

MY DAUGHTER WAS CURED

By Lydia E. Pinkham's Vegetable Compound

Baltimore, Md.—"I send you here with the picture of my fifteen year old daughter Alice, who was restored to health by Lydia E. Pinkham's Vegetable Compound. She was pale, with dark circles under her eyes, weak and irritable. Two different doctors treated her and called it Green Sickness, but she grew worse all the time. Lydia E. Pinkham's Vegetable Compound was recommended, and after taking three bottles she has regained her health, thanks to your medicine. I can recommend it for all female troubles."—Mrs. L. A. CORKRAN, 1103 Rutland Street, Baltimore, Md.



Hundreds of such letters from mothers expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for them have been received by the Lydia E. Pinkham Medicine Company, Lynn, Mass.

Young Girls, Heed This Advice.
Girls who are troubled with painful or irregular periods, headache, dizziness, dragging-down sensations, fainting spells or indigestion, should take immediate action and be restored to health by Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by its use.

Write to Mrs. Pinkham, Lynn, Mass., for advice free.

Guide-Advocate

Watford, Ont.
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HARRIS & CO. PROPRIETORS.

Guide-Advocate

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WATFORD, APRIL 7, 1911.

What's In It For Me?

A business man received a letter some time ago from a gentleman who asked for a little information which would have required only a few minutes of the business man's time to give by dictating to his stenographer a courteous reply. Instead of doing this, says Onward, he returned the letter, adding at the end of it the words, "What is there in it for me?"

This business man is a type of character of which unfortunately

Used in Canada for over half a century—used in every corner of the world where people suffer from Constipation and its resulting troubles—

Dr. Morse's Indian Root Pills,

stand higher in public estimation than any others, and their ever-increasing sales prove their merit. Physicians prescribe them.

25c. a box.

there are many others. This question has in it the essence of selfishness, and if acted on by everyone would send our world back into the dark ages very soon. It is responsible for the graft, bribery and betrayal of trust, which have so sadly stained the records of many public men. It is also the cause of the unpopularity of many young people, who are constantly thinking of how everything they do will react in benefits to themselves. Imagine Florence Nightingale or David Livingstone asking the question, "What is there in it for me?"

Society is a partnership in which each member is supposed to work, not only for his own interests, but for the good of the firm. Nothing tends to disintegrate social life like the element of selfishness. When Rome was at its pinnacle of glory every Roman citizen lived and died for his country. When Rome became selfish and developed an individual existence rather than a social one, she fell.

Crops That Will Pay.

Rural Canada is strawn with neglected opportunities, declares the Farmers' Advocate. Crops which might be grown with large profit are ignored, or produced under small acreage, on account of the excuse that they make too much work. This point is very much overwrought. In determining what lines of agriculture to engage in, the question should be not what crop will make the least work, but what will repay the most ample wages for the labor that is employed. The answer, of course, will vary with conditions and circumstances, but, taking the representatives average farm, a studious farmer of our acquaintance contends it is within the mark to say that one-tenth of the arable acreage should be in alfalfa, one-sixth to one-fifth in corn, and one-quarter to one-third in clover. These crops make work, but they make the money that liberally rewards the work. If one of these estimates is decided too low, it is the estimate allowed for alfalfa. Remember that alfalfa and clover increase the capital or producing value of the land.

Forgiven With Proviso.

A good story of deathbed reconciliation was told at a Glasgow dinner recently. An old farmer, who had accumulated a large sheaf of grudges against his neighbors, was persuaded by his minister to forgive those who had trespassed against him. They were received in the exact ratio that the gravity of their supposed offences bore to the increasing seriousness of the farmer's condition. But even after some days of this spiritual discipline it was only under sustained persuasion by the minister that the sick man consented to receive the chief offender. He was admitted upon the doctor's assurance that the sick man's days were numbered. He wanted to qualify his words of pardon, but the minister would not permit this. "Ah, weel, then John," the farmer said, stretching his hand to his old enemy, "I suppose it maun be. Yer forgiven . . . but mind this, gin I get better this disna hand."

