

WOMAN SUFFERED TEN YEARS

From Female Ills Restored to Health by Lydia E. Pinkham's Vegetable Compound

Belleville, N.S., Canada. "I doctored ten years for female troubles and did not get well. I read in the paper about Lydia E. Pinkham's Vegetable Compound and decided to try it. I write now to tell you that I am cured. You can publish my letter as a testimonial."

Another Woman Recovers. Auburn, N.Y. "I suffered from nervousness for ten years, and had such organic pains that sometimes I would lie in bed for days at a time, would not eat or sleep and did not want anyone to talk to me or bother me at all. Sometimes I would suffer for seven hours at a time. Different doctors did the best they could for me until four months ago I began giving Lydia E. Pinkham's Vegetable Compound a trial and now I am in good health."

The above are only two of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which show clearly what great things Lydia E. Pinkham's Vegetable Compound does for those who suffer from woman's ill.

If you want special advice write to Lydia E. Pinkham, Med. Dept., 233 Central Bldg., Lowell, Mass. Your letter will be opened, read, and answered by a woman and held in strict confidence.



Guide-Advocate

Watford, Ont. PUBLISHED EVERY FRIDAY.

Table with 3 columns: Rate, One Year, Half Year. Includes advertising rates for various ad sizes and durations.

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

Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, JANUARY 16, 1914.

HOME HINTS

Never in the history of the world has there been such substantial progress in liberty in humanity, and in education as today. Science has added immensely to the world's progress. So that taking men in the mass it may be said that they are freer, more enlightened and better cared for now than at any time in the world's history.

Na-Dru-Co Laxatives advertisement. Text: "are different in that they do not gripe, purge nor cause nausea, nor does continued use lessen their effectiveness. You can always depend on them. 25c. a box at your Druggist's. 176 National Drug and Chemical Co. of Canada, Limited."

mode of managing the individuality of each child. Let us all strive to attain that great control over our spirits, which will enable us to give a soft answer in return for an angry man. Then when this goal of perfection is reached, how peaceful and happy our influence in our journey through life.

It is as easy to say kindly things as it is to make unpleasant remarks. Watch yourself a bit as you move about your home—is it a hard word and a frown? If the latter, pull yourself up short and make up your mind the world shall be bright with your kindness rather than darkened by your ill humor.

There is a great deal said about making homes attractive so the young people will not want to wander away from them; but it is a private opinion one hardly dares to express, that there is too much being done for young America in the well to do classes; they are coddled and humored and given places, while the parents take the rough ones, until the parlor has come to be looked upon as their orbit, while the mother "lives and moves and has her being" in the kitchen.

We all owe to others as many cheerful smiles and kind words as we can bestow, for life is what we make it, and small favors, little kindnesses, a word freely spoken, often heals a much bruised heart, and tender remembrance is cherished for the giver. Never show to an unexpected guest their coming worries or upsets you, but give them a smile and a word of welcome and you will be surprised how quickly worries will roll away and how easily the noonday meal will be done, and how much pleasure there is in that afternoon chat, then there is nothing to think about but to enjoy the present.

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. Cheney & Co., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

Dampness Kills Poultry

At this time of the year when the rains are frequent, the nights getting colder, and the birds remaining in their houses for longer periods the poultry man must bear in mind that dampness spells death. Hens must have a dry place to scratch, dust and root in. The floor of the house should be well drained. Where earth floors are used a ditch dug around the house and filled with stones will give effective drainage. To commence the winter with rheumatism or colds in a flock of poultry will be disastrous. The first indications of a cold should be attacked and cause removed. A cold may lead to one or all of the diseases that poultry are heir to. Let all poultry keepers be reminded in time of the dangers resulting from dampness and make provision accordingly. A dry, well-ventilated house is the one that brings good results. It adds greatly to the birds' comfort to keep a deep litter on the floor, and to their health to feed the grain ration in that litter, it keeps them busy, and the busiest hen in the flock lays the most eggs.

The Dance at Michael Snyder's

O, there was lots of fun. The crowd was on the run; You could dance the buany bug, And think you were a "big bug"; You could step the lively rag, Or even get on a jag; But you couldn't dance the tango.

Worms feed upon the vitality of children and endanger their lives. A simple and effective cure is Mother Graves' Worm Exterminator.

THE MILKMAKER

Milk the leaking cow three times a day. Is your barn prepared for the cold wintry weather? Put a little bran in the bottom of the pail when the calf has drunk his milk and he will readily learn to eat it. You cannot expect a cow to give large quantities of milk unless she has plenty of feed and quantities of water. An account should be kept with every cow. The way to determine her value is by using the scales and the Babcock test. Other things being equal, the largest yields of milk usually represent the largest profits. Not one cow barn in a hundred has windows enough.

