

# THAT AWFUL BACKACHE

Cured by Lydia E. Pinkham's Vegetable Compound

Morton's Gap, Kentucky.—"I suffered two years with female disorders, my health was very bad and I had a continual backache which was simply awful. I could not stand on my feet long enough to cook a meal's victuals without my back nearly killing me, and I would have such dragging sensations I could hardly bear it. I had soreness in each side, could not stand tight clothing, and was irregular. I was completely run down. On advice I took Lydia E. Pinkham's Vegetable Compound and Liver Pills and am enjoying good health. It is now more than two years and I have not had an ache or pain since I do all my own work, washing and everything, and never have the backache any more. I think your medicine is grand and I praise it to all my neighbors. If you think my testimony will help others you may publish it."—Mrs. OLLIE WOODALL, Morton's Gap, Kentucky.

Backache is a symptom of organic weakness or derangement. If you have backache don't neglect it. To get permanent relief you must reach the root of the trouble. Nothing we know of will do this so surely as Lydia E. Pinkham's Compound.

Write to Mrs. Pinkham, at Lynn, Mass., for special advice. Your letter will be absolutely confidential, and the advice free

## Guide-Advocate

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HARRIS & CO. PROPRIETORS

## Guide-Advocate

HARRIS & CO. PROPRIETORS WATFORD, MARCH 15, 1912.

### Fire at County Building.

Sarnia, March 7.—The building containing the county court house and jail was nearly destroyed by fire this morning. The blaze started around nine o'clock and spread rapidly throughout the second story and roof. It is believed the conflagration was caused by a defective electric light wire in a closet on the second floor.

Happiness is increased, not by the enlargement of the possessions, but of the heart. Every time we deny the body for the soul's sake we ascend a step in the scale of manliness and godliness.

Every Woman is interested and should know about the wonderful MARVEL Whirling Spray. The new Vaginal Spray. Best of all! It cleanses, soothes, and relieves. It is a true and reliable remedy for all women's ailments.

### FOUR RULES OF SELLING.

They Went With the Job the Gritty Salesman Landed.

Until some ten years ago it was an axiom in the big packing house circles of Chicago that a salesman should be guided by four rules as laid down by one of the famous heads of that industry. He was noted for his brusqueness and also a democratic nature that scorned the usual hedge of clerks that stands between a big man and his callers.

"Good morning," he began politely. "Well, what the blankety-blank-blank do you want?" he growled. "I want civil treatment, and I want it blankety-blank-blank quick," came the sharp answer.

"Oh!" The packer looked up in surprise. Modulating his voice a trifle, he asked, "What can I do for you?" "I want a job as a salesman. I have worked as a butcher, I have worked in the packing houses, and I have sold smaller lines to the meat trade. I have references to prove that I deliver the goods, and I have them with me. I want to get into a bigger field, and I am here to make good. Have you got a job open?"

"If we haven't we'll make an opening for you. Report to the sales manager Monday morning." As the young man started to leave the office the brusque old packer called him back. "Do you know why you got that job?" he asked. "No, sir."

"Well, you have the three essentials that make a good salesman. I'll point them out to you, so you'll remember 'em. First, you don't think any man is better than you are, and you have the nerve to stick to it; second, you know the good points of what you had to sell; third, you stated them in the fewest possible words. I'll add a fourth—get out before I change my mind."—Business.

### THE POLE STAR.

Some of the Wonders of This Great Season of the North.

Most people, if they know nothing else of astronomy, at any rate know the pole star, the one star which seems to keep its place in the heavens without movement of any kind. There are a great many, however, who do not know what a wonderful thing it is. In the first place, it can be seen when looked at through a good telescope to be two stars and not one. There is one fairly bright one, of what is known as the second magnitude, and another of the ninth magnitude close to it.

But that is not all. The brighter of the two is really three stars revolving round one another, or rather round their common center of gravity, like three children playing "ring a ring o' roses." This secret is revealed to us by what is perhaps the most astonishing of all scientific instruments, the spectroscopic. It not only tells us what the stars are made of, but whether they are moving toward us or away from us.

