

COULD NOT STAND ON FEET

Mrs. Baker So Weak—Could Not Do Her Work—Found Relief In Novel Way.

Adrian, Mich. — "I suffered terribly with female weakness and backache and got so weak that I could hardly do my work. When I washed my dishes I had to sit down and when I would sweep the floor I would get so weak that I would have to get a drink every few minutes, and before I did my dusting I would have to lie down. I got so poorly that my folks thought I was going into consumption. One day I found a piece of paper blowing around the yard and I picked it up and read it. It said 'Saved from the Grave,' and told what Lydia E. Pinkham's Vegetable Compound has done for women. I showed it to my husband and he said, 'Why don't you try it?' So I did, and after I had taken two bottles I felt better and I said to my husband, 'I don't need any more,' and he said 'You had better take it a little longer anyway.' So I took it for three months and got well and strong." — Mrs. ALONZO E. BAKER, 9 Tecumseh St., Adrian, Mich.

Guide-Advocate

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Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, MARCH 27, 1914. NOTE AND COMMENT.

A most important development of the air brake was demonstrated in recent experiments on the Pennsylvania Railroad when a twelve-car steel train, nearly 1000 tons in weight, running 60 miles an hour, was stopped within its own length of about 1,000 feet. The new Westinghouse brake may be operated with pneumatic or electric control, and it embodies among other improvements two shoes for each wheel instead of one as at present.

The thirty-eighth annual report of the Provincial Liquor License Department has just been issued. The total number of tavern and shop licenses for the license year ending April 30th, 1913, was reduced by 70, as compared with the previous year. Of the revenue the total amount paid to the Municipalities for the license year 1912-13 was \$339,459.13; while the provincial end of it was \$414,816.09. The fines collected during the year amounted to \$37,433.05 and in total

Na-Dru-Co Laxatives are especially good for children because they are pleasant to take, gentle in action, do not irritate the bowels nor develop a need for continual or increased doses. 25c. a box, at your Druggist's. National Drug and Chemical Co. of Canada, Limited, 177

option municipalities, \$14,764. The number committed during the year for drunkenness was 4974, an increase of over 1750 over 1912. There were 235 prosecutions under the Liquor License Act. 179 convictions were obtained, 33 persons were discharged, 6 withdrawn and 17 not dealt with. The fines imposed in addition to sentences of imprisonment were \$18,949. During the year there were seized 4730 bottles of whisky, 186 bottles of gin, 2 barrels of wine, 50 gallons of high wine, 91 barrels and cases of ale, 2108 bottles of beer.

A Louisiana senator has introduced a bill for nation-wide refusal of marriage licenses to persons who have been divorced. If the bill should become a law the divorce mills would rust through lack of use. In fashionable circles many prospective marriages are arranged for before divorce proceedings are instituted. All of which is very naughty.

It is unofficially stated that a scheme is in preparation by the government to take over rural telephones and to operate them upon much the same system that hydro is operated, namely, at cost to the patron of the telephone. There is said to be 400 or 500 telephone companies in existence in the province. One set of poles could carry power and light as well as the telephone wires, and one group of linemen could superintend all wires.

Every year many are puzzled by the obvious discrepancy between the dates for the beginning and ending of Lent and the forty day duration of that period. It is readily seen that more than forty days elapse from Ash Wednesday to Easter. Those who are in any way connected with the churches which formally observe Lent know that all Sundays are feast days instead of fast days. They are like islands in the sea or oases in the desert, from the point of view of those who look upon Lenten curbs upon the appetite as hardship. Sundays are in Lent, not of Lent, and they have to be counted out to get the true length of that period, between its beginning and its end. This year there are six Sundays in Lent, and that fact explains fully the excess over forty days from Feb. 25th to April 22, both dates included. It is a simple matter when once understood, but it has caused much argument and confusion among those who have had no personal familiarity with the usage of the churches which observe the long period of fasting as the days lengthen into spring.

