

WOMAN IN TERRIBLE STATE

Finds Help in Lydia E. Pinkham's Vegetable Compound.

Cape Wolfe, Canada.—"Last March I was a complete wreck. I had given up all hope of getting better or living any length of time, as I was such a sufferer from female troubles. But I took Lydia E. Pinkham's Vegetable Compound, and today I am in good health and have a pair of twin boys two months old and growing finely. I surprised doctors and neighbors for they all know what a wreck I was.

"Now I am healthy, happy and hearty, and owe it all to Lydia E. Pinkham's remedies. You may publish this letter if you like. I think if more women used your remedies they would have better health."—Mrs. J. T. Cook, Lot No. 7, Cape Wolfe, P.E.I., Canada.

Because your case is a difficult one, and doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has remedied many cases of female ills, such as inflammation, ulceration, displacements, tumors, irregularities, periodic pains, backache, and it may be exactly what you need.

The Pinkham record is a proud and peerless one. It is a record of constant victory over the obstinate ills of women—ills that deal out despair. It is an established fact that Lydia E. Pinkham's Vegetable Compound has restored health to thousands of such suffering women. Why don't you try it if you need such a medicine?



preserving process, but will expose his hard, stony heart. Husbands grown in the tropics of pleasure look very fine, but are usually insipid. The home grown are the best. Select your husband, if possible, from a family tree growing on the sunny side of a church. You will be sure then that he is sound at heart. Unsound husbands like unsound peaches, often have to be sorrowfully cast away.

When the editor of a Missouri newspaper was asked for the reasons for the high cost of living, he wrote the following:—"A gentleman requested that we publish the cause of the high cost of living. Our views in a condensed form are that we've left a lot of timber go to waste and get lumber from foreign countries; we throw away our grease and ashes and buy our soap; we raise too many dogs and buy too many hogs; we raise too many weeds and buy too many vegetables; we catch a five-cent fish with a \$4 rod; we build a schoolhouse and send our children off to be educated; we send our boys out with a \$40 gun and a \$10 dog to hunt five-cent rabbits and ten-cent birds, and lastly we mortgage our homes to buy four-priced automobiles that we don't know how to operate or keep up. It is the cost of "high living," and not the high cost of living that ails this country."

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. Farmlee'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.

Corns and warts disappear when treated with Holloway's Corn-Cure without leaving a scar.

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.

Sworn to before me and subscribed in my presence this 6th day of December, A. D. 1886.

A. W. GLEASON, Notary Public.

The Living Room

The living room is the one room in the house which, above all others, should be bright and cheerful. If any room must be neglected, let it not be the living room. Have here refined pictures, plenty of books and current literature. This is the place for the piano, the most comfortable chair and cosy corners. Within the precincts of such a room one may shut out the world and forget that there are any troubles to bear. The character of a room depends upon its wall decoration, its carpet, its pictures and its curtains. We should be careful to have these of the right kind as all others are mere accessories. "We could not afford expensive things," said a newly-married couple, "so we chose the comfortable ones," and this idea "comfort" is the secret of all room furnishing.

In New Zealand the servant maid's union demands the establishment of a 64-hour week.

The Canadian Climate

The climate of a country does, to a considerable extent, determine the character of its people. In a warm climate the people are apt to be indolent and lazy, but an atmosphere such as a Canadian winter is not one that offers inducements to the habitual street corner loafer. Zero weather is a far better test of character than any immigration department regulation that was ever invented, and a guarantee that for all time we will be a people of courage, hardihood, manliness and endurance. From the early days our snows have kept away from this country the weaklings, the poor of spirit, the lovers of luxury and ease. The courtiers of France, and the English and Spanish aristocrats rather than face a Canadian winter sailed for the subtropical parts of the American continent and there strove to set up a civilization based upon the enslaved labor of the negro and the Indian.

It is almost phenomenal how suddenly these snows enrich our life. Of a sudden our streets are converted from an ordinary unattractive appearance to a scene of gaiety and healthy outdoor life that cannot be rivalled anywhere else in the world. What sports are there for full-blooded men and women comparable with those of a Canadian city under two feet of snow.

What climate is there anywhere which can bring out the beauty of really healthy and vigorous young womanhood, the flush of color and brightness of eye that bespeaks, the supreme relish of life, as do our keen breezes, our dazzling winter sunshine, the sparkling drifts of our fairy snow?

