

DANGER PERIOD OF WOMANS' LIFE FROM 45 to 50

Interesting Experience of Two Women—Their Statements Worth Reading.

White Oak, Ont.—“At Change of Life when doctors could do no more and I was given up by my friends, Lydia E. Pinkham's Vegetable Compound came to the front and did wonders for me. I had been having female troubles for years, my head troubled me severely at times, I had bearing down pains and back-ache and I was very anaemic from excessive flowing. I recommend your Compound highly and do all I can to advertise it as a genuine woman's medicine.”—Mrs. SYLVESTER MANNING, White Oak, Ontario.



The Case of Mrs. Kirilin.
 Circleville, Ohio.—“I can truthfully say that I never had anything do me so much good during Change of Life as Lydia E. Pinkham's Vegetable Compound. Before I had taken one half a bottle of it I began to feel better, and I have continued taking it. My health is better than it has been for several years. If all women would take it they would escape untold pain and misery at this time of life.”—Mrs. ALICE KIRILIN, 358 W. Mill St., Circleville, Ohio.

The Change of Life is one of the most critical periods of a woman's existence. At such times women may rely upon Lydia E. Pinkham's Vegetable Compound.

Guide-Advocate

Watford, Ont.
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HARRIS & CO.
 PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
 WATFORD, FEBRUARY 7, 1913.

Mother

To the young ladies who weekly read this column, we are moved by the good spirit to write a few words concerning their duties to their mothers. It may be you have noticed a careworn look upon her face lately. Of course it has not been brought there by any act of yours; still it is your duty to chase it away. Would it not be a happy surprise to her if you should occasionally bid her sit down and rest while you performed the arduous duties in hand? And how a tender kiss on her mouth will cause her dear face to brighten. Anyway you owe her a kiss or two. Away back, when you were a little bit of a girl, she kissed you when no one else was tempted by your fever tainted breath and swollen face. You were not so attractive then as you are now. And through these years of childish sunshine and shadows, she was always ready to cure by the magic of mother's kiss, your little dirty, chubby hands whenever they were injured in the first skirmishes with the rough old world.

And then the midnight kiss with which she routed so many bad dreams as she leaned above your restless pillow, have all been on interest these long, long years.

Of course she is not so pretty and kissable as you are; but if you had

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

done your share of the work during the last ten years, the contrast would not be so marked.

Her face has more wrinkles than yours, and yet if you were sick, that face would appear far more beautiful than an angel's as it hovered over you watching every opportunity to minister to your comfort, and every one of these wrinkles would seem to be bright wavelets of sunshine chasing each other over the dear face. She will leave you one of these days. These burdens, if not lifted from her shoulders, will break her down. Those rough, hard hands that have done so many necessary things for you, will be crossed upon her breast.

Those neglected lips that gave you your first baby kiss will be forever closed, and those sad tired eyes will have opened on eternity, and then you will appreciate your mother; but it will be too late.

Parcel Post

Postmaster General Pelletier, after having sent several officials to the department to the United States to observe the workings of the parcel post system, has prepared a zone map for Canada, dividing the country into five zones and is about ready to promulgate an order establishing a parcel post system in Canada. The five zones consist of the Maritime provinces, Quebec, Ontario, the Prairie provinces and British Columbia. Local zones are also established. Rates have not been decided, but will probably be the same as in the United States. The postmaster general has power to put into effect a parcel post system without legislation, but the advisability of submitting the whole question to parliament for its approval is being considered.

\$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, a ting 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.

A Plain Statement of a Plain Cause

(The Daily Eagle, Brooklyn)
 This country is big enough and strong enough to do just what it pleases with the Panama Canal. It has pleased to exempt its coastwise trade from the payment of tolls.

“With great reluctance” the British Government files a protest against this discrimination, reserving its right to press the matter further should a protest be made.

A specific provision against such discrimination, against exemptions or exceptions or favoritism, of any sort was included in the treaty of 1891.

That contract explicitly declared that the canal should be free and open to the vessels of all nations on terms of entire equality, than which nothing could be more distinct or comprehensive.

