

E. Pinkham's Vegetable Compound — Her **Own Story.** 

London, Ont.--"I am a farmer's wife and a very busy woman. Last summer I was taken with



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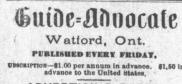
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time, but he did me little or no good. One day a friend of mine told me to try Lydia E. Pinkham's Vegetable Compound as she had been greatly helped by it. I began taking it and soon got well, and my periods became natural again. Since then I have had perfect health. In fact I have never felt o well in my life. Lydia E. Pinkham's Vegetable Compound is a medicine many women need. If you think this

letter will help other women please pubish it."-Mrs. K. C. Young, Tambling's Corner, London, Ontario, Canada. Women who suffer from those distressing ills peculiar to their sex should not doubt the ability of Lydia E. Pinkham's

Vegetable Compound to restore their health. If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.



ADVERTISING RATES. de Ong Yea. Half Year 3 Moni olumn \$65 \$38 \$22 column \$8 \$22 \$12 ourth column \$2 \$12 \$12 column \$05 \$38 \$27 f column 38 \$22 11 -fourth column 22 12 Shorter periods 12 cepts per running inch.

Advertisers will be allowed a change of matter very two weeks. Weekly changes can be had at alight extra cost. Copy of change must be in rinter's hands by Tuesday atternoon. LEGAL ADVERTISING :-- First insertion per line, 10 costs ; subsequent insertions 4 costs each time per ine, Agate measure 14 lines to the inch. BUMINERS CARDS--One inch and under, per year 5.00,

onwar Carba-\$5.00 a year. s-10c. per line each insertion. Miminum is cents.

ents without specific directions will be forbid and charged accordingly. HARRIS & CO. PROPRIETORS

whatever reasons existed for the policy of reserve Britain maintained toward Egypt, and now the land of the Pharoahs blossoms forth as a full fledged protectorate of the British Empire.

London Chronicle : The German government has stood callously by without lifting a finger to save these millions of innocent non-combatants. whose bread its rapacity has stolen ; and while foreigners send over ship-loads of free food to keep them alive, its one thought is to put its fingers again into their pockets and feel if there are not perhaps still a few coins in them left to steal.

Chicago Tribune: When, in the light of the happenings during the past four months, the preparedness of Germany is considered, especially its spy system, one can understand why Krupp, Kaiser, Kronprinz & Ko., really believed they could whip the whole world. They left only one thing out of their reckoning-the British mind. They seem not to have quite understood this. The personal equation has upset Gernany's best laid plans.

Oceans of Blood

The war proceeds and Europe pleeds, she's reeling and exhausted and kings, I feel, find martial zeal already badly frosted. They look around and on the ground they see a million bodies, and war's a thing no more to sing or toast in foaming toddies. The dullest prince must

of slain, the fatherless, the widders. And in his dreams he must, meseems, behold the specters gory of those

kaiser and see the ghosts of butchered hosts along the Aisne and Yser. They may exclaim, "We're not to blame, we're meek as any kitten," but they must bear the curse and wear the shame when all is written. No use for prince his words to mince and say, "It's not my doing"; until he croaks the specter folks his steps will be pursuing. And when he lands on Jordan's sands the ghosts

confound him. WALT MASON.

\$100 Reward, \$100

ment. Hall's Catarrh Cure is taken in-ternally, acting directly upon the blood and mucous surfaces of the system, there-by destroying the foundation of the dis-ease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The propriet-ors have so much faith in its curative powers that they offer One Hundred Dollars for any case that if fails to cure.

### THEY LOST THE PRIZE, Nervous But Then the Contenders Were Only a Lot of Sea Gulls. Some campers at a northern lake once put a big tish on a sloping reck

GUIDE-ADVOCATE, WATFORD, JANUARY 8, 1915

once put a big fish on a sloping reck war the water's edge to see what the gulls would do. A soaring scavenger soon spied it and swooped down for a feast. Seizing the fish in his talons the vo-racious bird flapped its great wings and screamed greedily as he tried to thake off with his find.

But the fish was too heavy to be lifted. The only result of repeated attempts was that the fish began to slide toward the water and soon fell iz with a splash.

