

WOMEN MAY AVOID OPERATIONS

By taking Lydia E. Pinkham's Vegetable Compound

The following letter from Mrs. Orville Rock will prove how unwise it is for women to submit to the dangers of a surgical operation when it may be avoided by taking Lydia E. Pinkham's Vegetable Compound. She was four weeks in the hospital and came home suffering worse than before.

Here is her own statement.

Paw Paw, Mich.—Two years ago I suffered very severely with a displacement. I could not be on my feet for a long time. My physician treated me for seven months without much relief and at last sent me to Ann Arbor for an operation. I was there four weeks and came home suffering worse than before. My mother advised me to try Lydia E. Pinkham's Vegetable Compound, and I did. Today I am well and strong and do all my own housework. I owe my health to Lydia E. Pinkham's Vegetable Compound and advise my friends who are afflicted with any female complaint to try it. Mrs. ORVILLE ROCK, R. R. No. 5, Paw Paw, Michigan.

If you are ill do not drag along until an operation is necessary, but at once take Lydia E. Pinkham's Vegetable Compound.

For thirty years it has been the standard remedy for women's ills, and has positively restored the health of thousands of women. Why don't you try it?

Guide-Advocate

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HARRIS & CO. PROPRIETORS.

Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, APRIL 14, 1911.

Want to Change the Calendar.

A London (Eng.) cable dispatch says: The British Government is taking immediate steps to ascertain the views of the commercial community of the kingdom on the question of revising the calendar so that a given date shall always fall on the same day of the week. Inquiry will be set afoot by the board of trade, which is supported in the matter by the Foreign Office and the Home Office.

The action is taken in consequence of an invitation from the Swiss gov-

CURED OF CONSTIPATION

Mr. Andrews praises Dr. Morse's Indian Root Pills.

Mr. George Andrews of Halifax, N.S., writes: "For many years I have been troubled with chronic Constipation. This ailment 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 helpless condition. It seemed that nothing would expel from me the one ailment that caused so much trouble, yet at last I read about these Indian Root Pills.

That was indeed a lucky day for me, for I was so impressed with the statements made that I determined to give them a fair trial.

They have regulated my stomach and bowels. I am cured of constipation, and I claim they have no equal as a medicine."

For over half a century Dr. Morse's Indian Root Pills have been curing constipation 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.

ernment to take part in an international conference. That invitation is, in turn, the result of a proposal approved by an international congress of chambers of commerce sitting in London.

The proposals of the calendar reformers are that the first day of the year shall be a bank holiday, called "New Year's Day," which shall not count with a day of the week of the month, or of the quarter. This leaves for the rest of the year 364 days. This number divides exactly into four equal quarters of ninety-one days each, and into fifty-two weeks of seven days each. Each quarter would thus contain exactly thirteen weeks. According to the proposed scheme it would be divided into two months of thirty days each and one month of thirty-one days.

Starting then with the year 1912, Easter Sunday, and all so-called moveable feasts, feasts, and dates dependent upon it, would be fixed so as to fall in every year on the same day of the same month, as well as on the same day of the week. April 14 would then and always be Easter Sunday, and Christmas day, December 25, would always fall on Monday. Each day of the month also would always fall on the same day of the week.

To provide for leap year, a bank holiday to be called "Leap Year Day" would in leap year be inserted between July 31 and August 1. As in the case of New Year's Day in the proposed system this would not count as a day of the week, of the month, or of the quarter.

The proposals have been embodied in a bill which is now before the House of Commons, having been introduced by Mr. Robert Pearce, M.P., who attracted attention in connection with the proposal to save daylight by periodically setting the clocks of the kingdom to fit the seasons.

HE SENT HIS "BEST" REMEDY.

The young daughter of Mrs. T. S. Dougal, 523 Flora Avenue, Winnipeg, was arranging some of her doll's washing on a clothes rack, beside the stove, when she fell, and her hand came in contact with the hot stove. She sustained a serious burn and her screams brought her mother quickly to the spot.

"I sent to the druggist for the best remedy he had for burns," she says, "and he sent back a box of Zam-Buk. He said that there was nothing to equal it. I applied this, and it soothed the pain so quickly that the child laughed through her tears. I bound up the hand in Zam-Buk, and each day applied Zam-Buk frequently and liberally, until the burn was quite healed.

"The little one was soon able to go on with her play, and we had no trouble with her during the time the burn was being healed."

Zam-Buk Soap should also be used by all mothers for baby's bath and for skin troubles, rashes, pimples, etc.

All druggists and stores sell Zam-Buk at fifty cents a box; and Soap at 25c. tablet. Post free from Zam-Buk Co., Toronto, for price. Refuse harmful imitations.

So Live Each Day.

