

WOMAN SICK FOR YEARS

Wants Other Women to Know How She was Finally Restored to Health.

Hammond, Ont. — "I am passing through the Change of Life and for two years had hot flushes very bad, headaches, soreness in the back of head, was constipated, and had weak, nervous feelings. The doctor who attended me for a number of years did not help me, but I have been entirely relieved of the above symptoms by Lydia E. Pinkham's Vegetable Compound, Blood Purifier and Liver Pills, and give you permission to publish my testimonial." — Mrs. LOUIS BEAUCAGE, Sr., Hammond, Ont., Canada.



New Brunswick, Canada. — "I can highly recommend Lydia E. Pinkham's Vegetable Compound to any suffering woman. I have taken it for female weakness and painful menstruation and it cured me." — Mrs. DEVERE BARBOUR, Harvey Bank, New Brunswick, Canada.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham Laboratory at Lynn, Mass., seem to prove this fact. Every suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

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.
 SUBSCRIPTIONS—\$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	\$22	\$12
One-fourth column	\$22	\$12	\$7

Shorter periods 12 cents per running inch.

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.
 LOCAL ADVERTISING.—First insertion per line, 10 cents; subsequent insertions 4 cents each time per line. A scale measure 14 lines to the inch.
 BUSINESS CARDS.—One inch and under, per year \$5.00.
 ACTIONERS CARDS.—\$5.00 a year.
 LOCALS.—10¢ 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

HARRIS & CO. PROPRIETORS

WATFORD, MARCH 7, 1913.

NOTE AND COMMENT.

A word to the boys and girls:—Judge Denton of the Juvenile Court of the City of Brooklyn, while sentencing a boy of 13 years some days ago, remarked thus:—"I've been five years in this court. In that time I've passed on 2700 children, and I've not had to pass sentence on a boy that attended Sunday school. My dear boy, had you attended Sabbath school I've no doubt you'd not been here."

Hon. R. A. Pyne, Minister of Education, has issued a statement, the effect of which is that until the end of the current school year at least, no changes will be made in the regulations affecting bilingual schools. He said: "I have informed the inspectors of the English-French schools that at the close of the school year the Government will consider any suggestions they desire to make, with a view to improving the efficiency of these schools. The inspectors have been instructed that the regulations now in force are to be carried out in every respect."

The W. C. T. U. of the province, in connection with other bodies, real-

Every Woman
 is interested and should know about the wonderful **MARVEL Whirling Spray**. The new Vaginal Syringe, Best Most convenient. It cleanses thoroughly. Ask your druggist for it.
 If you cannot supply the MARVEL, write to other, we send stamp for illustrated root-cause. It gives full particulars and directions, irrevocable to ladies.
WINDSOR SUPPLY CO.
 Windsor, Ont. General Agents for Canada.

izing the great need of providing for the families of criminals, and also that the criminals themselves need something to help them to lead a better life after their release from prison, are petitioning the Minister of Justice of Canada that at the present session of parliament such regulations will be introduced and adopted as will provide for the personal remuneration for the labor of all prisoners and that such remuneration be divided between the support of the prisoners' family and a savings fund to be given to the prisoner on his release. The petition was largely signed.

Country life has its drawbacks, but it has its great advantages which overcome them. True, those who live in the country are "rubes" and "farmers" and "hayseeds" to the cigarette smokers in town, but the boast of the business men in the world to-day is that they were born on the farm. Take away the surrounding evils that beset the young men or woman on the threshold of life's journey in the city, and substitute the helpful influences of nature, and you fortify them for the sterner walks of life.

When a man dies we notice that many people have so many good things to say for him, and perform in an ostentatious manner many kind acts. His former competitors in business attend the funeral and perform many kind offices for the dead when he is fairly out of the way. Now, if these kind words were said when he was alive and pulling hard against the stream, he would have appreciated it more. We have noticed at funerals men, who a few days or weeks before could not find words mean enough to use against the poor man in his coffin. You might just as well stay away. The kindly offices after death are not appreciated by the man in the box, and the people at the funeral only smile in their sleeves and size you up. Give your good works when they are needed. Do your good works when they will do good. Do not throw on the gauze of sympathy at the funeral, as everyone can see through it.

Feed the Soil

Germany is a hundred per cent. better in wheat and sixty per cent. better in oats than the United States, and England is one hundred and thirty-five per cent. better in wheat and fifty per cent. better in oats than the United States. This is not due to any intrinsic superiority in the quality of land in the European countries but is due to a wise appreciation of the truth, forced upon the Europeans by experience, that every crop despoils the soil and takes out of it some food element which must be returned to it if agriculture is to be successfully followed.

In this soil conservation a very important factor has been extensive consumption of Chilean nitrate, which Europe has freely accepted, now taking over one million tons per annum in an acreage, outside of Russia, which is smaller than is under cultivation in the United States, which takes less than 300,000 tons per annum for agricultural purposes.

