Tells How She Was Restored To Health by Lydia E. Pinkham's Vegetable Compound.

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Tilbury, Ont .- "I could praise Lydia E. Pinkham's Vegetable Compound all cause it has done so much for me. For run down that I was unable to do my work. I had female weakness and dreadful periodic pains, constipation and backache, but now

things. I took Ly dia E. Pinkham's Vegetable Compound, Liver Pills and Sanative Wash I give you permission to publish this letter to help others." — Mrs. WILFRED MAR-CHAND, Box 464, Tilbury, Ontario, Can.

Case of Mrs. Tully. Chicago, Ill. - "I take pleasure in writing to thank you for what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered with such awful periodic pains, and had a displace ment, and received no benefit from the doctors. I was advised to take Lydia E. Pinkham's Vegetable Compound, and am now as well as ever."—Mrs. WIL-LIAM TULLY, 2052 Ogden Avenue,

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.

Guide-Advocate

Watford, Ont. PUBLISHED EVERY FRIDAY.

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PROPRIETORS

HARRIS & CO. PROPRIETORS. WATFORD, FEBUARY 20, 1914.

HOME HINTS

Labor is honorable, and the ignoble are those who will not work.' Get you a home. Fence a field and plow it and plant it, and gather around you the comforts of home. And when you have made a character for energy and thrift ask some young lady to share your home with you. We would say to every young lady, mark these men who are lounging arwits, or on the interest of their sell yourself for a mess of pottage.

Hamilton says that six things are day by day; while over all, as a pro-

> For nursing mothers Na-Dru-Co Laxatives offer the important advantage that they do not disturb

the rest of the system or affect the child. 25c. a box at your Druggist's. National Drug and Chemical Co. of Canada, Limited. 175

tecting canopy and glory, nothing will suffice but the blessing of God.

The reason why mantelpiece clocks ften get out of order is so obvious that it is strange that attention to it has not been drawn before. A clockmaster says: "It is because mantelpieces are rarely level. If a clock position, people regularly move the ands backward or forward, as the site. case may be in order to adjust it. Eventually the clock's hands are moved about so much that the mechanism gets out of order and the clock even refuses to tick. Watches and travelling clocks are constructed differently from the stationary clock, and they will go in any position. That is why they are relied upon more than the ornamental mantelpiece clock.

THE HURSE

Be kind to old Dobbin, the generous steed that labors whenever he's told, and see that he has lots of the lifegiving feed, and blanket his frame when he's cold. The horse is the best of the servants of man, the one that is anxious to please; he pulls on his feet just as long as he can, and pulls when he's down on his knees. He'll work when so sore that it's torture to walk, he'll work when he's eeble and lame; the story we'd hear, if the horses could talk, would fill human bosoms with shame. The horse is so faithful, so patient, and good, he ought to be loved and caressed; too often men lam him with billets of wood, and score him with language unblessed. Too often men work him until he is old, then sell him to wandering knaves, to roam o'er the country, be bartered and sold, with other poor heart-broken slaves. Be kind to old Dobbin, who never refused to toil for you, early or late whenever you look on a horse that's abused, you'll know that its owner's You'll know that his soul has been twisted awry, or made on a dissolute plan; you'll know that he lacks all those qualities high which thrive in the heart of a man .- WALT MASON.

Beware of Ointments for Catarrh That Contain Mercury

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the tions from reputable physicians, as the damage they will do is tenfold to the good you can p ssibly 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 Catarrh Cure be sure you get the genuine edo, Ohio, by F. J. Cheney & Co. Testi-monials free.

Sold by druggists. Price 75c. per bottle. Take Hall's Family Pills for constip-

Britain's Shipbuilding Supremacy

Britain's continued supremacy in shipbuilding is again strikingly shown in the figures of the tonnage built during last year. Out of the total of over 4,000,000 tons, no less than fifty-eight per cent, was built in the ound attempting to live by their United Kingdom and 45.7 per cent, acquired by it. For years British debts; and when they ask you to ship owners have been selling their share the lot of an aimless life, pass older vessels and replacing them by them on for you cannot afford to new vessels, and in 1913 the tonnage marry a man without prosperity or sold was 780,000, as against only business habits unless you wish to 90,000 tons bought from foreign countries.

