

## AFTER 7 YEARS SUFFERING

I Was Cured by Lydia E. Pinkham's Vegetable Compound

Waurika, Okla.—"I had female troubles for seven years, was all run down, and so nervous I could not do anything. The doctors treated me for different things but did me no good. I got so bad that I could not sleep day or night. While in this condition I read of Lydia E. Pinkham's Vegetable Compound, and began its use and wrote to Mrs. Pinkham for advice. In a short time I had gained my average weight and am now strong and well."  
—Mrs. SALLIE STEVENS, R. F. D. No. 3, Box 31, Waurika, Okla.



### Another Grateful Woman

London, Ont.—"I feel as if I could not tell others enough about the good Lydia E. Pinkham's Vegetable Compound has done for me. I was so weak and tired that I could not rest nights. A friend recommended your Compound and I soon gained health and strength and could not wish to sleep better. I know other women who have taken it for the same purpose and they join me in praising it."  
—Mrs. Wm. A. BERRY, 905 Dame St., London, Ont.

Lydia E. Pinkham's Vegetable Compound has surely cured many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, and nervous prostration.

## Guide-Advocate

Watford, Ont.  
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HARRIS & CO.  
PROPRIETORS.

## Guide-Advocate

HARRIS & CO. PROPRIETORS  
WATFORD, MAY 12, 1911.

Living Here and in England.

Some interesting and instructive figures were recently issued by the British Board of Trade relative to incomes and the cost of living in both America and in England. An analysis of the situation makes it evident that those who live and work on this continent have much to be thankful for. As a matter of fact we have twice as much to be thankful for as have the workers of the British Isles. According to these statistics, which have been gathered

## CURED OF CONSTIPATION

Mr. Andrews praises Dr. Morse's Indian Root Pills.

Mr. George Andrews of Halifax, N.S., writes:  
"For many years I have been troubled with chronic Constipation. This ailment never comes single-handed, and I have been a victim to the many illnesses that constipation brings in its train. Medicine after medicine I have taken in order to find relief, but one and all left me in the same hopeless condition. It seemed that nothing would expel from me the one ailment that caused so much trouble, yet at last I read about these Indian Root Pills.

"That was indeed a lucky day for me, for I was so impressed with the statements made that I determined to give them a fair trial.  
They have regulated my stomach and bowels. I am cured of constipation, and I claim they have no equal as a medicine."

For over half a century Dr. Morse's Indian Root Pills have been curing constipation and clogged, inactive kidneys, with all the ailments which result from them. They cleanse the whole system and purify the blood. Sold everywhere at 25c. a box.

with the care usually exercised by this institution, covering twenty-eight American cities and towns, and a corresponding number of English centres, it is shown that the average combined cost of rent and food is 52 per cent. dearer in America than in England, while on the other hand wages on this side of the Atlantic are at a rate of 230 as compared with 100 in England and Wales. In other words the worker in the United States and in Canada, for the statistics of the two countries would be much alike in this respect, is receiving two and one-half times more than is the Britisher in the same occupation. The margin which Canadian and American workmen enjoy over the actual necessities of life is such that saving a fair sized competency is within reach, while in England on the other hand this is well nigh impossible.—Saturday Night.

### Value of Play.

Remember how old a man used to be at 50. He did not play. Remember the old type of grandmother, who was old at 40 and who was entitled to be ranked among the oldest inhabitants at 60? She was a dear old creature, without whose gentle counsel some of us to-day would be much nearer worthless than we are. But she was old too young; she had forgotten how to play.

That is one of the reasons why a house without children is so profitless an abode. Robbed of the natural incentive to play, parents grow old before their time. Their hearts dry up; they think always soberly; it's work, work, work. They miss the mental and spiritual uplift that go with a romp on the nursery floor or a childish game under the parlor lamp.

And the best part of it is that one need not drop work in order to play. Turn your work into play; that's the secret. For exercise play tennis or golf, don't get into a treadmill. The most prosaic of tasks becomes a game if one looks at it from the right angle. Work? There is no such thing. The world is a great playground, the games as various as the players and the person who cannot see the uselessness of insisting that work is work and nothing more deserves to grow old, wither up and blow away before his time.—Cleveland Plain Dealer.