When you stand facing the star you are always facing north. The reason that it does not appear to move as the others do is because it is nearly in line with the axis of the earth. Its distance from us is enormous. This can be judged from the fact that although the earth in its journey round the sun is today about 190,000,000 miles from where it was six months ago, that makes no appreciable difference to its distance from the pole star. It must therefore be many times 190,000,000 miles away.

The Ruling Spirit. Sitting at a cafe in Paris one evening, I heard a woman's idea of war. An affectionate young couple were audaciously making love over some bavaroise au chocolat. The girl was telling machere all manner of pretty things that ran something like this: "What a pity there will be no war after all! You would have been wounded, and I should have gone out to nurse you in such a pretty costume d'infirmerie!"—London Black and White.

Richter's Criticism. On one occasion Hans Richter was present at a concert given by a brother composer at which the latter performed a long and not particularly interesting work of his own. When the composition came to an end Richter expressed his criticism in a very few words. "Well," he said, "I, too, had written compositions to make a pile so high, raising his hand three feet from the ground, 'but I had burned them!'"

Irony For Sarcasm. The Actress (disdainfully)—Twenty dollars a week! Why, whom do you think you're trying to engage? Manager (of bush repertoire company)—Why—er—I beg your pardon, madam, but which New York theater is named after you?—Puck.

### Whooping Cough

Whooping Cough, Croup, Asthma, Coughs, Bronchitis, Catarrh, Colds

Vapo-Cresolene. ESTABLISHED 1879. A simple, safe and effective treatment for bronchial troubles, avoiding drugs. Vapo-Cresolene stops the action of Whooping Cough and relieves croup at once. The air rendered strongly antiseptic, inspired with every breath, makes breathing easy, soothes the sore throat and stops the cough, assuring restful nights. It is invaluable to mothers with young children. Send us postal for descriptive booklet. 509

### CRIMINALS IN FRANCE.

Curious Devices Used to Land Them Safely in Jail.

Scarcely a day passes without a picture appearing in the French press of a prisoner being led off to the station by a policeman and the description, "the Apache being taken away handcuffed by the agents." As a matter of fact, handcuffs are altogether out of date in France and are never used.

Instead of the bracelets every policeman carries a "cabriole," which is a very rough and massively made article resembling a huge watch chain. Several inches long with a stout wooden crossbar at either end. An expert can slip this over the wrist of an offender in a twinkling and with both the crossbars in his hand has only to give it a twist to inflict the most excruciating pain and compel instant and lamblike submission.

Another common method of preventing escape is to make the prisoner place both his hands in his side trouser pockets and then pass a string around his wrists and around his waist and bid him march. He can walk at a very smart pace, but any attempt to run out of a shambling trot immediately brings him down, nose to the pavement.

If no string is handy all the brace buttons of the trousers are cut off and the culprit is made again to put his hands in his pockets. As in the former case, he can only walk, since so soon as he frees his hands his nether garments fall about his legs and he is "entrave."

Few of these devices are apparent to the casual passerby, who often wonders at the passive docility with which some villainous looking individual under arrest follows his captor to the station. Sometimes on a country road one may meet a couple of gendarmes on foot or on horseback, leading a prisoner between them.

This is in obedience to a quaint regulation whereby prisoners are never sent by train from place to place, as there are no funds set apart for railway fares. Consequently four or five times as much is spent in food, drink and lodging for the escort as would be for the ticket, but the regulations are observed. In such cases the police often use the "poucettes," though strictly speaking this instrument is not legal.

It is a sort of loose thumbscrew, which is used so as to keep the two thumbs comfortably together so long as the man does not struggle, but a twist of the string held by one of the police is enough to destroy any wish to escape.—London Standard.

"Mad Anthony" Wayne. The nickname of "Mad Anthony" attached to the name of General Wayne of Revolutionary fame was due to no trace of insanity, but instead to the man's wild, reckless courage in plunging into battle where the odds against him seemed hopeless. He had other nicknames too. "Dandy Wayne" was one of them, because of his absurd love for wearing fine clothes in the wilderness and in battle. The Indians gave him the nickname of "Black Snake" from the swift and deadliness of his attack. At the outbreak of the Revolutionary war Sir Henry Clinton said of Wayne: "Wherever Mad Anthony Wayne is there's always a fight. That's what he is there for." And Clinton had sufficient experience to know whereof he spoke.