Notwithstanding the temporary recession in trade, the shipbuilding required to make a happy home. yards of the United Kingdom started Integrity must be the architect, and the year with a full volume of work. tidiness the upholsterer. It must be armed by affection, lighted up with Panama Canal has no doubt contricheerfulness, and industry must be buted, since firms engaged in the the ventilator, renewing the atmos- South American trade have been phere and bringing in fresh salubrity preparing to take advantage of the expected increase of trade with Pacific ports. With the provision of this gateway of traffic and the institution of a new currency system, a great revival is anticipated in the United States, which, when it arrives, will be reflected in the Domin-

Could Hardly Live for Asthma. Writes one man who after years of suffering has found complete relief through Dr. J. D. Kellogg's Asthma Remedy. Now he knows how needless has been his suffering. This matchless remedy gives sure help to all afflicted with asthma. Inhaled as smoke or vapor it brings the help so long needed. Every dealer has it or can get it for you from his wholesaler.

Could Hardly Live for Asthma. Writes one man who after years of suffering has found and because they did me so much good, I will recommend them all the rest of my life".

Soc a box—6 for \$2.50—at all dealers, and money back if they fail to give relief. Sample free. National Drug & Chem. Co. of Canada, Limited, Toronto.

NOTE AND COMMENT

Old London has land values that make even western assess-ments on this continent pale insignificance. The Duke of Bedford lately disposed of about nineteen acres of the very heart of the British metropolis for neant for a mantelpiece is not placed a consideration said to amount to in an exactly horizontal position, it \$50,000,000, or about \$241.50 per is sure to go wrong. When a clock square foot The property which gains or loses because of its slanting has changed hands includes the historic Covent Garden fruit market

> Shortly it will be possible to see the face of the person that you are talking to over the telephone. No matter how far away the party is you can converse and study the expression of his or her face at the same time. The wizard electrical inventor, Thomas A. Edison, has completed the invention with which he hopes to revolutionize the telephone business of the world, and, according to information received, in four weeks' it will be given to the public. To see the person whom you are taking to has long been the dream of inventors but up to the present time it has never been accomplished successfully. The Edison invention, it is stated, works successfully and is practicable. The cost of operation is very little and it is expected that the invention will be adopted generally. Just how the invention works is a secret, but it is said to very simple in operation.

SPICE

We all love a good loser when he To a girl all girls are alike. man all girls are different.

A man would rather feel than look well, but it is the other way with a woman. The best way for a fellow to queer

himself with a girl is to have her parents indorse him. How a woman's heart does flutter when the pastor tells her that he

nissed seeing her at church ! The world owes you a living. But you'll have to peel off your coat and roll up your sleeves to collect it.

One kind of a nuisance is always telling you that "you ought to take something for that before it is too

There are other causes, but the main reason for divorces is that too many \$15 per week men marry \$50 per week women.

with his knife you car bet that his wife doesn't tell him where to get off at when he is at home.

Most married men are happier than they suppose. Anyway, the idiot has no monoply on the simple life.

A man doesn't have to be an orator in order to speak well of himself. What a man earns doesn't interest his wife so much as what she gets.

Of course, it is our charity that covers multitude of other people's sins. Wahkiakum county, the smallest in the state of Washington, has a woman clerk.

Samuel Untermyer, of Chicago, won the prize of the National Horticulture society for a single chrysanthemum. His plant was nine feet in diameter, 30 feet in circumference, bearing more than 1,000 perfect blooms. The judges declared it to be the most perfect chrysanthemum plant ever grown.

Two and a Half Hours on Operating Table Specialist Could Not Remove Stone In The Bladder

GIN PILLS PASSED IT

"During August last, I went to Montreal to consult a specialist as I had been suffering terribly with Stone in the Bladder.

