

# WOMAN COULD NOT WALK

## She Was So Ill—Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Pentwater, Mich.—"A year ago I was very weak and the doctor said I had a serious displacement. I had backache and bearing down pains so bad that I could not sit in a chair or walk across the floor and I was in severe pain all the time. I felt discouraged as I had taken everything I could think of and was no better. I began taking Lydia E. Pinkham's Vegetable Compound and now I am strong and healthy."—Mrs. ALICE DARLING, R. F. D. No. 2, Box 77, Pentwater, Mich.

**Read What Another Woman says:**  
Peoria, Ill.—"I had such backaches that I could hardly stand on my feet. I would feel like crying out lots of times, and had such a heavy feeling in my right side. I had such terrible dull headaches every day and they would make me feel so drowsy and sleepy all the time, yet I could not sleep at night.

"After I had taken Lydia E. Pinkham's Vegetable Compound a week I began to improve. My backache was less and that heavy feeling in my side went away. I continued to take the Compound and am cured.

"You may publish this if you wish."  
—Miss CLARA L. GAUWITZ, R. R. No. 4, Box 62, Peoria, Ill.

Such letters prove the value of Lydia E. Pinkham's Vegetable Compound for woman's ills. Why don't you try it?

## Guide-Advocate

Watford, Ont.

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ADVERTISING RATES.

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

HARRIS & CO. PROPRIETORS

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WATFORD, JANUARY 9, 1914.

### NOTE AND COMMENT.

A Sydney, Australia, despatch reports the arrival of 55 Western Canadian farmers to settle there.

The forestry branch of the Canadian Government is now distributing some 3,000,000 trees annually amongst the Western farmers as compared with 385,000 distributed this year by the United States forestry department.

A monument in each state along the Canadian boundary to mark the line and commemorate one hundred years of peace between Great Britain and the United States, was proposed in a bill at Washington by Senator Jones, of Washington, which asks a \$500,000 appropriation for the purpose.

Welland county this year has spent \$53,924.15 on its road system. Besides macadam, a thousand feet of concrete pavement was put down on one of the roads at a cost of a little over \$3,000. This is the first stretch of concrete road built in Ontario under the provincial aid system.

Agriculturists in Ontario are up against another pest. An apparently new rot on tomatoes has been discovered in the Niagara district by A. W. McCubbin, of the Dominion Library of Plant Pathology, who is at St. Catharines conducting a series of

experiments and investigations. He is now following up the discovery of the new tomato infection. Professor McCubbin, is treating the peach tree canker and is experimenting with rot in apples with special attention to the dry, black spots which mysteriously form on the surface of the fruit.

The number of warrants issued by the Department of Militia for Fenian raid bounties of \$100 each now totals 15,900. There are almost as many more applications for bounties still to be passed upon. The original estimate of the number of men who were actually called out for service was approximately 10,000. Canada's experience with the pension list bids fair to surpass that of the United States when it comes to the survival of war veterans and the constant turning up of new ones.

### HOME HINTS

Put home first and foremost; for there will come a time when the home circle will be broken, when you long for the touch of a vanished hand and the sound of a voice that is still; and when your great pleasure will be in remembering that you did all in your power to put a song under every burden, to make each other happy.

A kind word costs but little, but it may bless all day the one to whom it is spoken. Nay, have not kind words been spoken to you which have lived in your heart through years, and borne fruit of joy and hope? Let us speak kindly to one another. We have burdens and worries, but let us not, therefore rasp and irritate those near us, those we love, whose whom Christ would have us save.

It is when the sun has gone down that the home influences become actual and potent. In opening the tender buds of young characters, the light from the hearthstone is far more efficient than the sunlight. The distinctive characteristics of the home life are manifested most strongly when the labors of the day are ended and the family gather round the fire-side for the evening. One hour of evening homelife is worth a month of ordinary daily experience.

Our country needs grand and good men, and to become a grand and good man, one must be a grand and good boy. It is a wrong idea that every boy must "sow his wild oats." When you sow a crop of wild oats, you must take time to harvest a crop; and the crop is never anything but chaff. "Wild Oats" need never be sown. The time spent in sowing wild oats is worse than lost, for the time could be spent in sowing a crop that would yield a golden harvest. Be careful about the kind of seed you sow, for "whatsoever a man soweth that shall he also reap."