The Common Clay.

"My mother was a seamstress, cook and washlady," said Andrew Carnegie to an audience of working-women, and it was fine of him to say it, especially when he added, "And yet she was a cultivated woman, keeping up with the good literature of the day."

The mother at the needle, the stove and the tub, the son with his hundreds of millions, his shops, palaces and tens of thousands of workmen dependent on his favor—it's a speaking contrast and reminds us that all are made of common clay. Moreover, it deepens the wonder that all must feel at times, that among millions of human beings who have so much in common there should be such startling differences in the one matter of personal estate.

An ex-mayor of Regina declares that four hundred people walked the street the other night in that city, for want of hotel accommodation. Wonderful as is the building record of the West, it has difficulty in keeping pace with the influx of population.

From information furnished by the directors of the Royal Opera, Covent Garden, it appears that the prices to be charged for the Coronation gala performance range from 100 guineas (\$525) for grand tier boxes to 1 guinea (about \$5.25) for a single seat in the gallery.

BABIES SORES



Every mother should realize that the skin of her baby is so tender that the secretions of the body often lead to rashes, eruptions, etc., all of which may be removed by Zam-Buk and the use of Zam-Buk Soap. Scores of restless, crying babies, upon examination are found to be suffering from some form of skin irritation or "heat." Use Zam-Buk Soap for the bath and apply Zam-Buk Balm to the sores, and the trouble will soon vanish.

Mrs. L. Hood, of 415 Alexander Ave., Winnipeg, says: "Some nasty sore broke out around my baby's mouth, and despite all the preparations used, they refused to heal. I took him to St. Boniface Hospital and he remained there for two weeks. At the end of that time he was no better, and we again took him home. I was then advised to try Zam-Buk and obtained a supply. The effect of the first few applications was very gratifying and I continued with the use of the balm. A little perseverance resulted in a complete cure."

Zam-Buk Soap is sold by all Druggists at 25c per tablet and Zam-Buk Balm at 25c per tin. The Zam-Buk treatment quickly cures eczema, ulcers, sores, ringworm, eruptions, pimples, heat, rashes, bites, cuts, burns and all skin injuries and diseases.



The population of greater London last year was 7,537,196. That is an increase of 107,436 in one year.

There are now 7,229 national banks in the United States; their combined authorized capital being \$1,019,282,135.

The world is full of women sighing and sobbing over breaches of promise; but they are rarely of the kind that need adjusting at any court save that where the heart is judge. When a girl's best young man promises solemnly and before witnesses to call on a certain evening, and fails to put in an appearance, he is plainly guilty of a breach of promise, but can he be sued with a reasonable hope for damages? Hardly!

People living along the shore of Lake Champlain were astonished to see a house running away across the ice. The owner of Willsborough Point, a peninsula opposite Burlington, wished to move a house about half a mile over the ice. While the workmen were arranging the skids a great gust of wind struck the house and it started at a lively gait up the lake. It was soon traveling at a forty-mile clip. The sight of the forty-foot two-story building as it twisted, tumbled, twirled and turned terrified the fish and colony. The house finally banged diagonally on a ridge and came to a standstill after a twelve-mile run.

The Bald Headed Man may Look Wise

But if He Had Been He Would Have Hair Now

You do not want a scientific treatise on the hair follicle—you are not particularly interested in the name of the German scientist who isolated the bug that is said to cause baldness. What you do want to know is how to save the hair you have and make it strong and lustrous.

Nyal's Hirsutone will do it better than anything else. It is not claimed that Hirsutone is a wonderful scientific secret—but it is the concrete result of all that is proven in the scientific treatment of sick and diseased hair and scalp. It is a happy combination and you will notice a prompt improvement in the feeling of the scalp and the look of the hair. Hirsutone loosens and removes all scaly and matted deposit on the scalp—stimulates the hair bulbs and gives new life and vigor to the hair itself. Nyal's Hirsutone gives back to the hair and scalp just what it has been robbed of by your neglect and abuse. It is time to start right. Use Hirsutone.