There has been not a little quibbling and there may be more of it, but Sir Edward Grey is confident that eventually this country will do the right thing in the right way.

He is polite. Considering what has happened, there is ground for the suspicion that he preferred to be diplomatic rather than direct, lest sensibilities be ruffled.

What he might have said, was that this country, through its President and its congress, had seen fit to violate its treaty obligation. As to the rights held in reserve, they are simple enough.

Great Britain might fight for them but nothing of that sort will happen. The other party to the obligation will not even become bellicose in language.

However, there is The Hague. There is arbitration instead of the arbitrament of war, but there are reasons why this country should keep clear of The Netherlands.

It is better to settle out of court a case there is not the slightest chance

of winning. That is one way to save something besides expense. It is one way to escape humiliation.

And the way to settle a case, in or out of court, is to settle it right. In this matter the right way is to repeal the exemption clause. In this matter, strength is a poor substitute for honor.

Travellers' Tales

That marvellous story of the discovery of a race of white Esquimaux, reminds a writer that in the past stay-at-home people have sometimes erred in treating travellers' tales with scorn. There was, for instance, the description by Jas. Bruce in 1770 of the barbarous Abyssinian custom of eating raw meat cut from the living animal which was ridiculed by everybody. Yet Bruce has even recently been proved right. When Paul Du Chaillu explored equatorial Africa in 1861 and described the wonderful gorillas and also the nation of dwarfs there, he was discredited none too politely by the British Royal Geographical Society. Yet subsequent explorers amply vindicated his veracity.

In the matter of discredited travellers' tales vindicated long afterward it will never be possible to beat the classic instance in Herodotus. He tells how King Nero of Egypt commissioned certain Phoenician mariners to circumnavigate Africa if they could. They did it, starting from the Red Sea and returning by the Straits of Gibraltar, after very many months. And they reported, says Herodotus, that in rounding the southern end of Africa they had the sun on their right hand. “I, for my part,” he says “do not believe this, but perhaps others may.”

In modern times that detail is precisely what proves that the Phoenicians did achieve the wonderful voyage. Such an “improbable” fact could never have been invented in an age which was not familiar with the equator.

Women in Factories

Some pitiful stories are told of the hardships of the striking garment workers in New York. One girl made only \$2.40 a week and had to spend half of that in care fare. Another made \$3.50 a week and walked to save car fares. A sixteen year old girl worked from 7.30 in the morning till eight or nine at night to earn from \$6 to \$7 a week. Another earned \$6 a week and was charged \$32 for her sewing machine and ten cents for glass for ice water.

These are conditions that arouse sympathy. The wonder is that they could possibly arise at a time when women willing to do housework are paid from \$3 to \$8 a week with board, lodging and laundry free, and the demand is away ahead of the supply. The state and the labor organizations may do much to remedy factory conditions. But is there not also a chance to do some social uplifting with the individuals by teaching the old and simple lesson that it is dignified, respectable and profitable to cook and wash dishes.

The Ravens.

A lot of old fossils with whiskers in tassels are always predicting the worst; we're in for a panic and evils titanic, and everything's going to burst. A lot of old grouches get up from their couches and beef till they toddle to bed; they're looking with horror on every tomorrow, and each has a boil in his head. This dirge they keep humming: “There's trouble a-coming, the storm clouds are thick in the sky! They're gathering faster, the clouds of disaster, and there'll be a flood by and by!” Go to with your hunting for omens of trouble and woe! The future's as pleasant and calm as the present, as smooth as the sweet long ago! A lot of old croakers in celluloid chokers sit round in the grocery store, and say we are humping away to the dumping, and sigh for the brave days of yore. But heed not their drivel—the grocer's too civil or they'd be kicked into the street; the world is improving, the people are moving to glory on jubilant feet. The world's growing better, so heed not the fretter and prophet of evil and gloom, but by the neck take him and buff him and shake him and push him clear out of the room.—Walt Mason.

Explaining “Horsepower”

The average man is apt to speak very glibly of so many hundred or thousand horse-power, but it is extremely doubtful whether one person in a hundred has a due appreciation of what the phrase really means.