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.

NATIONAL BANK OF COMMERCE, Toledo, O.  
Hall's Catarrh Cure is the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

### CHOP STUFF.

On Christmas Day Miss Alice Isabel Ross, of Sarnia, was united in marriage to Dr. Roy G. McGregor.

The town treasurer of Amherstburg has celebrated his 82nd birthday. He has held the office for a quarter of a century.

Isaac Newell, formerly of Alvinston, but recently of Toledo, Ohio, died very suddenly in that city on Tuesday and was buried in Alvinston.

Miss Dallas Radcliffe, Oil Springs, has been appointed by the Education Department to the teaching staff of the Institute for the Blind at Brantford, Ont.

A young daughter of Thomas Pick, Mull, had a peculiar accident Tuesday evening. She fell on the floor and a needle with a thread attached penetrated the joint.

Asthma Doesn't Wear Off Alone. Do not make the mistake of waiting for asthma to wear away by itself. While you are waiting the disease is surely gathering a stronger and yet stronger attacks. Dr. J. D. Kellogg's Asthma Remedy taken early, will prevent incipient condition from becoming chronic and saves hours of awful suffering.

### IN THE HORSE BARN.

Cooling off suddenly is always attended with risk of catching cold, and the result is often fever. Covering a horse with a blanket will prevent this.

If it is possible every horse should go unshod for a time to get the benefit of the frog pressure.

Never allow a shoe to rasp off the outside natural varnish of the foot. This practice will ruin the best and strongest foot.

If the horses have had hard, straining work or hard driving when put in the stable the legs should be well rubbed. It is also a good plan to wind woolen bandages around the legs.

In training your colts teach them to back as willingly as to go forward.

If a thin horse stays in that condition after generous feeding and is generally unwell try clipping. It often cures certain forms of indigestion.

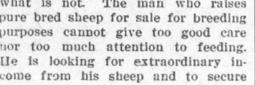
### SHEEP ON THE FARM.

They Flourish on Fodder That Would Go to Waste Without Them.

No one knows definitely what it costs to keep the farm flock; by farm flock meaning the small flock, twenty-five to seventy-five ewes, on farms from 100 to 300 acres in size. They will clean up much that would otherwise go to waste, and they will save much by consuming what should be destroyed.

In early spring they will clean the weeds out of the oats, even helping the oats, some state; they will not hurt the meadows when well started after cutting if not pastured closely, nor will they hurt the new seeding in the wheat stubble if not kept on too long; lambs can be run in standing corn some time before they find the ears, thus saving the lower leaves that would otherwise go to waste; they may be pastured on the rye in winter; they will clean up any out of the way places, and wherever they go they leave the land richer and with anything like decent handling make their owner money.

When we come to proper handling of the farm flock it becomes necessary to decide what is economical and what is best. The man who raises pure bred sheep for sale for breeding purposes cannot give too good care nor too much attention to feeding. He is looking for extraordinary income from his sheep and to secure



The Cheviot is a Scottish breed of sheep and considered by many the most beautiful of all breeds. Cheviots have been bred for over a century in the Cheviot hills of Scotland. They were first brought to this country in 1838, but not many were brought until much later, and even today not many high class flocks of them are bred on this side.

They have undergone wonderful improvement in the last few years, most particularly in the fleece. For mutton form the Cheviot is splendid. And their pure whiteness, alertness and neatness make them most attractive in a green pasture. Their utility and beauty are the reasons for their growing popularity.

this the extra attention is necessary. But when it comes to the man who uses no grain, and in some grass sections this is economy, the sheep naturally are not going to get as much attention.

Take the man who has kept a farm flock continuously for a period of ten years, who has cared for his flock intelligently—who has maintained his ewe flock up to fair size, never jumping to extremes in size, with young steered to his own breeding; who has learned to know his sheep individually season after season, and who has culled closely, who has used good rams, did anybody ever hear him kick about the sheep business? Every time he will say that sheep are the most dependable and best profit makers on his farm. The kicker is the careless sheepman, the in and out type, none one year and a lot the next.

Meet on the Farm.

