

WOMAN A GREAT SUFFERER

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

Tilbury, Ont.—"I could praise Lydia E. Pinkham's Vegetable Compound all around the world because it has done so much for me. For two years I was so run down that I was unable to do my work. I had female weakness and dreadful periodic pains, constipation and a headache, but now I am well of all these things. I took Lydia 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 displacement, 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. WILLIAM TULLY, 2082 Ogden Avenue, Chicago, Ill.

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

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Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, FEBRUARY 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 around attempting to live by their wits, or on the interest of their debts; and when they ask you to share the lot of an aimless life, pass them on for you cannot afford to marry a man without prosperity or business habits unless you wish to sell yourself for a mess of pottage.

Hamilton says that six things are required to make a happy home. Integrity must be the architect, and tidiness the upholsterer. It must be warmed by affection, lighted up with cheerfulness, and industry must be the ventilator, renewing the atmosphere and bringing in fresh salubrity 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

NOTE AND COMMENT

Old London has land values that make even western assessments on this continent pale into insignificance. The Duke of Bedford lately disposed of about nineteen acres of the very heart of the British metropolis for a consideration said to amount to \$500,000,000, or about \$241.50 per square foot. The property which has changed hands includes the historic Covent Garden fruit market site.

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 talking 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 be very simple in operation.

THE HORSE

Be kind to old Dobbin, the generous steed that labors whenever he's told, and so that he has lots of the life-giving 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 feeble 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 unblest. 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 his owner's a skate. 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 damage they will do is tenfold 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 druggists. Price 75c. per bottle. Take Hall's Family Pills for constipation.

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 United Kingdom and 45.7 per cent, acquired by it. For years British ship owners have been selling their older vessels and replacing them by new vessels, and in 1913 the tonnage sold was 780,000, as against only 96,000 tons bought from foreign countries. Notwithstanding the temporary recession in trade, the shipbuilding yards of the United Kingdom started the year with a full volume of work. To this the prospective opening of the Panama Canal has no doubt contributed, since firms engaged in the South American trade have been 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 Dominion.

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. 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 passed the stone. GIN PILLS are the best medicine in the world and because they did me so much good, I will recommend them all the rest of my life." J. ALBERT LESSARD, 50c 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.

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SPICE

We all love a good loser when he loses to us. To a girl all girls are alike. To a 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 missed 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 late."


Things Not Generally Known

STEEL PEN—The advent of the steel pen dates back about 100 years, when steel pens of the barrel type—that 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, Gillott 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 judgments contained in it.

You Get Bilious

Because Your Liver is Lazy

You get a bilious attack when your liver refuses to do its work. You become constipated. The bile does not flow. You have that "bitter as gall" taste. The stomach becomes inflamed and inflated—tarns sick—vomiting, and violent headache.—The best preventative and cure for biliousness 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 these are 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 perishable 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 manufacture. Not only must thorough cleanliness be observed, but transformation of the sap to the finished product must be direct and speedy. Bulletin No. 29 "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 producer in showing how such goods are made.

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 suffer—we don't. Our duty is to render the best service we can, and when someone is ailing, 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 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-down, tired 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 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 S. J. McLAREN, Watford.

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 Time?

THERE ARE NO MORE APPROPRIATE GIFTS NOW THAN PHOTOGRAPHS, AND NONE THAT WILL BE MORE APPRECIATED. CALL AND SEE OUR LATEST STYLES OR MAKE AN APPOINTMENT BY PHONE. Agnew's Art Studio. PHONE 42 R. 4. WATFORD.

Concrete

The most sewage, rot, dry out or paint. They which makes the Clean, S are just as necessary farmer's best insured a plentiful that is permanent. "What the Fa a handsome fire watering trough every farmer m. Farm Canada 522 f

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 Mineral. NOT NARCOTIC.

Recipe of Old Dr. SAMUEL PITCHER

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac-Simile Signature of Dr. J. C. FLETCHER NEW YORK. 16 months old 35 Doses—35 CEN EXACT COPY OF WRAPPER.

Weak Women

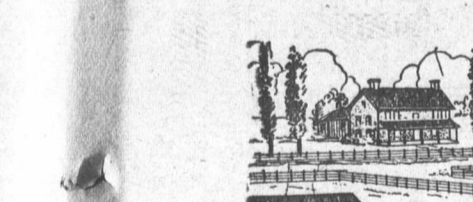
Some women are weak in Girlhood and the prescription which I diseases of women—which

Dr. Pierce's

Take this in lic

Mrs. Kate D. Richardson, of Be testifies to the wonderful curative power of Dr. Pierce's Pleasant Pills. She writes: "I suffered from weakness, but gradually grew worse, until I was unable to do my work. I tried many remedies, but nothing helped me until I took Dr. Pierce's Pleasant Pills. I am now as well as ever, and I feel that I owe my recovery to these pills. I am happy to say that I am now as well as ever, and I feel that I owe my recovery to these pills. I am happy to say that I am now as well as ever, and I feel that I owe my recovery to these pills."

Dr. Pierce's Pleasant Pills



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