It is not what we do in life, but how we do it, and how we are thinking of it, that counts. As someone says: "The cheerful, loyal, faithful performance of the little dull routine duties lays in our character the foundation of the truest kind of culture." If your circumstances are limited, and your life is narrow, your thoughts might not be so. To get "the most out of your environment" does not mean simply doing the duties belonging to your sphere. Each of us has a duty to our neighbors, to the community in which we live, to the world at large. Mathew Arnold's motto was a good one, "To see life steadily, and see it whole," not just our own little part of it! Try to think sometimes of outside and of greater things, and in so doing your own mind will grow and expand. Whole new worlds of thought will open up before you, and the petty sordid details will cease to trouble or annoy. And then, no matter how restricted or narrow your limitations, your life will be monotonous perhaps to a beholder, but "very rich within."

Mother Graves' Worm Exterminator is pleasant to take; sure and effectual in destroying worms. Many have tried it with best results.

"Girls make me tired," said the fresh young man. "They are always going to palmists to have their hands read." "Indeed!" said she sweetly; "is that any worse than men going into saloons to get their noses red?"

Shiloh's Cure quickly stops coughs, cures colds, heals the throat and lungs. 25c. a box.

Poultry Pointers.

When the fowls are well cared for they represent a daily income. Pull-lets and hens will lay just as well without the attention of a male bird as with one. Keep your feed room clean and do not permit any filth to lay around that will taint the feed. Air-slacked lime is a good disinfectant and will help keep the flock healthy if scattered around the houses and yards occasionally. The dropping boards should be made solid and smooth so as not to permit the droppings to fall on the chicken house floor and to make the dropping board easy to clean. An egg contains 65 per cent. water. In the laying pens the water should be furnished in plenty. Just carefully look over your birds; you may find some lice on them, even if it is cold weather. To get the best results from poultry they must be free from lice the whole year, and it pays to fight lice the whole year.

Adulteration in Maple Products.

One of the really natural industries of this country is the manufacture of maple sugar. Few industries under proper conditions, offer better opportunities for the making of a fair profit. No product, when properly made, is more acceptable when placed on the table of the consumer.

There is perhaps, no Canadian industry which has been placed under greater disabilities through adulteration, says the Weekly Sun. Every season the market is flooded with stuff, bought in the belief that it is maple syrup, but which has never been near a sugar bush. The frauds perpetrated on producer and consumer alike should be prevented and the way to prevent is to prohibit the use of the word "maple" either as the whole or part of the name used in the sale of articles professing to be product of the maple tree.

Our new stock of wall paper is in. The designs and prices will suit the most fastidious.—P. DODDS & SON.

Uncle Sam wants those scrapping Mexicans to keep off his lot, and not tread on his cabbage and onion beds.

Joseph Robson, of Wainstead, has been appointed a Dominion government immigration officer at the Sarnia Tunnel.

In 1910 the traffic through the Suez Canal aggregated 23,054,901 tons, of which 13,353,539 was British, Germany was next, with 3,620,026 tons.

The natural gas output of Canada in 1910 was \$1,312,614. The consumer, of course, paid a great deal more. Ontario was the greatest producer, figuring at \$1,244,046.

Why go limping and whining about your corns when a 25 cent bottle of Holloway's Corn Cure will remove them? Give it a trial and you will not regret it. t

A young man, rather noted for his closeness with money, took a girl out walking. When they came to a candy store the girl walked over to the window, looked longingly at the candy displayed for about five minutes, and then said: "Doesn't that candy smell awful good?" "It does, for a fact," was the answer. "Let's stand here a while and smell it."

A gentleman who has been pretty well over the West and has familiarized himself with conditions there concludes that Old Ontario will yet come into her own, and that at no distant day. The farmer in the East who is disposed to put forth the same effort and spend as frugally as those who make for the prairies will have no reason to envy the latter. Talk up Ontario, he says; it is all a matter of advertising.

Her Secret

Why She Always Looked So Young

Everyone refers to her as one of the most attractive women in town. It wasn't her features, for while regular, they were not unusual. But the charm lay in the head of splendid, vigorous hair that made a veritable crown. It had that peculiar lustre and the sun gave it an added brilliance—you couldn't look at her without unconsciously commenting on the beauty of her hair.

When asked how she kept it so beautiful she replied that it was no trick, simply proper shampooing, regular combing and the conscientious use of Hirsutone. She admitted it had not always been in that condition, but that she found Hirsutone the best thing she ever got for the hair. It gave the scalp such a cool, refreshed feeling, and the hair was so much easier to dress after its use.

There are plenty of heads that would be just as attractive for Hirsutone, soon brings the hair and scalp into good condition.

Your Nyal Drug Store will cheerfully guarantee Hirsutone to do all that is claimed for it, and every woman owes it to herself to try it.

Sold and Guaranteed by WATFORD DRUGGISTS.