Calculating the strength of twelve men to be equal to one horse-power, it would require 840,000 men to produce as much energy as the 70,000 horse-power developed by the turbine machinery of a big Atlantic steamship. Then, if the men were to work on the eight-hour-day system, those figures would give a total of 2,520,000, that being the number men whose strength would be necessary to drive the vessel across the Atlantic Ocean.

Don't Mention It

A Scotch parson still in the under side of forty, was driving home from an outlying hamlet, when he overtook a young woman. He recognized her as the maid of all work at a farm which he would pass, so he pulled up and offered her a lift. Mary gladly accepted his offer, and they chatted pleasantly all the way to the farm gate. “Thank you, sir,” she said as she got down. “Don't mention it Mary. Don't mention it,” he told her politely. “No I won't,” Mary obligingly assured him.

Keep 'em Awake

A preacher, raising his eyes from the pulpit in the midst of his sermon, was paralyzed with amazement to see his small son in the gallery pelting the hearers below in the pews with horse chestnuts. Whilst the good, but enraged man was preparing a frown of reproof the young hopeful cried out—“You 'tend to your preaching, daddy, I'll keep 'em awake.”

The Electric Pencil

A novelty is a penholder permitting one to write in the dark, since it is provided with an electric light. The tube through which the point of the pencil goes is fitted with a small accumulator and an electric lamp. The latter throws a disk of light over the point where the writing is being done. This luminous pencil has been invented for the use of doctors, reporters, detectives, etc., whose work necessitates the taking of notes in the streets and in darkness.

Wool Drying.

Wool drying is one of the principal and serious operations in the woolen industry. The more gently and uniformly the wool is dried the better is the result attained, for should the wool be slightly damp in some of its parts the dye does not take well, and the result is an unevenly dyed yarn, which shows in the texture of the woven goods. Overdrying is also bad.

Spoiled Pleasure.

Mrs. Meyer—What's the trouble, Mrs. Schulz? You are in bad humor this morning.
 Mrs. Schulz—You see, my husband stayed at the club every night last week until after midnight. Last night I sat up determined to give him a curtain lecture when he got in late, and what do you think? The fool came home at nine o'clock.

Gold And Silver Gospels.

“The Gold and Silver Gospels” is the name of a very peculiar book now preserved in the Upsala library in Sweden. It is printed with metal type on violet colored vellum, the letters being silver and the initials gold. When it was printed, by whom and what were the methods employed are questions which have great interest for the curious, but have never been answered.

The person who always scatters sunshine along his or her way need have little fear of the day of judgment.

The souvenir business is the modern way of disposing of stuff that no one has any earthly use for.

For an animal who has so many corsets stays concealed about its person, the whale has a very poor form.

There is no reasoning with a girl who has made up her mind to get married. She has passed that stage.

When a man gets so he doesn't enjoy a picnic an inspection will show that his head carries many gray hairs.

Protect the child from the ravages of worms by using Mother Graves' Worm Exterminator. It is a standard remedy, and years of use have enhanced its reputation.

We have never yet seen a man so loyal to party that he would refuse votes from the other side.

“Language was made to conceal thought.” Some people keep a lot of things to themselves.

An ideal hubby is one who never breaks any of the promises made before marriage.

Every man gets to the front sooner or later. If in no other way, he always heads his own funeral procession.

We feel like offering a prize to the aviator who will soar above the high cost of living and drop a bomb on it.

A Burmese official has been arrested for stealing 250 elephants. This is the largest theft on record.

A PRIME DRESSING FOR WOUNDS.—In some factories and workshops carbolic acid is kept for use in cauterizing wounds and cuts sustained by the workmen. Far better to keep on hand a bottle of Dr. Thomas' Electric Oil. It is just as quick in action and does not scar the skin or burn the flesh. There is no other Oil that has its curative qualities.