Every year we are learning better and better the values of this unrivalled climate and the proper way to treat it. Every year we get more and more into the open air and spend

KEPHALDOL

Alays Fever and Cures Colds and Grippe

The quick, sure action of Kephaldol in reducing body temperature to normal health standard, gives to this great natural remedy an altogether priceless value in the treatment of every kind of fever and feverish cold.

Though it is just being introduced into Canada, Kephaldol has been prescribed by physicians and used in the hospitals of Great Britain and the continent for many years. It relieves the burning heat and fulness in the head which comes with a "grippy" cold—alays pains and aches, soothes the nerves, and brings that sweet rest which means speediest restoration.

For colds, influenza, catarrh and similar complaints Kephaldol is unequalled. A tablet or two taken at the first indication of trouble will unfailingly arrest development and restore health.

Get a box of Kephaldol tablets from your Druggist, and be ready to check a cold the day it attacks you. Kephaldol Limited, 31 Latour Street, Montreal.

less time in our close and overheated rooms; we have discovered that active circulation of the blood is a much better way to secure circulation of the blood than hot air.

The immense economic value of snow—the best possible form of soil preservative, invigorator and stimulant for the productive work of spring and summer—has been too little explained to the public mind.

Take it all in all, we have few things to which we should be more grateful than to the glittering crystals that make our winter a thing of beauty, health and utility.



Guide-Advocate

Watford, Ont.

PUBLISHED EVERY FRIDAY.

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One column 80¢ 40¢ 20¢

Half column 50¢ 25¢ 12¢

One fourth column 25¢ 12¢ 7¢

Shorter periods 12 cents per running inch.

Advertisers will be allowed a change of matter very two weeks. Weekly changes can be had at slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.

Special Advertising.—First insertion per line, 10 cents; subsequent insertions 4 cents each time per line. A rate increase of 10 cents to the inch.

BUSINESS CARDS—One inch and under, per year \$5.00.

AUTHORITATIVE CARDS—\$5.00 a year.

Locals—10¢ per line each insertion. Minimum charge 25 cents.

Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, MARCH 6, 1914.

NOTE AND COMMENT

There is a telephone for every 15.2 people in Canada, according to statistics recently issued and based upon returns sent to the Government by the telephone companies. There are in Canada 1,075 phone organizations, an increase of 17 municipal, 175 stock, 129 co-operative, 32 partnership and 38 private phone companies. The capitalization of the companies is placed at \$59,847,004 an increase of \$13,570,153, the capitalization being equal to \$129.13 per phone. The cost of the phone systems is given as \$69,214,971. The gross earnings for the year were \$14,877,278 or \$92.13 per phone.

J. H. Burnham, of Peterboro', has given notice of the following resolution: "That in the opinion of this House, it is desirable that manufactured goods and natural products coming into Canada from any other country where the rate of wages of those employed in the making or raising of the same is below that prevailing in Canada, be subjected to a tariff sufficient to preserve the standard or rate of wages of those in Canada in making or producing like goods and products."

Husbands, like peaches, will not keep the year round unless they are well preserved. First, select one carefully. Be sure he is not too green; neither should he be overripe. He might look very tempting and mellow in the market, but if he is too old he will not stand the test of the

Read Our Personal Money-Back Guarantee

Your Wages Stop When You're Sick!

You Can Try This Remedy At Our Risk

YOU know what that means—Misery—Worry—Big Bills—Debts! You know you can't afford to get sick. Keeping in good health means food and clothing for you and your family. It's up to you to take care of yourself. It's up to you, whenever you don't feel right, to take something to make you right, to strengthen you, build you up, ward off worse sickness, **protect you and your family!** That thing we have, and in offering it to you we protect you against money risk, by personally promising you that if it doesn't protect you against sickness, **we'll give you back your money without a word or question. It is—**

Rexall Olive Oil Emulsion

It Is the Best Remedy

When you are run-down, 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, a real builder of healthy nerves, rich blood, strong muscles, good digestion.

It contains the Hypophosphites, to tone the nerves and give energy, and pure Olive Oil, to nourish the nerves, the blood, the entire system, and give vitality, strength and health.

It is pleasant to take, the greasy flavor of the Olive Oil having been removed.

For you who are tired out, nervous, run-down, debilitated, weak, emaciated—for convalescents—for old people—for puny children—we recommend Rexall Olive Oil Emulsion as the best medicine we know of to make and keep you well and strong.