State of Ohio, city of Toledo, Lucas County, ss. Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY. Sworn to before me and subscribed in my presence this 6th day of December, A. D. 1886. A. W. GLEASON, Notary Public. Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials free. F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

How to Preserve a Husband

Do not choose too young and take only such as have been raised in good moral atmosphere. Some insist on keeping them in hot water. This only make them sour and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with kisses to taste; then wrap them in a mantle of charity, keep warm with a steady fire of domestic devotion and serve with peaches and cream. When thus prepared they last for years.

His Usual Luck

The editor of a flourishing journal in a California town recently called at the "home of the bride's parents" the day after the wedding. He was desirous of telling his readers all about the event and wished to give the young couple a good "sendoff" as well. The bride's mother met him. "Good morning, Mrs. Jones!" said the editor. "I have called to get some of the details of the wedding." "Goodness!" replied Mrs. Jones in dismay. "They're all gone. You ought to have come last night. They ate every scrap."

Scores Extravagant Living

That the general mode of living of the people of today is too luxurious, was the substance of a topic on the high cost of living at a well-attended meeting of the Women's Institute held at Simcoe. The general opinion was that unnecessary expense was incurred in furnishing homes with articles more elegant than useful, and which could readily be dispensed with. Extravagance in dress also came in for criticism, as a factor in the problem of economical living. Plain modes of dressing were recommended as being beneficial from an economic standpoint, as well as appearance. Delicacies in foods also came in for their share of probing. Plain and wholesome articles for the table were recommended to substitute the indigestive, palate-ticking dainties that are costly and injurious to health. Telephones were also placed in the luxury class. Although wages have steadily increased during the last few years, it was pointed out that the expenditures for pastime, including theatres and picture shows, has grown more than proportionately larger.

What is a Bag of Potatoes?

One of our townspeople bought three bags of potatoes from a farmer on Monday, and gives his experience for the benefit of any who are in the habit of accepting a purchase without making inspection as to weight or measure. In order to assure himself that he was getting proper measure he had the three bags weighed separately. The result was one bag of 87 pounds, another of 77 pounds and the third of 76 pounds. As a bag of potatoes is supposed to weigh 90 pounds, he found that he was just 30 pounds short of what he had paid for, which represented 30 cents, as the price of the tubers was 30 cents a bag. On having the discrepancy pointed out to him the farmer made good. We venture to say that in nearly all cases people who buy potatoes by the bag are satisfied to accept a bagful as a bag, regardless of size or weight. The custom has obtained for so long a time that it is quite probable the farmer who was selling the potatoes did not intend to be dishonest in the transaction.—Glencoe Transcript.

THE REASON FEWER PEOPLE TAKE "SALTS"

We find the use of salts and other harsh physics is becoming less every year because more and more people are using Rexall Orderlies, which we and they firmly believe to be the best bowel remedy ever made. They are so well liked and so easy to take that even the children like them. At the same time they act so easily and naturally that there is no purging, gripping or pain. They promptly remove the bowels, and, by soothing and strengthening the bowels, make it less liable to occur again. We have the utmost faith in them. We know what they are made of and the pleasant, beneficial results that always follow their use. You needn't take our word for it. If Rexall Orderlies don't help you—if they don't entirely relieve all your bowel troubles—come back and tell us and we'll give back your money. In vest pocket tin boxes; roc, 25c, 50c. You can buy Rexall Orderlies only at The Rexall Stores, and in this town only at I. W. McLAREN, Watford.

The Moment's Value

"Great men have always been misers of moments." The passing moments is the raw material out of which we make of ourselves whatever we will. Do not brood over the past or dream of the future. Lay hold of the passing moment and make the most of it. The man is yet unborn who rightly measures and fully realizes the value of an hour. The worst of a lost hour is not so much in the wasted time as in the wasted power. It means bad companions bad habits. It means the waste of opportunities which will never come back. A man's character is revealed in the way in which he uses his spare moments. Millers Worm Powders are par excellence the medicine for children who are found suffering from the ravages of worms. They immediately siter the stomachic conditions under which the worms subsist and drive them from the system, and, at the same time, they are tonic in their effect upon the digestive organs, restoring them to healthful operation and ensuring immunity from further disorders from such a cause. No trouble is as big as it looks at a distance. Talent knows what to do; tact knows what not to do. For the first time in 30 years a woman jury was recently empaneled in London to try a woman for killing her illegitimate child. Mrs. Charles Gale, of Eureka, Cal., has been appointed on the board of trustees of the new state normal school. Ruth Bancroft Law, the woman aviator recently gave the people of Hantsack, N. Y., a thrill when she made several flights over the town.