NA-DRU-CO Ruby Rose Cold Cream

A toilet delight, with the exquisite fragrance of fresh roses. Makes chapped hands smooth and soft and keeps them so. Preserves the most delicate complexion against exposure to the severest weather. Try it—you'll certainly appreciate it.
 In 25c. opal jars, at your druggist's.
 NATIONAL DRUG AND CHEMICAL CO.
 OF CANADA, LIMITED. 184

Township of Warwick.

Notice of Closing of Road

Notice is hereby given that 140 rods of the road on con. 4, S. E. R., Warwick, between the 6th sideroad and the towline, has been closed on account of the bridge being out of repair. Persons having occasion to travel this road will please take notice and govern themselves accordingly. 31-4 W. H. HALL, Reeve.

FARM FOR SALE

100 ACRES SITUATE ON E. 1/2 LOT 26, Con. 4, N. E. R., Warwick, sandy and clay loam, good brick house and frame woodshed, summer kitchen and workshop. Barn 40x60 on stone foundation, stable underneath, with frame drive house and horse stable. Two acres of orchard, good garden and a quantity of small fruit. Well fenced and an abundance of hard and soft water. About 10 acres of bush, chiefly maple and basswood. Some of the drainage done. Situated two miles from Arkona on rural mail route. Easy terms of payment. Apply on the premises.
 R. V. THORNICROFT,
 Arkona, P. O.
 Warwick, Jan. 31st, 1913. jst-1m

As the Story Goes.

“Mary!”
 Father's voice rolled thunderously down the stairs, across the tessellated hall, and into the dim and silent drawing-room.
 “Yes, papa—dear,” came the silvery reply.
 “Ask that young man if he can tell me the time.”
 A moment of silence followed; then Mary spoke again:
 “He says it's ten minutes to eleven, pa.”
 “Then, ask if he doesn't think it's about bedtime.”
 Again there was momentary silence, broken once more by Mary's dulcet tones:
 “He says, pa, that he rarely goes to bed before twelve, but it seems to him a matter of personal taste. And he says, pa, that, if he were in your place, he'd go to bed now if you feel tired.”

DREAD OF ASTHMA makes countless thousands miserable. Night after night the attacks return and even when brief respite is given the mind is still in torment from continual anticipation. Dr. J. D. Kellogg's Asthma Remedy changes all this. Relief comes, and at once, while future attacks are warded off, leaving the afflicted one in a state of peace and happiness he once believed he could never enjoy. Inexpensive and sold almost everywhere.
 Esperanto hasn't any swear words. This is probably the reason it is shorter than other languages.
 Burbank has grown a seedless prune, and now it is up to him to produce a prunelless boarding house.
 If you really want to flatter a person and make it stick, just tell him that he is not easily flattered.
 A PILL THAT IS PRIZED.—There have been many pills put upon the market and pressed upon public attention, but none has endured so long or met with so much favor as Parmelee's Vegetable Pills. Widespread use of them has attested their great value, and they need no further advertisement than this. Having firmly established themselves in public esteem, they now rank without a peer in the list of standard vegetable preparations.
 A broad-minded man is seldom chesty. Better a tramp in the woods than one in the kitchen.
 If misery loves company, marriage is apt to make good after all.
 The old bachelor says a girl after a man's own heart is usually after some other fellow's.
 The jar a man receives when he slips on a banana peel usually breaks one of the commandments.

DON'T BE BALD

Nearly Anyone May Secure a Splendid Growth of Hair.

We have a remedy that has a record of growing hair and curing baldness in 93 out of every 100 cases where used according to directions for a reasonable length of time. That may seem like a strong statement—it is, and we mean it to be, and no one should doubt it until they have put our claims to an actual test.

We are so certain Rexall "93" Hair Tonic will cure dandruff, prevent baldness, stimulate the scalp and hair roots, stop falling hair and grow new hair, that we personally give our positive guarantee to refund every penny paid us for it in every instance where it does not give entire satisfaction to the user.

Recall "93" Hair Tonic is as pleasant to use as clear spring water. It is delightfully perfumed, and does not grease or gum the hair. Two sizes, 50c. and \$1.50. With our guarantee back of it, you certainly take no risk. Sold only at our store—The Rexall Store.
 J. W. McCLAREN, Watford

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