

AILING WOMEN OF MIDDLE AGE

Mrs. Doucette Tells of her Dressing Symptoms During Change of Life and How She Found Relief.

Belleville, Nova Scotia, Can.—“Three years ago I was suffering badly with what the doctors called Change of Life. I was so bad that I had to stay in bed. Some friends told me to take Lydia E. Pinkham's Vegetable Compound and it helped me from the first. It is the only medicine I took that did help me and I recommend it. You don't know how thankful and grateful I am. I give you permission to publish what your good medicine has done for me.”—Mrs. SIMON DOUCETTE, Belleville, Yarmouth Co., Nova Scotia, Canada.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism and builds up the weakened nervous system. It has carried many women safely through this crisis.

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	22	12
One fourth column	22	12	7

Shorter periods 10 cents per running inch.

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

LEAD ADVERTISING—First insertion per line, 10 cents; subsequent insertions 4 cents each line per line. Acute measure 14 lines to the inch.

Business Cards—One inch and under, per year \$4.00.

ACQUITTANCE 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, APRIL 17, 1914.

Lignite for Coal

Ontario, with its large deposits of lignite, is specially interested in a report by Frank A. Herald recently issued by the United States Geological Survey. Lignite, it appears, is being used by the United States reclamation service for the generation of electricity, which is conveyed over cable lines to Buford, where electrically operated pumps are used to lift water to an extensive irrigation system operating in the Missouri River valley. Lignite, it is said, appears to be well adapted to this work and can be cheaply mined. It serves furnaces equally well, whether these are fed by hand or stoked automatically. The main point is that a novice handling it usually meets with difficulty, and is apt to condemn it without realizing that the method, not the fuel, is at fault.

Systematic tests have shown that lignite, when properly handled, is thoroughly satisfactory when boilers and fire boxes are properly constructed and the fires correctly fed and controlled. When these requirements are met it is claimed that lignite produces results superior to those obtained by the use of ordinary coal. Not only this, but lignite holds valuable possibilities for use in producer-gas plants and in the making of briquettes. Those who have been experimenting with lignite believe that it can be made successful as a business proposition and the value of this to Ontario can hardly be overestimated. The province has suffered from lack of coal deposits, and if a means can be devised to make lignite available for domestic

and manufacturing purposes, it will be made independent of coal imports.

Deal With Men You Know

Don't expect the impossible of your town and its merchants. Be sure first, before you complain of the goods and prices of home merchants, that you haven't had a hand in making it impracticable for our merchants to handle the kind of goods you want at the prices you can pay. Merchants are not mind readers nor are they blind to their own best interests. If they haven't what you want they will get it for you at as low or lower price than you can get it anywhere else. They deserve to be given an opportunity to do so, anyhow; but if they do not deserve it, you will be doing yourself a bigger favor than you will be doing them to deal face to face with men you know and that can be held personally accountable for their promises and performances. Try this for a rule of trading hereafter.

\$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. CHENEY & CO., Toledo, Ohio.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

J. A. Hicks, Essex, has 45 hens which laid 730 eggs during the month of March.

Bertha M. Clay

Poor Bertha's gone to glory, she died a month ago; no more she'll write the story of heartache, love, and woe; the story sweet and tender of maids and wedding rings, for now, in realms of splendor, she's trying out her wings. I thought she was a maiden with old style corkscrew curls, with beads and earrings laden, like other ancient girls; but now the truth is printed since Bertha home was called; her nose was crimson tinted, and she was slightly bald! Upon her face and body high life had left its scars, for Bertha liked her toddy, and Bertha smoked cigars! On earth no human gazer beheld her in a gown, she used a safety razor to keep her whiskers down. With other mild carousers she liked a quiet game, and Bertha did the same. This novelist of promise pursued deceitful plan; her given name was Thomas—and Bertha was a man! With this fact as a starter we will not show surprise on learning that Nick Carter is grandma in disguise!

—WALT MASON.

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

A cemetery has been opened at Appin on the farm of Mr. Macie opposite the cheese factory.

The law requiring children under 16 years of age to be off the streets by nine o'clock will be strictly enforced.

Every Woman
is interested and should know about the wonderful **MARVEL Whirling Spray**—The New Vaginal Syringe. Best—Most convenient. It cleans instantly. Ask your druggist for it.

If he cannot supply the MARVEL, accept no other, he will send you for illustrated book—free. It gives full particulars and directions for use to ladies.

WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

A lady's comment—
"Tastes better—goes farther."

