GUIDE-ADVOCATE, WATFORD, MARCH 1, 1912

Avoid the Blues.

OPERATIONS AVOIDED

By Lydia E. Pinkham's Vegetable Compound

Belleriver, Que. — "Without Lydia E. Pinkham's Vegetable Compound I would not be alive. For five months I had painful and ir-



and heart and soul.

For the months I
For the months I
had painful and irregular periods and inflammation of the uterus. I suffered like a martyr and thought of the normal submit of the uterus. I suffered like a martyr is submit of a could do not he uterus. I suffered like a martyr who could do not he uterus. I suffered like a martyr is submit of a normal submit to an operation, because I had a tumor. I went back home much discouraged. One of my cousins advised me to take your compound, as it had cured her. I did so and soon commenced to feel better, and my appetite came back with the first bottle. Now I feel no pain and am cured. Your remedy is deserving of praise." – Mrs. EMMA CHATEL, Valleyfield, Belleriver, Quebec.

Another Operation Avoided.

Poughkcepsie, N.Y. – I run a sewing machine in a large factory and got all run down. I had to give up work for I could not stand the pains in my back. The doctor said I needed an operation for womb trouble but Lydia E. Pink-nards Computed did more for womb trouble but Lydia É. Pink-ham's Vegetable Compound did more for me than the doctors did. I have gained five pounds. I hope that every-one who is suffering from female trouble, nervousness and backache will take the Compound. I owe my thanks to Mrs. Pinkham. She is the working girl's friend for health, and all women who suffer should write to her and take her advice, --MISS TILLE PLENZIG, 3Jay St., Poughkeepsie, N.Y. Thirty years of unparalleled success Thirty years of unparalleled success confirms the power of Lydia E. Pink-ham's Vegetable Compound to cure

woman should be born without. We are not all born with the sunshine in our hearts, as the Irish prettily phrase it; but we can cultivate a cheerful sense of humor if we only try.

No boy, no girl, can ever come to be utterly bad who remembers only love and tenderness and sweetness as associated with father and mother in the old-time home. Give them manly and womanly example, give training, give them the inspiration of devoted lives, give them these higher, deeper things. Do not care so much as to whether you are accumulating

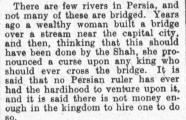
money, so that you can leave them a fortune. We really believe that the chances are against that being a blessing for a boy. But leave them an accumulated fortune of memories and inspirations and examples and hopes, so that they are rich in brain

It is pleasant to hear of occurrences that show the better side of numan nature. It is not worth while to hate anyone. Life is too short to cherish ill will or hard thoughts. What if that man has cheated you, or that woman played you false, or some friend · forsaken you? Let it all pass. What difference will it make to you in a few years when you go hence to that undiscovered country? All who cheat you wrongly will be more sorry for it, than you in your deepest grief. A few more smiles, a few more tears, some pleasure, much pain, a little onger hurrying and worrying in the world, some hasty greetings and abrupt farewells, and life will be over, and injured and uninjured will be laid away and forgotten. It is not worth while to hate each other. This is our advice, and like salvation,

Avoid the Blues. The temptation to yield to the blues often assails people when they are weak in bodily health. Often it at-tacks them when they are incumber-ed by mental troubles. A wise elderly woman once said to a young girl: "Anybody can cope with real trouble. It is the vague, intangible trouble. It is the vague, intangible trouble that gets the better of one and clouds the gay spirits until one walks in the blackness of a fog." Whether trials are real or simply imaginary, a good rule for every one is to seek the sun-shine. If there is the least derange-ment of health trust in God with all your might and apply to the best phy-sician within reach.