RAISING FALL COLTS.

Pays to Breed Mares That Have Failed to Get in Foal in the Spring. Every season the farmer is called on to solve the fall colt problem. One or two, perhaps all, of his mares miss the horse in the spring, and unless he breeds them in the fall he must lose a whole year in his horse breeding department, says J. V. Abington in the National Stockman. At the best, he must lose six or eight months. Shall he let that go as so much lost anyway and six months more on top of it, waiting till spring to breed the mares once more, or shall he breed them in the fall and so save half the year? That is the question to be settled.

It is not a matter on which there is absolute unanimity. Some say they have no luck with fall colts and so never try to raise them. Others always breed the mares that miss in the spring, while still a third school maintains that fall colts pay and do better than spring colts and that mares should be mated in the spring only to fill in the time lost by their failure to breed to the fall service. With this last school I have no patience. I do



The illustration shows a two-year-old gray Percheron filly which was dropped in the fall. She was fed sweet whole milk from a cow to make up for the grass she had lost. She got a couple of quarts twice a day. But if whole milk is not available four or five quarts of sweet warm separator milk will do very well. A point to remember in the case of a fall colt is that it must have plenty of exercise, a clean bed and all the grain it will clean up in addition to the milk. Fresh water should always be within its reach.

believe, however, that a farmer is wise to breed in the fall one or two valuable producers that failed to settle in the spring. There is not much to be gained by having the mare but half gone in her pregnancy during spring work, for nowadays fall work, such as gang plowing, hauling the corn binder, hauling the manure spreader and the like, is a task about the same, no matter what season of the year undertaken, and the need for caution is just as great in the fall as it is in the spring. It is six of one and half a dozen of the other, so the matter simmers down to the choice between losing six months or a whole year.

Fall colts can be raised as profitably as spring colts for the reason that what they eat during the first six months is seldom missed. When six months old or thereabouts they go out on the grass and if well fed make a continuous growth, but never quite so good as a spring colt does when given exactly the same treatment. There is something about the action of the grass in the young stomach that nature requires and which is denied to the fall born youngster.

Age to Breed Sows

Breeders are not agreed as to the proper age at which sows should be first bred. Some declare it more profitable to breed immature or young sows. Professor Coburn says: "Eight months old is as young as it is judicious or proper to breed them, and we would much prefer to have them a year old before letting them to the boar. The pigs from large, old sows will be more in number and frequently double in size of the others at a month old, and

with the same care they will frequently weigh 50 per cent more at nine or twelve months old."

The Horse Grower. Breed horses to some definite purpose—that is, go in for drafters, coaches or saddlers. A finished animal of any one of these breeds will always bring more than a mixture of all.

Watch For Sheep Ticks. When you see the sheep nibbling at their sides take a good look at them. There is something wrong. See if you can't find something wrong. See if you can't find some ticks.

A Prophetic Dream. One of the most inexplicable forms of dream is the prophetic one, instances of which abound. The late Lord Dufferin when in Paris dreamed one night that he was in a hearse en route for the cemetery. A day or so later he was entering the lift at a hotel when he recognized the attendant as the driver of the hearse of his dream. He stepped back and the lift ascended without him. As it neared the top something broke, and it crashed to the bottom again, killing every one in it.

Hard to Suit. "Maria," sharply asked Mr. Dorkins, "is that worthless young whipper snapper of a Dick Doogood still coming to see Beesie?" "What do you mean by talking that way, John?" said Mrs. Dorkins. "He hasn't been here in six weeks." "Hasn't he?" Is the scoundrel trifling with her affections?"

A Lack of Foresight! The primary teacher asked for volunteers in story telling or singing, and one little girl finally offered her services. She came to the front of the room and after standing quietly for a moment, turned to the teacher and remarked: "Gee! I wish I had kept still."

Her Revenge. A lawyer asked a woman in the witness box her age, and she promptly replied: "Old enough to have sold milk for you to drink when a baby, and I haven't got my money yet."

Use For Hot Stones

Primitive man boiled his water with hot stones. That was not the only use he made of them—at any rate—if he was a Scythian. The Scythian practice described by Herodotus has been claimed by some as the first recorded case of smoking. Having seen of a kind of hemp that grew in the country, Herodotus proceeds: "Now, the Scythians, taking the seed of this hemp, go into their tents and then throw the seed upon stones heated white hot. As it is thrown on it is burnt into smoke, producing so much that no Greek vapor bath could surpass it. And the Scythians delighted in it, below. This takes the place of washing for them." It seems as though they had discovered the Turkish bath and the cigarette.