It is one of the Nyal remedies and no higher recommendation can be given. They are all good. Ask your Nyal Druggist. He recommends it.

Sold and Guaranteed by WATFORD DRUGGISTS.



One for each everyday ailment

Guide-Advocate Ads are Business Bringers.

The N. B. Howden Est. For House Cleaning Supplies.

S. W. Wall Color.....25c.	Step Ladders.....\$1.25
Murderboard.....40c.	Ornament Scrubbers.....\$1.85
Varnish.....10c.	Wash Boards.....25c.-50c.
Stovepipe Enamel.....10c. to 25c.	Mops.....10c. to 40c.
Linoleum Varnish, pint.....35c.	Galvanized Tubs.....\$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.



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 Gristling 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.

Odds and Ends.

Self-denial as practised by some people means that they deny themselves nothing.

Chas. Ross has sold his farm on the 12th con., Bosanquet, to Wm. VanAlstine for \$5,300.

Necessity often brings out the best that's in a person; and many men never know what they can do till they get married.

Minister—"Johnny, do you know where little boys go that fish on Sunday?" Johnny—"Sure. Follow me an' I'll show you."

An association to supply human skin to scalded ones has been formed in Montreal. Merely another form of graft, as you will observe.

That form of animal measles which is known as distemper has been raging much beyond the normal among all classes of dogs, especially fox-hounds, in England.

"I suppose," said the cynical bachelor to the young bride, "that your husband's love is fiery hot?" "Well," admitted the bride, "it's so hot that it will kindle the morning fire."

Shiloh's Cure

quickly stops coughs, cures colds, heals the throat and lungs. 25 cents.

Mr. Oliver Aiken, of St. Marys, has a Durham cow that gave in one week in the month of March 368½ lbs. of milk which churned 17½ lbs. of butter and this was done without the use of a separator.

"How are you getting on with your new motor car?" "Oh, I'm all right," replied Mr. Chuggins. "But I'd feel a lot more comfortable if the streets were not so full of careless or inexperienced pedestrians."

That revolution in Mexico is a picnic for the lawless ones. If they want a cow or a sheep all they do is to get a gun and go and take one wherever they find it, under the pretence that they are the revolution.

Albert Adams, aged 44 years, an expert varnish maker of Schenectady, died Tuesday night of pneumonia after three days' illness, following the kissing of the lips of his dead wife who died last week of the same disease.

A number of Sandwich residents fear that they may become victims of consumption if the proposed tuberculosis hospital is located on the old Tier homestead on the Haron line, and have petitioned the town council to prevent it being established there.



E. DOWDING, WATFORD

Watchmaker, Jeweler, Etc.

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 \$17.00. Ask us for the EXCELSIOR WATCH.

A black hand bomb was exploded the other day, almost beneath the coat-tails of a New York policeman. The blue-coat, making his regular rounds, was standing at the door of a tenement house on First Avenue, and the bomb was in the cellarway of a building not a rod from his feet. He was uninjured, although the front of the building was damaged and doors and windows blown in.

The third death in New York city during a fortnight from excessive rope skipping by school girls is being investigated by the Coroner's office. May Tempin, 8 years old, is the latest victim. She died after engaging with several of her fellow pupils in a rope skipping contest for the championship of the school. She won the honors, hurdling the rope 695 times, but was taken to her home almost unconscious from exhaustion.

A PILL FOR GENEROUS EATERS.—There are many persons of healthy appetite and poor digestion who, after a hearty meal, are subject to much suffering. The food of which they have partaken lies like lead in their stomachs. Headache, depression and a smothering feeling follow. One so afflicted is unfit for business or work of any kind. In this condition Parmelec's Vegetable Pills will bring relief. They will assist the assimilation of the ailment, and used according to directions will restore healthy digestion.