Basque Must Be Hard to Learn. Basque Must Be Hard to Learn. It is asserted by the Basques that their language, which bears a strong resemblance to certain North Ameri-can dialects, is the oldest one in the world, and was spoken by Adam and Eve in the garden of Eden. They also boast that it is the most difficult of all languages to learn. According to a native legend, the devil lived among the Basques for seven years, and during that time learned only two words of their tongue, "bai" and "ez," "yes" and "no," and these he forgot within an hour of leaving the country.

country. A Persian Bridge Story. There are few rivers in Persia, and



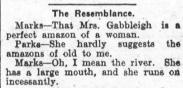
Conscience Stricken. The little page boy was not extra fond of his job. He imagined that he

fond of his job. He imagined that he had too much work to do. One day an old lady came to see the mistress. When she was going away she said to Buttons, "Well, my little lad, what do you do here?" "I do a butler out of a job, mum," was the reply.—London Tit-Bits.

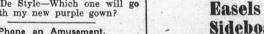


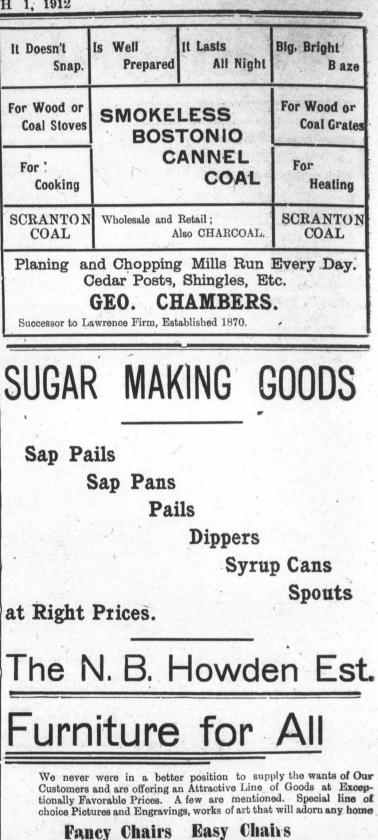
Up Against It. Hokus-Why don't you try to get a Pokus-Employers prefer to hire

married men. Hokus—Then why don't you get married? Pokus—A girl won't marry a fellow unless he has a job.



Careful of Appearances. Mrs. De Style-Marie, I chall take one of the children to church. The Maid-Yes'm. Mrs. De Style-Which one will go best with my new purple gown?





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Mr. George Andrews of Halifax, N.S., writes: "For many years I have been troubled with chronic Constipation. This ail-ment never comes single-handed, and I have been a victim to the many illnesses that constipation brings in its train. Medicine after medicine I have taken in order to find relief, but one and all left me in the same hopeless condition. It seemed that nothing would expel from me the one ailment that caused so much trouble, yet at last I read about these \$20 12 8 Mercantile advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a elight extra cost. Copy of change must be in printer's hands by Wedneaday afternoon. THANENUR-First insertion per line, 3 cents; sub-sequent insertions 4 cents each time per line, 12 lines molece one inch Interview of the second BUSINESS CARDS-Six lines and under, per year 5.00, AuctionEE& CARDS-\$5.00 a year. Locals-10c, per line each insertion. marge 25 cents. dvertisements without specific directions will be erted till forbid and charged accordingly.

ments made that I determined to give them a fair trial. They have regulated my stomach and bewels. I am cured of constipation, and I claim they have no equal as a medi-cine." HARRIS & CO. PROPRIETORS cine." For over half a century Dr. Morse's Indian Root Pills have been curing con-stipation and clogged, inactive kidneys, with all the ailments which result from them. They cleanse the whole system and purify the blood. Sold everywhere at 25c, a box. 2 It's not this playing at billiards that tires a man most to death, but it's bring-ing up coal from the cellar that takes away his last breath. And it's not the curler's hard sweeping that will knock him all of a heap, but it's sawing a few sticks of wood that will give him a grave long and deep. And it's not through the midnight caronsal that so many give up the strife, but it's walking the floor with the baby that deprives a poor fellow of the baby that deprives a poor fellow of

it's free.

Guide=Advocate

Wattord, Ont.

ADVERTISING RATES.

rion-\$1.00 per annum in advance. \$1,50 in not so paid.

Mr. Andrews praises Dr. Morse's Indian Root Pills PUBLISHED EVERY FRIDAY.