Diving after it, the gull brought it to the surface, and then began a curious spectacle. Time after time the gull hoisted the fish as high as his strength would permit, only to weaken and let the fish fall again. The noise attracted other gulls and a battle ensued. First one gull and then another would dive for the fish, lift it part way above the water's surface and be set upon by other gulls until the fish slipped back,

a sacrifice to jealousy and greed. For almost an hour this struggle insted, ending only when all the guils were tired out. The prize was lost. A fraction of the energy thus spent in scrapping over an object too big to handle would have secured for each gall an ample meal of smaller figh, with which the lake abounded.

Or, a little co-operation, instead of so much crazy competition, would have lifted the fish to a safe place on dry land, where all the gulls could have feasted at their leisure. But they were only gulls; hungry,

unthinking, gluttonous gulls. Of course, men would have known hetter. Yes?-Cleveland Press.

#### DIET AND DIGESTION.

Length of Time Different Foods Remain In the Stomach.

Few people could make an accurate guess as to the length of time different foods remain in the stomach. The popular ideas as to what are the most digestible foods are all wrong, or nearly so. In eating chicken, for instance, one imagines that he is sure of a rapid digestion, and yet chicken meat remains in the stomach, under normal conditions, for four hours. Duck, which is generally supposed to be much more difficult to digest than chicken, remains for only two hours. A hard boiled egg lasts for four hours, which is much longer than the average, whereas boiled fish remains

for only an hour and a half. It is a very common mistake to sup-pose that well boiled beef is very easily digested, while as a matter of fact it remains in the stomach for six hours, which is longer than any other common article of food. Tripe, on the other hand, remains for only one hour in the stomach and is one of the easiest of all foods to digest.

A period of one and a half hours is required for apples, celery, cheese and ovsters, while twice this time is required by rye bread, onions, sausage or raw milk .- Boston Herald.

"When a statesman has something

to say, let him say it," said a congressman. "But this continual getting up and talking on every subject under the

sun just for the sake of getting one's

name in the papers-well, that sort of



# **Business** is Waiting -Telephone for it.

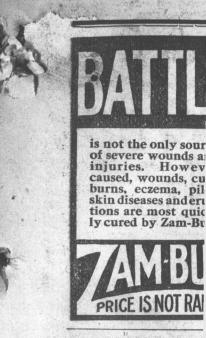
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Business may be quieter than two years ago, yet there is no cause for depression. Crops are good and already business is waking up.

Call your customers by long distance telephone. Dispel their gloom by the hearty spoken word. Keep both yourself and them posted on prices and general conditions, and there will be no slowing up in your business.

The economy of telephone selling makes it a welcome aid to business just now. The long distance telephone is the proven ally of economical business.

Every Bell Telephone is a Long Distance Station The Bell Telephone Co. OF CANADA.





#### However: After all is said and done th

nothing that will take the pl good Glasses. One may move er the light or bring the light er to them, they may twis turn the book or paper, they do as they please, yet, it the need Cleaser they must have need Glasses they must have otherwise there is the inev eye strain, followed by head: Why not avoid all this disco by coming to us. We are to help eyes.

CONSULTATIONS FREI

CARL CLA JEWELER ISSUER OF MARRIAGE L

## FARM FOR SI

WEST HALF OF LOT 3, CON. 4 Dufthe premises are a good frame ho charniwith stable and granary, all 1 fenced and tile drained. Two acre very best of loony farm land, well creek/running through it. Situated the best localities in the township tion or grazing purposes. For furth ars apply to J. F: ELLIOT, v July 29th, 1914.

#### HARRY WILLIAM

Sleigh Manufacturer ; Ripping Planing, etc., and all kinds repairing will receive our best ST. CLAIR ST. :-: W

(OLD SALVATION ARMY BAR



sbrink and wince when fairly he considers the woe and pain, the heaps who gave all for a grave on some red "field of glory." I'd hate, by jing, to be a king, a sultan, czar or

will gather round him, the men he slew, and awful crew, to startle and

The readers of this paper will be bleased 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 ositive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treat-ment. Hall's Catarrh Cure is taken in-

#### WATFORD, JANUARY 8, 1915. NUTE AND COMMENT

Gnide-Udnocate

HARRIS & CO. PROPRIETORS.

Dollars for any case that it fails to cure. Send for list of testimonials. Address : F. J. CHENEY & CO., Tol-Journal of Commerce :-- We still maintain the war is likely to end through the economic collapse of Germany rather than through the loss of men. Germany's shortage of horses, of gasoline, of footstuffs, and raw materials are going to be the deciding factors in this conflict.