Our Climate an Asset. On no other continent, under no other sun, in no other zone, in all the world, can be found the same extent of fertile, available agricultural land as in these United States. And in no other equally large tract as that stretching from the Atlantic to the Pacific and between the great lakes and the gulf can be duplicated the same amount of normally good weather as nature has bestowed on this favored land. Our rain and sunshine are so proportioned the one to the other as to produce the best yearly conditions on earth.—Detroit Free Press.

Forty wagons per day is the present output of the Petrolea wagon works.

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CHOP STUFF. Petrolea has 400 phones. Forest's tax rate is 27 mills. Parkhill has organized a Board of Trade. Beecher Edwards succeeds John Peat as Customs officer at Petrolea. The cannery secured by Forest will invest \$35,000 the first two years. Trolley's livery, Alvinston, has changed hands, Mr. Carr being the purchaser. John Berdan, Strathroy, had a couple of ribs fractured by a kick from his horse. J. S. Dignan has purchased the butcher business of John S. McDonald, Parkhill. Mr. Thomas Bogue, Adelaide, died Thursday, aged 73 years. He lived just one week after his wife, who passed away on Feb. 29th. Inspector Neil McDougall will deliver a lecture in Parkhill under the auspices of the Women's Institute, on Thursday, March 14th. Mother Graves' Worm Exterminator has no equal for destroying worms in children and in adults. See that you get the genuine when purchasing.

### BOARD OF EDUCATION.

Minutes of a regular meeting of the Board of Education held in the Board room on Friday, March 1st, 1912, at 7 p.m.

Present—E. D. Swift, Dr. Hicks, D. A. Maxwell, P. J. Dodds and S. W. Louks. Dodds—Hicks, and carried, that Mr. Swift act as chairman.

The minutes of the last meeting were read and confirmed.

HIGH SCHOOL. Hicks—Maxwell, and carried, that the time of opening the High School be left to the discretion of the principal. Louks—Maxwell, and carried, that we approve the use of the following text books in the High School for the current year:—High School reader (old edition) for Form 11; advanced geometry for high schools, MacDougall; Lock's trigonometry.

PUBLIC SCHOOL. A letter from Mr. J. B. Wynne was read, resigning his position as a member of the Board. Dodds—Hicks, and carried, that we accept Mr. Wynne's resignation with regret.

The Principal's reports for January and February were read and to motion filed. A communication from Miss May Reid advising that Mr. W. E. Fitzgerald had resigned his position on the Public Library Board.

Louks—Dodds, and carried, the Rev. S. P. Irwin be appointed a member of the Public Library Board to succeed Mr. Fitzgerald for the remainder of his term. Dodds—Hicks, and carried, that we ask the municipal council for \$1,300.00, payable in instalments of \$325 each during March, April, May and June, for public school current expenses.

Maxwell—Hicks, and carried, that the following accounts be paid:—George Chambers, coal, \$32.50; Walter Scott, for repairs, 50c. Louks—Dodds, and carried, that we procure the necessary window blinds for the Public and High Schools, as reported by the Principals. Board adjourned. D. WATT, Secretary.

### Beware of Ointments for Catarrh That Contain Mercury.

as mercury will surely destroy the sense of smell and completely derange the whole system entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

A true lady is as much a lady washing her dinner dishes, preparing the vegetables for dinner, cleaning lamps and over her embroidery frame or easel in the pleasant sitting room. If she is so fortunate as to possess a servant she will use refined language and as gentle a voice in speaking to her as she uses in the reception room entertaining the most cultured among her guests. IGNORANCE IS A CURSE.—"Know thyself" is a good admonition, whether referring to one's physical condition or moral habits. The man who is acquainted with himself will know how to act when any disarrangement in his condition manifests itself. Dr. Thomas' Electric Oil is a chief and simple remedy for the eradication of pain from the system and for the cure of all bronchial troubles.

Parkhill council will engage an engineer to make a plan and estimate for waterworks for that town. It is expected that the new public school building in Forest will be ready for occupancy in another week.

Shiloh's Cure quickly stops coughs, cures colds, hoarse throat and lungs.

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