

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.

Subscription—\$1.00 per annum in advance. \$1.50 in advance to the United States.

ADVERTISING RATES.

Space	One Year	Half Year	3 Months
One column	\$65	\$35	\$22
Half column	35	18	12
One-fourth column	18	10	7

Shorter periods 15 cents per running inch.

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at eight extra cents. Copy of change must be in printer's hands by Tuesday afternoon.

Latest Advantages—One insertion per line, 10 cents; subsequent insertions 5 cents each time per line. Agents measure 14 lines to the inch.

Business Cards—One inch and under, per year \$5.00.

ADVERTISERS CLAIM—\$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

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WATFORD, MAY 1, 1914.

NOTE AND COMMENT.

England's drink bill rose five million pounds last year as a result of the increasing prosperity and high wages.

The Dominion Government has paid \$4,253 for drinking water from January 1, 1912, to March 1, 1914, according to a return tabled in the House of Commons to-day. Since the last typhoid epidemic in Ottawa, about two years ago, all civil servants in the various departments have been drinking spring or distilled water.

As a nation, it is ordinarily held, we must have some method of defence. This can be assisted cheaply, and effectively, by general school drill. Another side to the matter is that this drill is one of the finest forms of exercise that the children whether boys or girls, can be given; indeed one of the most prominent gymnastic instructors in Canada who trains probably as many boys and men, girls and young women, during the year as any other, relies nearly altogether on drill. To be sure his drill goes beyond the drill necessary for army manoeuvres. So might the drill of the Ontario teachers without

harm. Indeed the drill and gymnastics are so combined in the case mentioned that the pupils do not realize that they are being trained in military manoeuvres, but consider it all gymnastics. It happens that in his classes, the word gymnastics is more fetching than drill would be. The country school teacher will, however, usually find the word drill more inspiring to effort on the part of the pupils than would be the instruction given under the heading of gymnastics.

Legislation now being entered upon the statutes of the Province will do away hereafter with any complaint that the wheels of justice turn too slowly in the case of serious crimes in the counties. There have been instances during the year when the county police attempted to handle criminal affairs alone and at the last hour the provincial body was called in to co-operate. This sometimes meant a serious delay and difficulty in securing prosecutions, and by the law, only on the request of the County Crown Attorney, was any outside assistance warranted. Now, however, by a statute law amendment, power is granted the Attorney-General to send in provincial officers at any hour he deems fit. Provincial men may be on the scene as soon as the local officials. Stringent measures are also under way to guard children who at the present time make their way into moving picture theaters under the protection of an adult. The law which makes all juniors under 15 go in with elders has not been altogether satisfactory, as in some instances the youngsters go to the first man standing around the foyer and ask him to take them in on tickets which they purchase. Such associations are recognized as harmful and in the future each child under 15 who hopes to see the screen must be accompanied by an adult guardian, a member of the family or a relative. This will impose considerable responsibility on the doorkeepers, but the Government is determined to safe-guard the children and to stop a practice sometimes noticed of ushers acting as sponsors to eager youthful patrons.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHERNEY & CO., Toledo, Ohio.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

Foods That Can Take the Place of Medicine

There are many foodstuffs that are eaten and enjoyed, not because of any nutritive value they may possess but rather because of their medicinal properties. Our grandmothers and great-grandmothers may have had little knowledge of the chemistry of foods, but they knew more about their therapeutics than the women of today have ever imagined. That is why they gave onions for colds and rheumatism, cabbage for skin troubles, spinach as a laxative, tomatoes and carrots to stimulate the liver.

They were right. Onions are a valuable medicine. Their properties depend probably upon a powerful sulphur oil called allyl sulphide. They produce sleep, promote digestion, are a remedy for coughs and colds and are said to allay the pains of rheumatism.

Turnips and parsnips contain an oily principle that accounts for their traditional value as an aperient and diuretic, while their juices are an old country remedy for coughs and hoarseness. Potatoes also contain a drug called solanine, which has diuretic properties.

Cabbages are rich in sulphur, therefore they are good for persons with scurvy and scrofula. Spinach is eaten as a laxative and blood medicine. The former quality is due to its indigestible fibres, the latter to the large amount of iron contained in its juice.

The tomato has been called veget-

able mercury because of the presence in it of a principle which stimulates the liver and produces salivation when taken in concentrated form. Carrots have a similar action for a similar reason, due to a drug called carotin which they contain.

By a study of these and similar facts our cooks may become our druggists and our kitchen our dispensaries.

Spring Skin Blemishes

ARE REMOVED BY ZAM-BUK.

