLD SALVATION ARMY)

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