Bladder.

He decided to operate but said the stone was too large to remove and too hard to crush. I returned home and was recommended by a friend to try GIN PILLS.

They relieved the pain. I took two boxes and went back to the specialist. He said the stone was smaller but he could not remove it although he tried for two hours and a half. I returned home and continued to take GIN PILLS, and to my great surprise and joy. I

You Get Bilious

Because Your Liver is Lazy You get a billous attack when your liver refuses to do its work. The bile does not flow. You become constipated. Food sours instead of digesting. You have that "bitter as gall" taste. The stomach becomes inflamed and inflated—turns sick—vorniting, and violent headache.—The best preventative and cure for billousness is Chamberlain's Tablets. They make the liver do its work—strengthen the digestive organs, and restore to perfect health. 25c. a bottle—All Dealers and Druggists, or by mail.

Chamberlain Medicine Company, Toronto.

Fine Maple Sugar and Syrup.

In the days of crude sugar bush methods there was little opportunity of learning the difference between the inferior dark products and those of fine quality, but now consumers are learning to appreciate the excellence of superior goods and to accept no other so long as available. This appreciation is leading to better returns for those who produce the light color, fine flavored sugar and

Syrup.

The up-to-date maple sugar maker recognizes that sap, like milk, is a very persishable product, being an excellent medium for the development of fermentative organisms. To make a fine sugar or syrup it is necessary therefore for the maker to have an equipment which will allow for the least possible contamination of the product in all stages of man-ufacture. Not only must thorough clean-liness be observed, but transformation of the sap to the finished product must be

direct and speedy.

Bulletin No. 2B "Maple Sugar," issued a few months ago by the department of agriculture at Ottawa, deals fully with this subject, and is, therefore, useful to the consumer in making clear what constitutes fine products, and to the products. ucer in showing how such goods are

THIS NEW MEDICINE SAVES YOU MONEY

We are druggists right here in your town and make a living out of the drug business, but it is because people have to have drugs and not because we like to see people sufferer—we don't. Our duty is to render the best service we can, and when someone is alling, we are interested in seeing them take the best medicine there is for their particular trouble. We don't recommend "cure-alls," as we don't believe there are such things. We don't want you to spend more than you have to. Some of you get small wages, and when you're sick, none at all, and you should get the most you can for your money. We recently came across a new remedy for increasing strength and building up people who are run-down and emaciated. We know that a slight trouble sometimes many \$15 per week men marry \$50 grows into a serious one, and to stop it in the beginning, will save you money in the end. This new compound is called Rexall Olive Oil Emulsion. It is the best remedy, when you are run out, nervous - no matter what the out, nervous no matter what the cause. It doesn't merely stimulate you and make you feel good for a few hours, but takes hold of the weakness and builds you up to a healthy, normal condition. It is a hold of the weakness and builds you up to a healthy, normal condition. It is a real nerve-food tonic and builder of good blood, strong muscle, good digestion. It contains Hypophosphites, which tone the nerves, and pure Olive Oil, which nourishes the nerves, the blood and the entire system. Pleasant to take. Contains no alcohol or habit-forming drugs. We promise that if you are not perfectly satisfied with it, we'll give back your money just as soon as you tell us. Sold only at the 7,000 Rexall Stores, and in this town only by us. \$1.00. only by us. \$1.00

J. W. McLAREN, Watford.

Domestic servants are employed in more than 800,000 homes in England and Wales. Things Not Generally Known

STEEL PEN-The advent of the steel pen dates back about 100 years, when steel pens of the barrel typethat is with the holder and pen in one piece-were made and sold for 50 cents, says Tit-Bits. To James Perry belongs the credit of bringing steel pens into general use. He began pen making in Manchester in 1819, and ultimately developed the pen trade in London before the prominent Birmingham makers, Mitchell, Gilliott and Mason, caused a revolution in the trade by machine made pens.

