GUIDE-ADVOCATE, WATFORD, JULY 3, 1914



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-Chart Hitcher: sonal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

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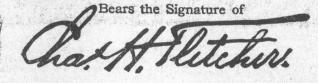
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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

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A Most Irritating Brand Is Used In the Postoffices,

SENDING A PARCEL BY MAIL

Experience of an English Tourist Who, With Joyous Confidence, Undertook to Perform What, Was Supposed to Be a Perfectly Simple Operation.

In all innocence and lightness of heart 1 set out one morning to send a small parcel to England from the town in Germany where I was staying. At the postoffice I was confronted by three booking office windows, each having a weird and formidable inscription over it. These inscriptions were not to be comprehended at a glance; so, not wishing to gaze up at them too long, I selected the least crowded window and handed over my parcel. It was promptly returned to me with a curt "Go to the next window!" It was just that window I specially wished to avoid, being the most crowded, but I waited my turn and then made another attempt. The official looked

at me sternly. "Have you the circulars?" he asked. "No," I replied faintly.

He handed me three circulars, for which I had to pay a small sum and which I was requested to fill up. Pick-ing up my parcel, I sat down to study those circulars. They were covered with instructions, the language used was magnificent, and the effect was so overwhelming that I found it difficult to grasp what I was instructed to do. If my papers were not filled up accurately it was not from untruthfulness, but owing to my limited German vocabulary.

By the time I had described the parcel, the gross weight thereof in grams and kilograms, the gross

a knot.' In desperation I seized the scaling way and worked away until I had used it to the last speck and the par-cel was one intricate mass of string and wax. Then I conveyed it once more to the postoffice. It was now al-most closing time, and the officials were in a hurry to get away. I handed over the papers and the parcel with-

the string crosses and wherever there's

out a word. 'Two minutes later I walked out of the postoffice with joy in my heart and a smile of satisfaction on my face. I had sent the parcel off.-London Fami-ly Herald.

WINNING HAPPINESS.

Set on Good Terms With Yourself and Everything About You.

Happiness can never come from the outside to the inside unless happiness already exists in the inside. We become happy because there are certain elements within us that respond immediately to the things that make up happiness

To be thoroughly happy you must be on good terms with yourself. Also it means that you have fathomed the mystery of happiness in every growing thing about you. man that is not on good terms with the trees and flowers and birds and houses and the scores of other gifts of nature can never be upon good terms with himself. For nature though silent in its expression, speaks truths more wondrous than the expressed truths of men.

To be thoroughly happy you must be on good terms with everything

about you. Did you ever look up into the sky and ask yourself whether or not you were on good terms with the stars, with the planets-with the moon? And during the day, with the clouds and the marvelous sun that so greatly affect your disposition, as these things do affect the dispositions of every one? To be thoroughly happy you must make the wonderful truths and expressions of nature your mental comnanions

It is impossible for you to be upon good terms with all people unless you fall in alignment with their sympa-thies and with their viewpoints. It is impossible for you to bring out the best that is within unless you use as a basic standing a perfect equality of terms.-Toledo Times

ANCIENT MEDICAL HUMOR.

Specimens From the Rome of Nearly Twenty Centuries Ago.

That there was no lack of medical humor in the classic days of Rome is made sure by the ancient epigrams of Martial of nearly 2,000 years ago. The London Lancet shows that the poet bore a grudge against the specialists of his day, for it seems they had this variety of practitioners then and pokes fun at the oculists and at the surgeons who indulged in clinical teaching. Of the latter he has a patient complain in good Latin, and this complaint has been made over into current English: I lay ill, but soon Symmachus sought me With a class of a hundred young men, Whose hundred cold paws have brought

A MESSAGE TO_WOMEN

Who Are "Just Ready in Drop. When you are "just ready to drop." hardly drag yourself about-and be-cause you have not slept well, you get up as tired-out next morning as when you went to bed, you need help.

when you went to bed, you need help. Miss Lea Dumas writes from Ma-lone, N. Y., saying: "I was in a bad-ly run-down condition for several weeks but two bottles of Vinol put me on my feet again and made me strong and well. Vinol has done me more good thim all the other medi-dres I ever took." cines I ever took."

If the careworn, run-down women, the pale, sickly children and feebles old folks around here would follow Miss Dumas' example, they, too, would soon he able to say that Vinol, our delicious cod lives and iron remedy, had built them an and made them strong

It is a wonderful, strength creator and body-builder, and we sell it un-der a guarantee of satisfaction. You get your money back if Ninol does not help you.

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ables.

By changing from central standard to eastern standard time the city of Cleve-land has added 201 more hours of day-

Aught a year between 6 a. m. and 10 p. m. Wretched from Asthma. Strength of body and vigor of mind are inevitably impaired by the visitations of asthma. Who can live under the cloud of recur-ing attacks and keep body and mind at their full efficiency? Dr. J. D. Kellogg's Asthma Remedy dissipates the cloud by emoving the cause. It does relieve. It oes restore the sufferer to normal bodily im and mental happiness. m

An Englishman has practised a device to enable aviators to pick up messages from the ground while in flight by drop-ping a grapnel at the end of a line.

to the postoffice. He took it so inno-cently that my conscience reproached me for not having given him a word of warning. He was a long time gone, but that was to be expected. When

I saw him come in my heart sank in despair. "They won't take it like this," he

said cheerfully. I groaned and asked:

"Why not?"

"There's not enough sealing wax on it."

"Not enough sealing wax?" I cried incredulously. "No. You must put a blob wherever The fever I lacked till then.

The journal of the American Medical association calling attention to the medical ways of the ancient city notes that diseases due to luxurious habits had multiplied greatly in Rome. What was called gout-that is, pains and aches in joints and muscles and the vague conditions that we now call rheumatism-had also greatly increased. Pliny, who was an older con-temporary of Martial, says, "Gout used to be an extremely rare disease, not in the times of our fathers and grandfathers only, but even within my own memory." Although the gouty were usually rich and of luxurious habits, some of them evidently were not good pay. An evidence of this is thus given:

Diodorus, while he sues in court, On gouty feet can stand, But when the lawyer's bill is brought The gout sets fast his hand.

Masked Women

Upper class Swahili women wear curious masks, which are made of leather and beads on a wooden frame. The mask is derived from the traditional usage of Moslem women, who must keep their faces covered in the presence of men. For several cen-turies Arab traders have frequented this east African coast, and to their influence are due most of the civilized customs found today among the na-tives of the district. The clothing worn by these prosperous dames is of silk, their shoes are partly of silver, and they wear much silver jewelry. The Moslems in Zanzibar, by the way, are less fanatically strict about religious usages than their brethren in Morocco and Turkey .-- Wide World Magazine.

Unless worms be expelled from the system, no child can be healtny. Mother Graves' Worm Exterminator is the best medicine extant to destroy worms. m

CAMERON & GRAHAM Waste in youth is responsible for most of the disease, helplessuess, and poverty in old age. GROCERY... ie7-tf

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