Coffee From Dried Figs

It is claimed that an excellent coffee can be made from dried and roasted figs, which need not be of the first quality. They are dried in the sun or in evaporating pans, according to climate, and then roasted in a mill till brown or almost black and quite brittle. They are then ground up, and the resultant powder is pressed into tablets. These must be kept dry. When made use of they are merely dissolved in hot water. The beverage is said to be agreeable in color and flavor, with a somewhat sweeter taste than that made from chicory.

Deceived.

Countryman at the National Gallery.—Why, them's the very same pictures I saw here the day before yesterday! Attendant (dryly)—Quite likely. Countryman—Then that clerk at the hotel is an awful liar. He told me that the pictures was changed daily in all the leading picture houses.—London Opinion.

Not Too Important.

"I hear Brown's been promoted again." "Yes." "That's splendid! He must be quite an important member of the concern now." "Oh, I guess not. The office boy still calls him by his first name."

The Largest Theatre.

The largest theatre in the world is the opera house in Paris. It covers three acres of ground, its cubic mass is 4,287,000 feet, and it cost about \$25,000,000.

Cities Have Growth.

A century ago there were in all Europe only 23 cities with more than 100,000 inhabitants.

Shiloh advertisement. Text: "The family remedy for Coughs and Colds. Small dose. Small bottle. Best since 1870."

NO HOSPITAL FOR MR. LAWLER

HE TOOK GIN PILLS

If you ever hear anyone say that Rheumatism can't be cured, ask them if they have ever tried GIN PILLS. Or ask them to write us for proof that GIN PILLS have cured hundreds and hundreds of cases of Rheumatism, Sciatica, Lumbago, Pain in the Back and other troubles caused by weak Kidneys or Bladder.

Rheumatism can be cured—is being cured every day—by GIN PILLS. Here is the best kind of proof. OGDEN, N.S. "I have been troubled with Rheumatism so bad that I could not work. A doctor tended me and told me to go to the hospital but all to no good until a friend told me to try GIN PILLS. I did so and after taking a few boxes, I am perfectly well." D. J. LAWLER. "Take GIN PILLS on our positive guarantee that they will cure you or money refunded. 50c a box—6 for \$2.50. Order from us if your dealer cannot supply them. Sample box free if you write National Drug & Chemical Co. of Canada, Limited, Toronto. 378 every one in it.

ATTENTION!

You can stand at ease if you buy your shoes from S. B. Howden, The Shoe Man.

I have received a shipment of fall goods which for style and quality can't be beat. Ladies' Cushion Sole Shoe, with rubber heels, only \$3.50. Men's Cushion Sole Shoe, only \$4.50. Just see them and you will buy. No old stock, all fresh new goods.

The Banner Shoe for Ladies. Call and examine them. REPAIRING A SPECIALTY. CASH OR TRADE.

S. B. HOWDEN

LOVELL'S BAKERY

From the beginning till the end of 1914 our aim will be CLEANLINESS and to use only the best material. Give our goods a trial and be convinced.

LOVELL'S BAKERY

About Garters

A Western correspondent writes:—"Being quite impressed with the item on garters I found in your interesting paper, The Guide, some time ago, I would say, why use bed sheet hems for garters in the East. In our great West they keep a ball of Massey-Harris binding twine for garters. Why, sir, the people get so strong in our western climate that nothing but binding twine seems to last for garters, and for tying other commodities, bed sheet hems would no more do for garters for men and women here than bed sheet hems would do for to bind the great sheaves of grain we have in our great western harvest fields. One Englishman declared if he was seen on the streets of Manchester as in the harvest fields here in this great West, with binding twine garters, shirt sleeves garters, hat band and suspenders, all of the same material, binding twine, they would think he had gone clean through his senses and came out like Samson of old, all tied up with binding cords."

There is no poisonous ingredient in Holloway's Corn Cure, and it can be used without danger of injury.

The county of Middlesex will enter an appeal from the verdict of \$1000 given Geo. Weston for injuries received by his sleigh being upset.

No man is as clever as his own conceit tries to make him out. The man who does most has the least time to talk about what he does.

Children Cry FOR FLETCHER'S CASTORIA. Text: "The family remedy for Coughs and Colds. Small dose. Small bottle. Best since 1870."

Children Cry

FOR FLETCHER'S CASTORIA

The family remedy for Coughs and Colds. Small dose. Small bottle. Best since 1870.

Wanted: A bulletin issued by the inland department on "headache powder" public attention to the fact that can be no doubt that harm is done indiscriminate use of headache powder. After noting that headache is no symptom of something wrong, and is under certain conditions of pr fatal results, while under most they must do harm. Nearly all of the 171 samples contained acetanilide, or pieneace are so marked under the regular regard to the patent medicine amount of acetanilide present i