The discrepancy is still greater when it is considered that continued care in soil feeding by European farmers makes their need far less than here.—Journal of Commerce.

Brave Charles V

Great bravery and tenderness often go close together. The good man is brave and kind and considerate, the hypocrite craven and cruel. Charles V. of Germany, was an able and virtuous King. He could face any danger, but had the heart of a little child. One day in camp he was told that a swallow was building her nest upon his tent. He gave orders that it should not be disturbed. So the pretty nest, with its dainty, soft lining, was finished, and soon the mother bird was sitting on her pearly white eggs.

But before the young birds were hatched, the army had to break camp. The tents were all struck except the Emperor's. He said: "Let it stand. I can get another shelter but she cannot for her brood. She trusted me for a home, I will not fail her." Surely the bravest are the tenderest.

When a mother detects from the writhings and fretting of a child that worms are troubling it, she can procure no better remedy than Miller's Worm Powders, which are guaranteed to totally expel worms from the system. They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their thorough work. No worms can long exist where these Powders are used.

Stick to Your Last

Tackle what you know. Stick to what you can do well. Nine times out of ten success comes to the shoemaker who sticks to the last. There are people who are everlastingly changing jobs and they wonder why they don't get on. Find the place you fit, go at it with a will and you will move things. There are preachers who ought to be shoemakers and shoemakers who ought to be preachers; there are doctors who ought to be blacksmiths, and there are blacksmiths who ought to make a success at the healing art. Are you at home at your work? Does the yoke fit you, or does it gall and fret you? "As a bird that wandereth from her nest, so is a man that wandereth from his place." The great thing is to be at home at what you are driving at, but at the same time don't be rolling a stone. Do your best at your present job and that will fit you better for what may turn up that may prove more to your liking.

Only Common People

The tradition of blue blood dies hard even on democratic soil and in a democratic age. It is hard to realize that beneath kingly robes or president's garments there dwells nothing but common man. And it is still harder to realize that under the uncouth garb of the unlettered immigrant there breathes a humanity which is of equal value in the Father's sight to ours. We have the same joys and the same trials; we have the same warm love and the same hot hate; the same sins and the same sorrows; and to all the same gospel comes with the same mighty uplift, and the same glorious revelation. One humanity, one Redeemer, one final home.—Christian Guardian.

Does Money Buy Comfort?

The great aim of the mass of mankind is to get enough money ahead to make him "comfortable" and yet a moment's reflection will convince us that money will never purchase comfort, only the means of it. A man may be comfortable without a dollar. But to be so, one must have the right disposition, that is a heart and head in the right place. There are some persons who are lively and good natured, cheerful, kind and forbearing in a state of poverty, which leans upon the toil of to-day for to-night's supper and to-morrow's breakfast. Such a disposition would exhibit the same living qualities in a palace or on a throne.

Every day we meet persons who, in their families are cross and ill-natured, dissatisfied, finding fault with everybody and everything, whose first greeting in the breakfast room is a complaint, whose conversation seldom fails to end in an enumeration of difficulties and hardships, whose last word at night is an angry growl. If you can get such a person to reason on the subject they will acknowledge that there is some "want" at the bottom of it—the want of a better house, a finer dress, more handsome equipage, a more dutiful child, a more provident husband, a more cleanly or sympathetic or domestic wife.

Odds and Ends

Some folks are lucky not to be paid for what they know.

Those who weigh their words do not always speak with weight.

Why suffer from corn when they can be painlessly rooted out by using Holloway's corn cure.

The woman who despises matrimony usually does not speak from experience.

A real unselfish man is one who gets busy moving things out of the way of the one who is rapidly getting to the front.

The man who uses other people's money is in as much danger as the idiot who rocks the boat.

Give a poor sucker the benefit of the doubt; he is being kicked and cuffed enough by others.

The greatest results in life are usually attained by simple means and by the exercise of ordinary qualities.

An aim in life is the only fortune worth the finding, and it is not to be found in foreign lands, but in the heart itself.

The joke about the men and the women who can't get married is worked about as much as the one about the mother of the girl who does get married.

Nearly all children are subject to worms, and many are born with them. Spare them suffering by using Mother Graves' Worm Exterminator, the best remedy of the kind that can be had.

To Our Friends and Neighbors

You know us. You know we would not — that we could not afford to — go back on our word. Nor can you afford to ignore this money-back-if-not-satisfied offer on this splendid laxative.

We honestly believe we have the best bowel remedy ever made — the most pleasant-to-take, most permanently beneficial laxative for relief from the miseries and dangers arising from constipation.

We wouldn't say this if we didn't believe it to be true. We wouldn't risk our reputation by making such statements did we not feel sure you would find them true.

Our faith is built both on the knowledge of what Rexall Orderlies are made of and on observation of very many severe cases in which they have proven their merit.

Try them at Our Risk

If they do not abundantly prove their merit with you also — if you are not entirely satisfied with them — we will refund your money — and we will do that on your mere say-so. We don't ask you to risk a penny. Isn't that fair?

