

FARMER'S WIFE ALMOST A WRECK

Restored to Health by Lydia 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 severe pains in my back so bad that I could not get up or scarcely move without pain, and my periods were painful. My husband called in a good doctor and I was under his care for some 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 so 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 publish 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.

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HARRIS & CO.
PROPRIETORS

Guide-Advocate
HARRIS & CO. PROPRIETORS.
WATFORD, JANUARY 8, 1915.

NOTE AND COMMENT

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 homeless 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

Every Woman
is interested and should know about the wonderful **MARVEL Whirling Spray**.
The new Vaginal Spray. Best—Most convenient. It cleanses, soothes, and relieves. It is a perfect drop-let for the vagina.
If it cannot supply the relief you desire, it will be returned to you free of charge. It gives full particulars and directions for use. Write to **WINDSOR SUPPLY CO.,** Windsor, Ont. General Agents for Canada.

whatever reasons existed for the policy of reserve Britain maintained toward Egypt, and now the land of the Pharaohs 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 shiploads 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 Germany's best laid plans.

Oceans of Blood

The war proceeds and Europe bleeds, 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 toadies. The dullest prince must shrink and wince when fairly he considers the woe and pain, the heaps of slain, the fatherless, the widows. And in his dreams he must, meseems, behold the specters gory of those 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 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 will gather round him, the men he slew, and awful crew, to startle and confound him.

WALT MASON.

\$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, O.
Sold by all Druggists, 75c.
Take Hall's Family Pills for constipation.

An Educated Girl

A girl's education is most incomplete, says 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 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 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 all circumstances.

It is in Demand.—So great is the demand for Dr. Thomas' Electric Oil that a large factory is kept continually busy making and bottling it. To be in demand 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 admitted that it is deserving of the lead. Leprosy is increasing in the United States, according to Dr. W. C. Rucker, Assistant Surgeon General of the United States Public Health Service. He advocates a Federal Leprosarium for their care.

THEY LOST THE PRIZE.

But Then the Contenders Were Only a Lot of Sea Gulls.
Some campers at a northern lake once put a big fish on a sloping rock under the water's edge to see what the gulls would do.

A soaring scavenger soon spotted it and swooped down for a feast. Seizing the fish in his talons the voracious bird flapped its great wings and screamed greedily as he tried to make 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 in 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 lasted, ending only when all the gulls 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 gull an ample meal of smaller fish, 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, man would have known better. 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, whereas boiled fish remains for only an hour and a half.

It is a very common mistake to suppose 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 oysters, while twice this time is required by rye bread, onions, sausage or raw milk.—Boston Herald.

Something Suitable.

"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 thing gives statesmanship a bad name. A deputation visited a jeweler's. 'We want to buy a solid silver coffee-pot,' the spokesman said. 'Yes, sir; yes, sir.' And the jeweler rubbed his hands. 'It's for a senator?' 'In that case, sir,' said the jeweler, 'you will want something with a long spout.'—Chicago Herald.

The Riming Spell.

A correspondent mentions the difficulty experienced by budding authors in spelling words in which diphthongs "ei" and "ie" appear. An easy manner to recall the order of precedence of the vowels is contained in an ancient rime:
"I" before "e"
Except after "o"
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 ex. 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 hasn'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 spending. Mother, dear."—Life.

Nervous Emotional Dizzy Depressed

Mrs. Addie Cartinger of Cedar St., Cairo, Ill., writes Dr. Pierce as follows:
"I paid 21 cents for your 'Common Sense Medical Advice' for my daughter who has recently married and I know the book will be of much value to her. I have read and used for 26 years the valuable treatments contained in the 'Medical Advice' and have taken many bottles of Dr. Pierce's Favorite Prescription, and have been restored to health each time I used it. It is a great remedy for women as a strength builder, fine for the nerves and general health."

WOMEN who are restless, with constant change of position, "fidgetiness," who are abnormally excitable or who experience fainting or dizzy spells, or nervous headache and wakefulness are usually sufferers who can be helped.

DR. PIERCE'S Favorite Prescription

is the soothing, cordial and womanly tonic that brings about an invigorating calm to the nervous system. Overcomes the weakness and the dragging pains which resemble the pains of rheumatism. Thousands of women in the past forty years can bear witness to its benefits.
Your dealer in medicines sells it in liquid or sugar-coated tablet form; or you can send 50 one-cent stamps for a trial box of Dr. Pierce's Favorite Prescription tablets. Address Dr. J. C. Pierce, Invalids' Hotel and Surgical Institute, Buffalo, N. Y.

Business is Waiting—Telephone for it.

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.

Nothing But the Best

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents For MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., and all kinds of repairs.

Our Prices are right, as low as is consistent with reliable goods

HARPER BROS.
PHONE 31.
FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

Guide-Advocate Ads, are Business Bringers

BATTU

is not the only source of severe wounds or injuries. However caused, wounds, cuts, burns, eczema, pimple skin diseases and eruptions are most quickly cured by Zam-Bu

ZAM-BU



However; After all is said and done there is nothing that will take the place of good Glasses. One may move or the light or bring the light on to them, they may twist turn the book or paper, they do as they please, yet if the need Glasses they must have otherwise there is the inevitable eye strain, followed by headache. Why not avoid all this discomfort by coming to us. We are here to help eyes.

CARL CLAU

JEWELER ISSUER OF MARRIAGE LICENSES

FARM FOR SALE

WEST HALF OF LOT 4, CON. A. Warwick, 100 acres, all under Ont. premises are a good frame, hardy stable and granary, all fenced and tile drained. Two acres very best of loamy farm land well creek-running through it. Situated in the best location in the township for farming or grazing purposes. For further particulars apply to J. F. ELLIOT, July 25th, 1914.

HARRY WILLIAM

Sleigh Manufacturer; Rippling Planing, etc., and all kinds of repairing will receive our best ST. CLAIR ST. (OLD SALVATION ARMY BAR)

PATENT

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A person sending a sketch and letter quickly ascertain our opinion free of charge. We inventors' rights. HARBOR, Scott Bros. Chicago agency for securing Patents taken through Munn & Co. Scientific American
A leading scientific journal, containing a full and complete list of all scientific journals, and a full and complete list of all scientific journals, and a full and complete list of all scientific journals.
MUNN & Co., 361 Broadway, N.Y.
Branch Office, 65 F St., Washington

Philip Neuman, a New York clerk, when arrested, said that he pilfered letters when he smokes.

The Terror of Asthma continues in the night with its throttling, robbing its victim. It seems beyond the power of aid to relieve until one trial of that remarkable preparation, Kellogg's Asthma Remedy. Jief comes with a rush. Lif worth living, and if the remedy persistently, the disease is put gently to rout. Take no substitute.

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

Only the uninformed endure of corns. The knowing of Holloway's Corn Cure and get Dr. Oscar H. Allis, addn American Orthopedic Assoc Philadelphia, says that "it is a crime to send children to school the age of ten years. Under a fixed position at the school causes serious spinal curvature"

Children FOR FLETCHER'S CASTOR