Mr. George Andrews of Halifax, N.S.,

Guide=Udvocate HARRIS & CO. PROPRIETOR WATFORD, MARCH 1, 1912.

NOTE AND COMMENT.

The country laments the high cost of living, and yet it goes on educating its youth into the professions and away from the agricultural and other productive occupations.

Laura Jean Libbey says that this year even the shyest maiden may express her thought on matrimony and even hint at a proposal without being considered immodest. This will be good news for the ministers.

Is it not rather significant and at the same time remarkable that of the two most outstanding figures in China to-day, viz :---Dr. Sun Yat Sen and Yuan Shih Kai, the former is a professing Christian and four sons of the latter attend a Protestant mission school?

For a good every day household angel, give us a woman who laughs. Home is not a battlefield, nor life one long unending row. A trick of always seeing the bright side, or, if the thing has no bright side, of shining up the dark one, is a very import-ant faculty and one of the things no



life. A cut finger is not benefited by pulling off the plaster and exposing it to some-body's eye. Charity covereth a multi-tude of sins. Things thus covered are cured without a scar; but once published and carried to meddling friends, there is no end to the trouble they may cause. Keep it to yourself. Troubles are transfent; and when a sorrow is healed and passed, what a comfort it is to say, "No one ever knew it till it was over."

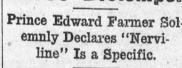
"No one ever knew it till it was over." IGNORANCE IS A CURSE.--"Know thy-self" is a good admonition, whether re-ferring to one's physical condition or moral habitudes. The man who is acquainted with himself will know how to act when any disarrangement in his condition manifests itself. Dr. Thomas' Eclectric Oil is a chief and simple remedy for the eradication of pain from the system and for the cure of all bronchial troubles. m

troubles. In Take a wide-mouthed bottle of good clear glass and fill it with fresh water. Then put into it two teaspoonsful of finely powdered alnm. In fair weather and when it is likely to continue fair, the liquid will be clear, but at the approach of cloudy or rainy weather the mixture will become teathery looking. This barometer will indicate a change of weather 36 hours in advance.

No matter what a girl's accomplish-ments may be, her education is incom-plete if she has not some knowledge of bake-ology, boil-ology, roast-ology, stitch-ology and mend-ology. Even if she should never be required to do the work herself, she ought to know whether it was done in a proper manner. it was done in a proper manner.

If you trade in Watford you go home satisfied.

In some parts of Australia the telephone is regarded as an amusement rather than a necessity. Horse Distemper



"After fifty years' experience in rais-ing horses I can safely testify that no remedy gives such good results for an all-round stable liniment as Nerviline." Thus opens the very earnest letter of J. J. Evanston, who lives near Welling-ton, P. E. "I had a very valuable horse that took distemper a month ago, and was afraid I was going to lose him. His throat swelled and hard lumps de-veloped. His nostrils ran and he had a terrible cough. I tried different re-medles, but was unable to relieve my horse of his baln and suffering till 1 started to use Nerviline, I mix-da bothe of Ner-viline and sweet of nat and chest three times a day and you would nearcely believe the way that horse picked up. Nerviline for colle in horses and cows, and earnestly recommend it to every man that is raising stock."

raising stock." For strains, spains, swellings, colic, distemper, coughs, and colds, no lini-ment will prove so efficacious in the stable as "Nerviline"—it's good for man or beast, for internal or external use. Wherever there is pain, Nerviline will cure it. Refuse substitutes. Large bottles 50c, trial size 25c, at all deal-ers, or The Catarrhozone Co., Kingston, Ont.





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Bedroom Suites

Mrs. Wm. Keeler, while climbing into a cutter at Seaforth to return to her home in Hibbert, collapsed and was dead in a few minutes as the result of the breaking of a blood vessel in her brain.

Watford merchants have the goods and meet all price competition.



ONE DYE FORALL KINDS OF 60

MRS. FRANK ALEXANDER. Box 33, Massical P.O. Plympton, Jan. 6th, 1911, . .

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