Why suffer the humiliation of unsightly skin blemishes, such as pimples, boils or eczema, when they are so easily cured by Zam-Buk? Even the most advanced cases of eczema yield to Zam-Buk's great healing powers. Mr. Jos. Johnson, of 684 Broome Street, New York, writes: "I suffered untold misery for twenty years from eczema. Medical treatment was of no avail. I spent hundreds of dollars on salves and treatments, and all I got was mere temporary relief. At last I tried Zam-Buk, and I am pleased to say that perseverance with this remedy and Zam-Buk Soap has effected a complete and permanent cure."

Mr. Jock Snow, the Scotch comedian, of 47 Abbott Avenue, Toronto, writes: "I have used Zam-Buk for boils, and found it very soothing and a quick healer."

You want to end your suffering? To remove those unpleasant face or body sores? Then buy Zam-Buk. Sold by all druggists or store-keepers at 50c per box. Zam-Buk Soap 25c. per tablet.

Zam-Buk is also best for cuts, sores, bruises, piles, and as an embrocation for stiffened muscles rheumatism, sciatica.

Eat the Crusts

Shall we eat the crumb of the bread or the crust? Ever since we were very young we have been told that if we ate the crusts our hair would surely be curly, but now there seems to be a scientific reason why we should eat them in preference to the inside of the bread. Crusts are really the most valuable part of the loaf. According to Prof. Du Bois of Paris the crust contains less moisture than the crumb and so is richer in solid constituents. The crust has also a more pronounced bread flavor, being more tasty, and so stimulates better the flow of digestive juices. Then, too, the crust is better digested in the month because of the difficulties in masticating it. If new bread were as thoroughly masticated as stale or dry bread is bound to be there would be no reason why it would be any less digestible.

Spare the children from suffering from worms by using Miller's Worm Powders, the most effective vermifuge that can be got with which to combat these insidious foes of the young and helpless.

There is nothing that excels this preparation as a worm destroyer, and when its qualities become known in a household no other will be used. The medicine acts by itself, requiring no purgative to assist it, and so thoroughly that nothing more is desired.

Children Cry FOR FLETCHER'S CASTORIA

One of the oldest if not the oldest horse in Ontario died last week in Petrolia at the age of forty-two years. The horse belonged to Miss Edith Gillespie, and is one of the best known ponies in the town. Miss Gillespie has owned the animal for the last twenty years.

Wise mothers who know the virtues of Mother Graves' Worm Exterminator always have it at hand, because it proves its value.

Are You Suffering From Auto-Intoxication?

The dictionary says that Auto-Intoxication is "poisoning or the state of being poisoned, from toxic substances produced within the body." This is a condition due to the stomach, bowels, kidneys, liver, or pores of the body failing to throw off the poisons. More than 50% of adults are suffering from this trouble. This is probably why you are suffering from nervousness, headaches, loss of appetite, lack of ambition, and many other symptoms produced by Auto-Intoxication. Your whole system needs stirring up.

DR. PIERCE'S GOLDEN MEDICAL DISCOVERY

(In Tablet or Liquid Form)

will remedy the trouble. It first aids the system to expel accumulated poisons. It acts as a tonic and finally enables the body to eliminate its own poisons without any outside aid. Obey Nature's warnings. Your dealer in medicines will supply you, or you may send 50c for a sample package of tablets by mail. Address Dr. R. V. Pierce, Buffalo, N. Y.

The latest edition of Dr. Pierce's Common Sense Medical Advice should be in every family. No matter what you should be without it when it will be sent free to you if you will send out of wrapping one cent in stamps to Dr. R. V. Pierce, Buffalo, N. Y.

Slang

Slang is a verbal vice. It is vile even unto villiany. It taints. It is often used by young people who regard it as an evidence of smartness, which, in fact it is in direct evidence to the reverse. It pollutes. A young girl's character is questioned by a stranger when he hears her use slang. It encourages familiarity. It leads by direct route to wrong doing, shame and remorse. A youth who uses slang is not trusted by men who give employment. The ability and repute of the young man are at once in question. No employer wants slang boy or girl about his store or office. They are not the kind of people to have about the safe and till. In the great cities, where the characters of people are known by their deportment and use of language as a book is known by its cover and contents, the slangy youth or maiden is at once set down as from some frogpond district. It is not regarded as smart. It is about as much evidence of smartness as wearing one's pants and adopting a swagger. Such a person is a butt of ridicule. So is a slangy person.

Things We Think

A man would tell his wife more if he was certain it would stop there, but it makes a man hopping mad to have a neighbor refer to some business difficulty that one wife has learned from the other.