Nyal's FAMILY REMEDIES. One for each everyday ailment.

Guide-Advocate Ads are Business Bringers.

The N. B. Howden Est.

For House Cleaning Supplies.

S. W. P. Wall Color.....25c.	Step Ladders.....90c. to \$1.25
Muresco.....40c.	Curtain Stretchers.....\$1.35
Varnish.....10c.	Wash Boards.....25c.-50c.
Stovepipe Enamel...10c. to 25c.	Mops.....10c. to 40c.
Linoleum Varnish, pint...35c.	Galvanized Tubs...60c. - \$1.00
Aluminum.....25c.	Ladies' Canvas Gloves.....10c.
Liquid Veneer.....25c.	Gillett's Lye.....10c.
Window Brushes.....25c.-50c.	Scrub Brushes.....10c. to 30c.
Paint Brushes.....5c. to \$1.50.	

Sherwin-Williams Paints for All Purposes.
A Vacuum Cleaner to Rent.

MURESCO, the New Wall Finish, will not rub off or show the brush marks. Anyone can make an Artistic Job. 40 cents a package to cover from 350 to 400 square feet.

Sold Only at Howden's.

Pure Bred Stallions For Sale.

Ten of the choicest and best bred IMPORTED CLYDESDALE STALLIONS from two to six years old ever brought into Canada. Got by the leading sires of Scotland. Correspondence solicited.

CRAWFORD & McLACHLAN, Thedford and Ailsa Craig, Ontario, BREEDERS AND IMPORTERS OF PURE BRED CLYDESDALES. f3-3m



KERWOOD ROLLER MILLS.

OUR FLOURS:
Ladies' Choice, Silver Leaf and Scotch Thistle.
The Best on the Market. All Tried and Proven.

FEED OF ALL KINDS.

Including a Big Shipment of Corn Just Arrived.

Best Attention Given to Gristing and Chopping HIGHEST PRICE PAID FOR WHEAT.

Thanks for past favors, and we solicit further orders which will receive our prompt and careful attention.

G. A. DUNLOP, Proprietor.

RECTAL DISEASES

(PILES, FISTULA, &c.)

RUPTURE

Successfully Treated and Radically and Permanently CURED

by a Mild, Safe and Certain SYSTEM OF OFFICE TREATMENT.

HUNT INSTITUTE

SPECIALISTS, Chronic Diseases of Men and Women.

SIXTY ONE WEST FORT ST., (OPPOSITE THE POST-OFFICE) DETROIT, MICH.

The Hospital Operation for the cure of these diseases is unnecessary and inadvisable. The far better way is by the system of Office Treatment, original with us and practised by us for a number of years. Our patients, while under treatment are not laid up, and generally attend to business as usual.

We accept cases of Eruptive, Rectal, Blood, Skin, Stomach, Liver, Kidney, Bladder and ALL Chronic Diseases of Men and Women on the condition of a guaranteed cure for life or not a dollar for services.

Maid in Attendance for Women Patients.

Write or telephone for an appointment in advance of coming, else we will possibly not be able to see you without considerable delay, because about every moment of our office hours is taken with previous appointments. Museums of Anatomy FREE to all. Consultation Free.

Office Hours, 9 to 6 all week days. Evenings (except Fridays only), 7 to 8. Sun., 9 to 1. 61 WEST FORT STREET.



THERE'S a heap of satisfaction in knowing that your EXCELSIOR is not going to shame you when you compare it with any other watch. Every EXCELSIOR is made to run right in its own case before leaving the factory. American-made—\$4.50 to \$11.00. Ask us for the EXCELSIOR WATCH.

E. DOWDING, WATFORD

Watchmaker, Jeweler, Etc.

CANADIAN PACIFIC HOMESEEKERS' EXCURSIONS

TO Manitoba, Saskatchewan, Alberta

Special Trains leave Toronto 2.00 p.m. on APRIL 4, 18 MAY 2, 18, 30 JUNE 13, 27 JULY 11, 25 AUG. 8, 22 SEPT. 5, 19

Second class tickets from Ontario stations to principal Northwest points at

LOW ROUND-TRIP RATES

Winnipeg and return \$33.00; Edmonton and return \$41.00, and to other points in proportion. Tickets good to return within 60 days from going date.

TOURIST SLEEPING CARS

on all excursions. Comfortable berths, fully equipped with bedding, can be secured at moderate rates through local agent.

Early application must be made. ASK FOR HOMESEEKERS' PAMPHLET containing rates and full information. Apply to nearest C.P.R. Agent or to R. L. Thompson, Dist. Pass. Agt., Toronto.

ONLY DIRECT LINE NO CHANGE OF CARS

J. H. HUME, LOCAL AGENT.

A jilted Brooklynite is suing the fickle one for \$10,000 expenses of the courtship. What jilt is worth such expenditure?