Children Cry FOR FLETCHER'S CASTORIA

Children Cry FOR FLETCHER'S CASTORIA. A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS, CHILDREN, Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor other NARCOTIC. Chamberlain Medicine Company, Toronto.

For Headaches Here's the Reason and the Cure. Most people at some time or another suffer from headaches—disordered stomach, liver or bowels is the cause—any one can be cured—one woman says: Chamberlain's Tablets did more for me than I ever dared hope for—cured headache—biliousness—and toned up my whole system—I feel like a new woman. No case too hard for these little red health restorers. 25c. a bottle. Druggists and Dealers, or by Mail. Chamberlain Medicine Company, Toronto. CHAMBERLAIN'S TABLETS. YOUR BEST FRIEND.

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THE HOWDEN EST.

GROCERIES CHINA. Our grocery department is always well stocked with the best we can buy in staple and fancy eatables. Lowest prices. If you are not already a customer, try us. We import direct from the European factories and have a large stock to choose from in dinner and tea sets, toilet sets, fancy china and cut glass.

TINSMITHING, PLUMBING. No job too large and nothing too small to be taken care of. Furnaces, hot water heating and eavetroughing at reasonable prices. HARDWARE. Aluminum ware, Builders' Hardware, Stoves and Furnaces, Enamelled ware, Cutlery and Edge Tools, Sherwin-Williams' Paints, Pumps and piping.

THE HOWDEN EST

William Johnson, London road, while engaged loading logs onto cars in the Grand Trunk yards at Wyoming, was struck on the head by a swamp hook that missed its hold. Several stitches were required in dressing the wound. Corns and warts disappear when treated with Holloway's Corn Cure without leaving a scar. THE assessors are now on their rounds in the various municipalities. It is the manifest duty of every person entitled to a vote to see that his name and his qualification are properly placed on the assessment roll, no matter what his status may be. Do not depend on some other person looking after it for you; do it yourself and do it now. Elections are won and lost by perfect and imperfect lists, and your vote or loss of your vote might win or lose an election for your party. It is altogether probable that a general election will be decided on the voters' lists to be prepared from the assessment rolls now being compiled, so that it is essentially necessary that the lists should be full and correct. The Beauty of a Clear Skin.—The condition of the liver regulates the condition of the blood. A disordered liver causes impurities in the blood and these show themselves in blemishes on the skin. Parmelee's Vegetable Pills in acting upon the liver act upon the blood and a clear, healthy skin will follow intelligent use of this standard medicine. Ladies, who will fully appreciate this prime quality of these pills, can use them with the certainty that the effect will be most gratifying.

900 DROPS CASTORIA. A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS, CHILDREN. Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor other NARCOTIC. Chamberlain Medicine Company, Toronto.

BOSANQUET COUNCIL. Minutes of meeting on the 10th. All the members present. Mr. West meeting confirmed. The Mr. Wright were appointed committee to let and superintend the construction of the Grand drain. A petition sent asking the council as to the with the deputation which will the Dominion Government for the necessity of granting a loan the Hydro Electric Radials as by the Hydro Commission. Sitter—Rawlings, that the Council and clerk go as a

MARTIN'S PAIN EXPELLER. THE BEAUTY OF A CLEAR SKIN.—The condition of the liver regulates the condition of the blood. A disordered liver causes impurities in the blood and these show themselves in blemishes on the skin. Parmelee's Vegetable Pills in acting upon the liver act upon the blood and a clear, healthy skin will follow intelligent use of this standard medicine. Ladies, who will fully appreciate this prime quality of these pills, can use them with the certainty that the effect will be most gratifying.