DARBY AND JOAN-A married couple said to have lived more than two centuries ago in the village of Healaugh, in the west riding of Yorkshire, England, celebrated for their long life and conjugal felicity They are the subjects of a ballad called the "Happy Old Couple," attributed to Prior, but really of uncertain authorship.

DOOMSDAY BOOK-A celebrated book compiled at the order of William the Conqueror in England in the latter part of the eleventh century. It contains the results of a statistical survey of England. The book is one of the oldest and most valuable of England records. Its name has obvious reference to the supreme record of the book in doom or judg-

Test 3.0 or 4.8, Which P

Dominion Department of Agriculture, Dairy Branch.

One of the chief reasons for testing cows not simply once in a while, but at regular intervals, is found in the fact that they are known to vary so greatly and often so inexplicably. Apart altogether from what are termed normal variations from milking to milking, besides the variations between morning and evening, and the variations between the fore milk and the strippings, careful observers have noticed in two days a variation in the test of almost two per cent. of fat in the milk of individual cows for which no reason can be assigned.

Obviously then it would be quite unfair to judge any one isolated test when it might be 3.0 one day and 4.8 another day. Which could you take? A fair and just way is to take samples regularly and test a compostie sample once a month. Then there will be credit given where it is really due, not necessarily to the one that is supposed to be a high tester, because she is of fancy name or fancy price, but frequently to some tacitly despised individual which is really the queen of the dairy. It wi pay to select those cows that are known not supposed, to yield milk rich in fat.

the infantile system untenable for worms, but by their action on the stomach. liver and bowels they correct such troubles as lack of appetite, bilionsness and other internal disorders that the your Worms create. Children thrive upon drug them and no matter what condition their worm-infested stomachs may be in, they will show improvement as soon as the treatment begins. The industrial commission recently ap-

Miller's Worm Powders not only make

pointed by President Wilson will try and out how many unemployed there are in the U.S. Rev. Albert E. Jones has been asked to emain with the Strathroy Methodists

for another year. Obediah Britney, a Lambton pioneer,

assed away at Wyoming last w No matter how deep-rooted the corm or wart may be, it must yield to Hollo-

way's Corn Cure if used as directed. m



When Lines Get Mixed and Letters Blur You Need Glasses

PUTTING off getting Glasses when you need them only makes matters worse. Nature sounds a warning when letters blur and lines get mixed. It is better, far better, to attend to it then and there than to let it go and strain the eyes. All the skill we possess is yours. We take pains with every case, such pains as you will appreciate. It is the kind of work that will give you satisfaction. Come any time.

CARL CLASS JEWELER, ISSUER OF MARRIAGE LICENSES

DID YOU REMEMBER ALL YOUR FRIENDS AT CHRISTMAS

THERE ARE NO MORE AP-PROPRIATE GIFTS NOW THAN PHOTOGRAPHS, AND NONE THAT WILL BE MORE APPRE-

CALL AND SEE OUR LATEST STYLES OR MAKE AN APPOINT-MENT BY PHONE.

Anlesworth's Art Studio. PHONE 42 R 4. WATFORD.

900 Drops Avegetable Preparation for As similating the Food and Regula ting the Stomachs and Bowels of INFANTS CHILDREN

Promotes Digestion, Cheerfu ness and Rest. Contains neithe Down Morphine nor Minera NOT NARCOTIC.

Becope of Old Dr SAMUEL PITCHE

Aperfect Remedy for Constitution, Sour Stomach, Diarrho Worms, Convulsions, Feveris ess and Loss of SLEET Fac Simile Signature of Chalf Fletcher.

NEW YORK. At6 months old 35 Doses - 35 CEN

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Weak

In Girlh The prescription which I

Dr. Pierce's Take this in lie

Mrs. Kate D. Richardson, of Be-testify to the wonderful curativ testify to the wonderful curative some years I suffered greatly but gradually grew worse. Or "favorite Prescription." I we it, with the "Pleasant Pelleth happiness was, for I was alway myself unhappy. So you are Dr.Pierce'sPleasant l

Concre Ne THE most sewage, rot, dry out of or paint. They which makes the

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