We Make Our Living

out of the drug business right here in your town. It is our duty to give you the best remedy we can for whatever ailment you may have, and business sense demands that we recommend nothing unless we know it's good.

We know Rexall Olive Oil Emulsion is good. We believe it is the best builder of health, energy and strength there is made. We know it is greatly helping many of your neighbors. We believe that it will make you well and strong again, and save you money and worry in the end.

We feel it is good business for us to recommend Rexall Olive Oil Emulsion and get you to use it, because we know you'll thank us afterward for making our confidence in it so plain that you didn't hesitate to take us at our word. We also feel sure that once you have used it, you'll be as enthusiastic about it as we are and will recommend it to your friends. Read our money-back guarantee and get a bottle today.

Sold only at the 7000 Rexall Stores—the World's Greatest Drug Stores—\$1.00 a bottle Sold in this town only by us

We Guarantee This Remedy to Relieve and Satisfy You—or Your Money Back

We don't want your money unless Rexall Olive Oil Emulsion really helps and satisfies you. If it doesn't, come back and tell us, and we'll give back your money. We believe it will protect your health—if it doesn't, the money is yours, and we want you to have it.

J. W. McLAREN

DRUGGIST, STATIONER WATFORD ISSUER OF MARRIAGE LICENSES

Rexall Means "KING OF ALL" Ours is The Rexall Store in this town.

PAIN IN MY BACK IS ALL GO

Since I Got a Box of GIN PILLS

CHURCH ST., CORNWALLIS

January 23rd.

"About a year ago, I was suffering much with a dreadful Lame Back. Hips, that I could not stand up straight. I was informed by a friend about GIN PILLS. I got a box. It helped immediately. I have taken about twelve boxes and the pains in my back and hips are all gone. I cannot speak too highly of the wonderful effects of your GIN PILLS."

B. C. DAVID.

Liniments and plasters won't cure Lame Back—because they never reach the part that is causing the pain. The whole trouble is with the Kidneys and you must cure them in order to stop the pain. GIN PILLS cure weak, sick, strained Kidneys as nothing else will. GIN PILLS drive away the pain every time—or your money promptly refunded. A box, 6 for \$2.50. Sample you write National Drug & Chemical Co. of Canada, Limited, Toronto. MANGA-TONE BLOOD NERVE TABLETS help pale, nervous women to get well. See a box.

General News Items

Pictures at first reported to have stolen from the British Museum recovered in Paris, were taken noted collections in Flanders.

Rosa Luxemburg, of Berlin, the leaders of the ultra Radical the German Socialists, was sent a year's imprisonment for disobedience of the laws.

Supplementary estimates for the Bill to be discussed in the British of Commons next Wednesday in supplementary vote of \$1,000,000, army aviation. The original was \$4,000,000.

London, Ont., Feb. 24.—M. Wallace, one of the best known dealers in Ontario, died last Victoria Hospital after an illness of two months. Shortly before his death he was taken sick at Simsbury, and brought here to the hospital developed into a complication of pneumonia, and he continued to get until death ensued.

Niagara Falls, N. Y., Feb. 24.—A smallpox ban that has been in force for the past eight weeks was removed and to-night lodges will resume regular sessions. Churches will their services Wednesday night. Theatres will open Thursday.

No Asthma Remedy Like It. D. Kellogg's Asthma Remedy is different from other so-called remedies. Were this not so it would have continued its great work until known from ocean to ocean. Wonderful value. Kellogg's, the most and best of all asthma remedies stands upon a reputation founded by hearts of thousands who have known its benefit.

London, Feb. 24.—Phyllis, militant suffragette, accused of being sentenced to eighteen months imprisonment at hard labor by a Magistrate at the London Sessions to-day. The jury's recommendation of the ground that she had been led by older militants.

Sir George Ross' condition is assuring to his friends and his is not by any means sustained. Distinguished patient's health is such that a turn might happen moment with grave results. Sir Whitney's condition still continues to improve and his strength is slowly but surely.

New York, Feb. 24.—Colonel B. Leishman, honorary physician King of England, arrived on the ship Carmania today to attend the in Montreal and Baltimore. In he will attend the Military Officers Congress. In Baltimore he is a guest of the medical staff of Hopkins University.

THIS is a HOME DYE that ANYONE can use

DYOL

The Guaranteed "ONE DYE" All Kinds of Cloth Clean, Simple, No Chance of Mistake. Send for Free Color Card and The Johnson-Richardson Co. Limited.