Just let the bowels fail in properly doing their work — just let their action be delayed and incomplete and the entire system and every other organ suffers. Wastes that

should have been expelled remain to poison the system.

Headaches, biliousness, nervousness and other tormenting and serious ills are common when the bowels fail to act daily as nature intended. All this may be avoided, if you will accept our advice.

Rexall Orderlies

taste just like candy. They are soothing and easy in action. They do not cause griping, nausea, purging or excessive looseness. They tend to tone and strengthen intestinal nerves and muscles. They promptly relieve constipation, and help to permanently overcome it.

Rexall Orderlies promote better spirits and better health. In all of these things they are vastly superior to old-fashioned, harsh salts and other purgatives, which are not only unpleasant to take but which usually leave the bowels in worse condition than before. We particularly recommend Rexall Orderlies for children, aged and delicate persons.

Rexall Orderlies come in vest-pocket tin boxes. 12 tablets, 10¢; 36 tablets, 25¢; 80 tablets, 50¢.

CAUTION: Please bear in mind that Rexall Orderlies are not sold by all druggists. You can buy Rexall Orderlies only at the Rexall Stores.
 You can buy Rexall Orderlies in this community only at our store:

J. W. McLAREN

Watford The Rexall Store Ontario

There is a Rexall Store in nearly every town and city in the United States, Canada and Great Britain. There is a different Rexall Remedy for nearly every ordinary human ailment — each especially designed for the particular ill for which it is recommended.

The Rexall Stores are America's Greatest Drug Stores.

Comparing Dairy Cows

A few days ago Mr. Whitley, of the Department of Agriculture, at Ottawa made some statements that are worthy of special note by all Ontario farmers who keep dairy cows. Mr. Whitley and his staff gathered some statistics last year which he rightly characterizes as "amazing." The aggregate performance of the best 300 cows reported in the Province of Ontario was contrasted with that of the worst 300. The average cost of keeping the first class was \$40 per head, while the average cost of the other 300 was only \$33. But the "best" cows brought in a revenue of \$104 each, while the worst brought in a revenue of \$33.33 per head; i.e. the best 300 averaged a net gain of \$64, while the worst 300 averaged a net gain of only 33 cents per head for the year. This is surely "amazing" information. Ontario has now about 1,250,000 milk cows. If they were all of the "best" variety they would bring in a net yearly revenue of \$50,000,000, while if they were all of the "worst" they would yield a net yearly revenue of only \$41,666. And the labor of feeding, milking, etc., is just about the same for the worst as for the best. Evidently it takes more than muscle and industry to farm successfully in these days. Probably less toil and more thought would add millions to the agricultural revenue even of this one province.

Somehow it seems as if things never turn out as bad as we wish.

The things you did yesterday do not relieve you of your duties of today any more than the things you plan to do tomorrow.

Those who oppose kissing the strongest on the grounds that disease germs are spread that way, probably wouldn't object very seriously to a little inoculation by osmulation.

ASTHMA VICTIMS. The man or woman subject to asthma is indeed a victim. What can be more terrifying than to suddenly be seized with paroxysms of choking which seem to fairly threaten the existence of life itself. From such a condition Dr. J. D. Kellogg's Asthma Remedy has brought many to completely restored health and happiness. It is known and prized in every section of this broad land.

STUDY AT HOME

Use your spare time and become a good Bookkeeper, or a Stenographer, or learn to Draw and Design, or take a course in Story Writing or Journalism and qualify to earn a good salary. We can give you just the right Course. Write us for catalogue. W. H. SHAW, President, Shaw's Schools, Toronto.

CENTRAL BUSINESS COLLEGE

STRAFORD, ONT.

The Best Practical Training School in Ontario. Three Departments.

COMMERCIAL, SHORTHAND AND TELEGRAPHY

All Courses are Thorough and Practical. Teachers are Experienced, and Graduates are Placed in Positions. We Give Individual Attention, and Students May Enter at Any Time. Write for our Free Catalogue at once.

D. A. McLACHLAN - PRINCIPAL.

Itch Gone Instantly---Proof at 25c

What Eczema sufferer would not spend 25 cents to cure that terrible agonizing itch?

Since our repeated recommendations failed to induce some Eczema sufferers right in this town to try D.D.D. Prescription at \$1.00 a bottle, we arranged with the D.D.D. Laboratories to offer a special trial—for the present—at only 25

cents for this special bottle. This nominal price is made to assure a trial by every skin sufferer.

D.D.D. Prescription will convince you instantly, for it takes the itch away the very moment you start to wash the skin, and it cures—as we KNOW.

Taylor & Son, Druggists.

A. D. HONE PAINTER and DECORATOR

Specialist in Hand Painted Decorations.

The Best Work at Reasonable Prices. Estimates Furnished

A COMPLETE LINE OF Samois of WALL PAPER on Hand.