Red Rose Tea "is good tea"

The Central Branch of the Toronto Young Men's Christian Association is carrying on an active work for young men who are strangers in Toronto. Outstanding men are secured in every church who make it a personal matter to call upon strangers whose names are given them by the Y.M.C.A. One young man from Eastern Ontario was invited by one of the Key-men in Toronto to visit his church. He went, and joined the Sunday Morning Class. He later took a definite stand for the christian life and is now a member of the church and an active worker in the Young Men's Bible Class. Another young man from a distant point was visited by a Key-man and as a result the young man, as well as his father and mother, were united with the church. Thousands of these names are secured from Immigration Secretaries and from Key-men in municipalities throughout the Province from time to time. This is a good work and one in which every right-minded man should be interested.

W. C. BROWNE & SON
FUNERAL DIRECTORS
—AND—
LICENSED EMBALMERS
Twenty Years' Experience.
Night and Day Calls promptly attended to. Phone 21.
Residence Above Store, Main Street.

CENTRAL Business College
STRATFORD, ONT.

Become a specialist in business. It offers more opportunities than any other calling. To reap the full measure of success you must have the best possible training. This is Ontario's Best Business School. We give individual attention. You may enter our classes at any time. Three Departments, COMMERCIAL, SHORT-HAND and TELEGRAPHY. Write at once for free catalogue.

D. A. McLACHLAN - PRINCIPAL.

Shiloh
The family remedy for Coughs and Colds. Small dose. Small bottle. Best since 1870.

Makes Healthy Bowels

THIS simple rule of health is daily called attention to by every doctor in the land, whose first question to the patient almost invariably is, "Are your bowels regular?" Yet there's not one person in fifty who takes proper care of the bowels. And the result of this foolish neglect is nine-tenths of all ill-health. If today you are unable to free your body of waste matter at the usual time, or if the act causes straining, pains and discomfort, don't let that condition occur again tomorrow. Unless your bowels can carry away the waste materials left after food is digested, decay sets in, the poisons of which, taken up by the blood, increase the risk of Typhoid Fever, Appendicitis, and many other serious diseases. In treating constipation, there is a right way and a wrong way. The wrong way is to take harsh purgatives which even though they do clear the bowels, cause griping and nausea, injure the delicate tissues, and so disturb the normal functions as to cause the return of constipation. The right way is to help Nature to produce natural movement, without pain or discomfort, by using

Rexall Orderlies

More Than One Hundred Million Were Sold Last Year

—a gentle laxative in the form of a chocolate-tasting tablet. One of these tablets eaten just before going to bed will help to restore your bowels to normal activity at a time when your body being at rest, the medicine can do its best work. As a result of taking that tablet (or say two, if your case is obstinate), your bowels will move easily and naturally in the morning. The use of Rexall Orderlies for a few days afterward will restore normal regularity. Even chronic constipation is benefited by them, and it is not necessary to continue the treatment for a long time, because, instead of driving Nature, they simply help her to help herself.

This Is Our Guarantee—You Risk No Money

If Rexall Orderlies do not make your bowels act right, tell us so and we'll give back your money without asking a single question. There is no red tape to this guarantee. It means just what it says. You sign nothing. We won't hesitate, or ask you any questions. Your word is enough. If Rexall Orderlies do not do all you expect them to—if you don't feel better after using them and find that they are the pleasantest-acting and best laxative you have ever used, we want you to tell us and get your money back.

Sold only at the more than 7,000 Rexall Stores and in this town only by us. In vest pocket tin boxes, 10c, 25c, 50c.

J. W. McLAREN
WATFORD - - - - - ONTARIO

Rexall Means "KING OF ALL" — Ours is The Rexall Store in this town.

PILES
You will find relief in Zam-Buk. It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores.

Spelling Reform
Without noise or observation simplified spelling movement is continually gaining ground. This is surprising when it is remembered that it appeals primarily to teachers of the teaching profession, more than others, realize the value of time entailed by the chaotic and illogical system of spelling. So irrefutable are the arguments advanced for spelling reform that real counter-argument is attended before reason began to be Ignorance, too, lies at the root of much of the opposition offered to the existing system, only because stereotyped and unduly late period, and under erroneous conceptions of origin and affiliations of the language.

No one who studies the question impartially, but must be convinced that the facts and the weight of the argument are wholly on the side of the reformers. The judgment of Viscount Bryce, better known as Professor James Bryce, late ambassador to the United States, must be taken as that of an accustomed to estimate the value of educational methods. His statement is, therefore, worth attention, when he declares that simplified spelling would be a boon to British trade as well as to business proposition. He should children be laborious and be compelled to waste time in learning how to spell identical words of identical different collection of letter

MARTIN'S
100% PURE
PAIN & VARN