Women don't make historians. Their memory of dates reaching back more than 25 years is too treacherous.

If Opportunity doesn't stop at your house hide in the corner of the door and knock it on the head when it goes by.

The bachelor who enjoys being free often wishes that he didn't enjoy it quite so much.

The months with 'r's in them are also the months when the mortality of grandmothers is lowest.

WHY WE GUARANTEE THIS STOMACH REMEDY

If there are one hundred people in this town who suffer from indigestion, dyspepsia, or any other form of stomach complaint, we believe we can suggest a remedy that will relieve at least ninety-eight of them, and perhaps every one of the hundred. We'll do more than suggest the remedy—we'll promise to give back the money to each and every one of the hundred that are not relieved. That's how much faith we have in Rexall Dyspepsia Tablets.

Containing Pepsin and Bismuth, two of the greatest digestive aids known to medical science, as well as other necessary ingredients, Rexall Dyspepsia Tablets soothe the inflamed stomach lining, aid the secretion of gastric juice, check distress and heartburn, promote regular bowel action and make it possible for you to eat what you like and as much as you like without fear of consequences.

Don't suffer any longer from dyspepsia or indigestion. Use Rexall Dyspepsia Tablets, and you will be just as enthusiastic about them as we are, and just as ready to urge them on your friends. Sold only at the Rexall Stores, and in this town only by Dr. J. W. McLaren, 25c, 50c and \$1.00.

J. W. McLAREN, Watford.

Protect and Beautify your home

LOWE BROTHERS

HIGH STANDARD PAINT

TRADE MARK REGISTERED

The paint of "Proven Performance" will insure for you

THE BEST LOOKING HOUSE IN YOUR NEIGHBORHOOD

It is a great pleasure to know that your house is the best looking in the neighborhood.

Besides this pleasure it is a satisfaction to know that your house is well protected from the destructive elements of weather—rain, sunshine, heat, cold, etc.

Talk over the neighborhood improvement idea with your neighbors. Plan to make yours the neatest and prettiest neighborhood in this city. Paint and flowers will make the change.

PAINT INFORMATION and color combinations for exteriors, interior walls, floors, woodwork and other surfaces needing Paints, Varnishes, Enamels and Stains—at our store, FOR THE ASKING.

T. DODDS & SON

WATFORD

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T. DODDS & SON

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KEPHALDOI CURES COLDS AND LA GRIPPE IN HALF A DAY

Thank the famous Herr Doctor Stoll of Vienna, Austria, for allowing I personal prescription for relieving pain to be sold in Canada. The Doctor used "Kephaldol" in thousands of cases both in private practice and in his hospital clinics. He has proved to the delight of the medical profession, that attacks of La Grippe and Colds could be ward off and broken up in 12 hours by using "Kephaldol" at the first one or sudden chill. Two or three "Kephaldol" tablets at bedtime and two the following morning, will usually mean a complete cure, although in very severe cases, it may be necessary to continue treatment for a short time, taking "Kephaldol" tablet every three hours. "Kephaldol" has the pleasant property of relieving all the distressing symptoms of a "bad cold"—clearing the head, stopping the throbbing headaches—relieving the pain in the back and limbs—enabling one to eat and sleep in comfort. Keep "Kephaldol" in the house, ready to take at the first sign of a cold. If a druggist should not have the stock of these tablets, write Kephaldol Ltd. 31 Latour Street, Montreal.

Adenoids in Children

Many young children are troubled with a growth in the throat called "Adenoids" which affects their hearing, taste, etc., and causes them to catch colds, suffer from earache and a general lowering of the vitality. Often their lack of knowledge they are classed as stupid and bad and are unjustly punished for their misfortune.

The advent of the school nurse so appointed in Sarnia, and the doctor now changing all that. A simple harmless operation occupying only a few minutes removes this unnecessary growth while the beneficial results are so immediate and gratifying as to make parents and teachers enthusiastic advocates of it. A few years of medical attention in the schools, with hygienic teaching and practice, should see scourge of childhood completely wiped out, or at least robbed of its possibility for harm. When this is done, in the opinion of Mr. Neil McDougall, P. S., at least two-thirds of all cases of adenoid growth and three-fourths of its wardness in children will disappear.

CASTORIA For Infants and Children. The Kind You Have Always Bought.

Bears the Signature of J. C. Ayer & Co.

Clean the best whole home

Next Let's

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MARTIN-SENNEBORN'S PAINT & VARNISHES

100% PURE PAINT & VARNISHES

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