It's enough to make the blood boil to see the way Belgium is being squeezed mauled and skipped by the German rough-necks. Imagine a country that is foodless and home-less being forced to pay \$70,000,000 to the debauchers who are over-running it. There'll be a day of reckoning yet, and Germany will not have a voice in the terms, either.

St. John Standard-If Great Britain had desired to disturb the delicate balance between the European nations prior to this war, and the relation they bore to the Ottoman Empire, she might, years ago, have done what she did last week, and officially proclaimed Egypt a British protectorate. This proclamation merely made public to the world a condition which for years had existed. With Turkish participation in Germany's quarrel disappeared

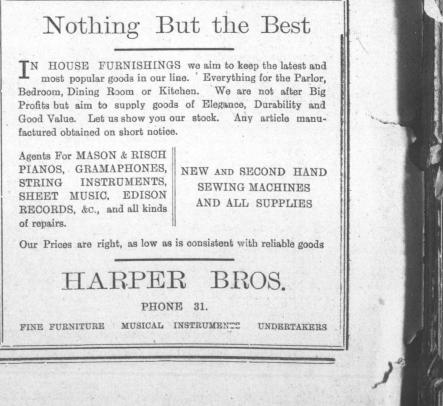


ation. An Educated Girl A girl's education is most incomplete, ays an exchange, unless she has learned To sew, To cook, To be gentle, To value time, To dress neatly, To keep a secret, To avoid idleness, To be self-reliant, To be self-reliant, To darn stockings, To respect old age, To make good bread, To keep a home tidy, To be above gossiping, To make home happy, To control her temper, To take care of the sick, To take care of the baby, To sween down the cobwy To take care of the baby, To sweep down the cobwebs, To marry a man for his worth, To read the very best books, To take plenty of active exercise, To be a helpmate to her husband, To keep clear of trashy literature, To be a womanly woman under ircumstances. al stances.

It is in Demand.—So great is the de-mand for Dr. Thomas' Eclectric Oil that a large factory is kept continually busy making and bottling it. To be in de-mand shows popular appreciation of this preparation, which stands at the head of proprietary compounds as the leading Oil in the market, and it is generally ad-mitted that it is deserving of the lead. m Leprosy is increasing in the United States, according to Dr. W. C. Rucker, Assistant Surgeon General of the United States Public Health Service. He ad-vocates a Federal Leprosarium for their

edo, O. Sold by all Druggists, 75c. Take Hall's Family Pills for constithing gives statesmanship a bad name. "A deputation visited a jeweler's. "'We want to buy a solid silver coffeepot,' the spokesman said. "'Yes, sir; yes, sir.' And the jeweler rubbed his hands. "'It's for a senator.' " 'In that case, sir.' said the leweler. 'you will want something with a long spout."-Chicago Herald, The Riming Speller. A correspondent mentions the diffi-culty experienced by budding authors in spelling words in which dipththongs "ei" and "ie" appear. An easy manner to recall the order of precedence of the vowels is contained in an ancient rime: "T" before "e" Except after "c" Or when sounded like "a" In "neighbor" and "weigh." -New York Sun, A Horse Laugh. Motorist (blocked by load of hay)-I say, there, pull out and let me by. Farmer-Oh, I dunno ez I'm in any hurry. Motorist (angrily)-You seemed in a hurry to let that other fellow's carriage get past. Farmer-That's 'cause his horse wuz eatin' my hay. There hain't no danger o' yew eatin' it, I reckon.—Springfield Republican. Happy Outlook

Mother, to engaged daughter-I don't care if he is a millionaire. It's really perfectly outrageous for you to think of spending your young life with that old thing. "Oh, that isn't all I think of spend-ing. mother, dear."-Life.



Guide-Advocate Ads; are Business Bringers



Cigarette smoking among w girls at St. Louis has doubled year, according to the findin St. Louis Grand Jury which is into the sale of cigarettes t Popular among wealthy at

Only the uninformed endure of corns. The knowing o Holloway's Corn Cure and get

Dr. Oscar H. Allis, addre American Orthopedia Assoc Philadelphia, says that "it is crime to send children to sch the age of ten years. Under t fixed<sup>4</sup>position at the school causes serious spinal curvature

Children C FOR FLETCHER' CASTOR