## NO APPETITE?

This Remedy Will Restore It.

If you have no appetite for meals, can't work, can't rest and are annoyed with too frequent urination and a burning, scalding pain in making passages.

If at night you retire, hoping for sleep that either does not come, or is troubled and fitful, you have kidney trouble and need Booth's Kidney Pills, the guaranteed remedy for all kidney and bladder trouble. A few doses of Booth's Kidney Pills will wake up the sluggish kidneys and regulate the urine. Continued treatment will cure and heal the weakened kidneys and restore the appetite in the natural way. Sold everywhere, 50c. box, or postpaid from The R. T. Booth Co., Ltd., Fort Erie, Ont. Free trial sent on application.

Sold and guaranteed in Watford by T. B. Taylor & Sons.

Prince Rupert Optimist:—Sending away for your goods builds up some other locality and leaves your home town dead. Toronto and Montreal are growing rapidly because of the growth of the west. When you send away for goods you pay your money to the express companies and to the eastern dealer and none of it ever comes back to you. When you spend your money at home the local business houses prosper, the whole community prospers and you get some of your money back—indirectly but surely.

IT IS A LIVER PILL.—Many of the ailments that man has to contend with have their origin in a disordered liver, which is a delicate organ, peculiarly susceptible to the disturbances that come from irregular habits or lack of care in eating and drinking. This accounts for the great many liver regulators now pressed on the attention of sufferers. Of these there is none superior to Parmelee's Vegetable Pills. Their operation through gentle is effective, and the most delicate can use them.

There were probably more silos erected in Canada in 1910 than in any other one year, says Dairy Commissioner J. A. Riddick, who is in a good position to judge. Steadily the logic of economy dislodges the prejudice expressed in such epithets as "pickled cornstalks" and "sauerkraut corn." Both beef-makers and dairymen are coming to recognize that, while they may make money without the silo, they can make more with it.

**Shiloh's Cure**  
quickly stops coughs, cures colds, heals the throat and lungs. . . . 25 cents.

## The Bald Headed Man may

Look Wise

But If He Had Been He Would Have Hair Now

You do not want a scientific treatise on the hair follicle—you are not particularly interested in the name of the German scientist who isolated the bug that is said to cause baldness. What you do want to know is how to save the hair you have and make it strong and lustrous.

Nyal's Hirutone will do it better than anything else.  
It is not claimed that Hirutone is a wonderful scientific secret—but it is the concrete result of all that is proven in the scientific treatment of sick and diseased hair and scalp.  
It is a happy combination and you will notice a prompt improvement in the feeling of the scalp and the look of the hair.

Hirutone loosens and removes all scaly and matted deposit on the scalp—stimulates the hair bulbs and gives new life and vigor to the hair itself. Nyal's Hirutone gives back to the hair and scalp what it has been robbed of by your neglect and abuse. It is time to start right. Use Hirutone.  
It is one of the Nyal remedies and no higher recommendation can be given for it. They are all good. Ask your Nyal Druggist. He recommends it.

Sold and Guaranteed by  
WATFORD DRUGGISTS.



One for each everyday ailment

A raid on a cold-storage establishment in Cincinnati led to the discovery of ten tons of cold-storage poultry, which had been condemned. Some of it had been stored for five years. Some venison was found stamped 1905. The cold-storage experts claim that such food-stuff is perfectly wholesome!

## Shiloh's Cure

quickly stops coughs, cures colds, heals the throat and lungs. . . . 25 cents.

The order for the chins for the Chateau Laurier, the new Grand Trunk hotel at Ottawa, has been awarded to the Theodore Haviland company of Limoges, France. This chins is of a very handsome and unique pattern, and will be the best that can be turned out by this well known company, and includes regular service, banquet service, palm room or tea room service and a DeLux set for use in the Royal Suite.

## Catarrhozone

Cures Permanently  
BRONCHITIS, COUGHS,  
COLDS, ASTHMA,  
CATARRH

Throw medicine to the dogs. At best they are unpleasant, often useless. You are suffering from some disease of the throat, nose, or lungs. Doctors call it Bronchitis, asthma, or Catarrh, or it is a slight or severe cold. Germs cause these diseases—they have a common root.

Catarrhozone destroys disease germs, but it does more, it heals disease tissue.  
CATARRHOZONE is little drops of healing carried by air to the exact place where Catarrh exists. Observe, Catarrhozone not only destroys the cause, but immediately repairs the result of diseased condition.  
Catarrhozone means little drops of healing carried by air and placed over the lungs, throat and nasal passages.  
Catarrhozone is endorsed by doctors, druggists, and by thousands of Canadian people who have used it.

## Catarrhozone

Yes, Sir, it is taken in air.  
"Little drops of healing" carried by air to weak places in the lungs, throat, and nasal passages.  
Three sizes: 25c, 50c, and \$1.00, at druggists, or by mail postpaid from The Catarrhozone Co., Buffalo, N. Y., and Kingston, Ont.

## CANADIAN PACIFIC HOMESEEKERS' EXCURSIONS

TO  
Manitoba, Saskatchewan, Alberta  
Special Trains leave Toronto 2.00 p.m. on  
APRIL 4, 18 MAY 2, 16, 30 JUNE 13, 27  
JULY 11, 25 AUG. 8, 22 SEPT. 5, 19  
Second class tickets from Ontario stations to principal Northwest points at  
LOW ROUND-TRIP RATES  
Winnipeg and return \$33.00, Edmonton and return \$41.00, and to other points in proportion. Tickets good to return within 60 days from going date.  
TOURIST SLEEPING CARS  
on all excursions. Comfortable berths, fully equipped with bedding, can be secured at moderate rates through local agent.  
Early application must be made  
ASK FOR HOMESEEKERS' PAMPHLET  
containing rates and full information.  
Apply to nearest C.P.R. Agent to R. L. Thompson,  
Dist. Pass. Agt., Toronto.  
ONLY DIRECT LINE NO CHANGE OF CARS

J. H. HUME LOCAL AGENT.

## GOING TO BUILD?

This Spring or Summer? If you are we can furnish you with BUILDERS' SUPPLIES right and give you some practical hints which will be of benefit. Call and see us and let's talk the matter over.

WE carry everything required in this line and you will find our prices satisfactory.  
LET us figure on your requirements.

AXES, CROSS CUT SAWS, ETC.

HIGHEST PRICE paid for HIDES, SKINS and FURS

T. DODDS,  
HARDWARE.

## Pants. Plants. Plants.

Planting time will soon be on hand and so will we with our RELIABLE BEDDING AND VEGETABLE PLANTS FOR MAY AND JUNE DELIVERY. Watch for our deliveries and place your orders for some of the plants that grow from

MONTVIEW GARDENS, ARKONA  
OPPOSITE CEMETERY.

PHIL. AUSTIN, Proprietor.

Information can be got at our agents,

N. B. HOWDEN EST., Watford.  
A. BEATTIE & CO., Thedford.

## KERWOOD ROLLER MILLS.

OUR FLOURS:

Ladies' Choice, Silver Leaf and Scotch Thistle.

The Best on the Market. All Tried and Proven.

FEED OF ALL KINDS.

Including a Big Shipment of Corn Just Arrived.

Best Attention Given to Gristing and Chopping  
HIGHEST PRICE PAID FOR WHEAT.

Thanks for past favors, and we solicit further orders which will receive our prompt and careful attention.

G. A. DUNLOP, Proprietor.

## THE FARMER'S MILL.

Chopping, 5 Cents per Cwt.

All Kinds of Grain Chopped  
and Flour Exchanged for Wheat.

Having installed a Power Corn Sheller, we are prepared to Shell and Clean Corn in large or small quantities.

Bring Your Corn Along and Get it Shelled.

STEWART & CO.

## OUR Furniture Sales

Continue to increase each year and we appreciate the very generous patronage that it has been our pleasure to enjoy during 1910 and during 1911 we shall be in a better position than ever to give you

The Newest . . .  
The Best . . .  
And the Cheapest  
**FURNITURE**

that the wholesale trade supplies, because we buy in large quantities and receive large discounts which means bigger values for our patrons. We cordially invite you to share in those advantages.

H. A. COOK,

Main St., Watford. Furniture and Undertaking.