There are few animals that increase as fast as swine. Starting with a bred gilt one can soon have hogs enough to supply the family table with pork, bacon, hams, sausage, etc. It requires feed and some pasture to produce cheap pork, but it is worth while for most farmers to raise their own meat.

Not years but worries make men old.

### Overcrowded Professions

A survey of the professions shows that most of them are overcrowded. The trend of education should be to prevent every youth from getting the impression that if he fails to select one of the so-called "learned professions" he falls short of that high aim in life which is supposed to bring credit upon a proud family line.

Modern educational methods are adding to the efficiency of the man who combines energy of intellect with technical skill in the doings of things which millions are asking to have accomplished.

While hundreds of young doctors and lawyers are barely eking out a living, the demand for thoroughly equipped men to plan and supervise the constructive work of the workaday world is in excess of the supply.

Perhaps it is useless to tell the youth that there is more chance of success in becoming an efficient farmer than any of the professions, but nevertheless it is true.

### My Baby

She is my mother, said the young man, but I call her my baby. She is eighty years old. Old people are very like babies, and we ought to love them, for of such is the kingdom of heaven.

I have an idea life even up things. When I was young and helpless she took care of me; now I take care of her. I am paying my debt.

She never left me alone when I was an infant. Now I do not leave her alone.

She was patient with me then; now I am patient with her.

She loved me when I was ignorant, awkward, needing constant care, and all because I was hers, born of her body and part of her soul. Now either feebleness and trait of childhood in her endears me to her, for no reason, except that she is my mother.

By so much as she is a tax on my time, attention and money, I love her.

She shall not triumph over me in the day of judgment; for my tenderness shall equal hers. She watched with me until I grew up; I shall watch with her till she steps into heaven.—Dr. Frank Crane.

### Electing Mayors in England

The municipal elections in England the first week in November and the Mayors of over 300 cities and towns are chosen by the municipal councils. In the majority of cases these are purely formal functions, but there are some interesting exceptions, as the London Observer points out. For instance, at Lincoln the Mayor is elected by having placed upon his finger an ancient ring worn by his predecessors for several centuries past. At Brighton the Mayor's election has to take place in the belfry of the parish church, and at Grantham the new chief citizen is declared duly elected after a tlap on the head from the town clerk's gavel. Chichester presents the Mayor on his election with a gold-mounted malacca cane, while the Mayor of York is similarly equipped with a heavy silver-mounted oak staff.

At Newcastle-under-Lyme, a public holiday is held on election day, and the new Mayor is proclaimed at the market cross in the town square—a ceremony said to have been observed for close upon eight centuries. In several towns, Bourne-mouth notably, the retiring Mayor installs his successor by imprinting a kiss upon his forehead, while at other places the retiring Mayor has the pleasanter task of kissing the wife of his successor. At High Wycombe the newly-elected Mayor is weighed and at Dunstable the Mayor is "bumped."

From The Old Sod

"Kit," in the Canada Monthly, tells a good story of the pride of race felt by the Irish people.

The other day when a sub-inspector was hearing a class of little Dublin boys repeat Macaulay's "Horatius," he inquired whether three soldiers would be likely nowadays to hold a bridge against a whole army.

"Would three Englishmen, for example?" he asked.

"No, Sir," said the class.

"Would three Scotchmen?"

"No, Sir," came the answer.

"Would three Irishmen?"

"Please, Sir," shouted an excitable little fellow, "one Irishman would do it." Small brains are responsible for many swelled heads.

If you possess a sharp tongue, keep it between your teeth.

### Feeding Cattle.

Clocklike regularity in the feeding and watering of cattle on full feed is of the utmost importance. If possible the same man even should always do the feeding, and it is important that this be the most intelligent and trustworthy man on the farm.

Profit in Dairy Cows.

Drinking in connection with farming helps the manager to distribute labor and enables him to have labor when it is in great demand. A few cows, where one is in reach of a creamery, will produce the living for the family.

### CAN REDUCE WEIGHT IN BATH.

German Professor Gives Simple and Harmless Remedy for Stoutness.

Professor Franz Nagelschmidt, of Berlin, Germany, after pointing out the poisons that lurk in all anti-fat preparations, declares that he has for nearly two years employed an electric battery for the reduction of superfluous flesh. This electric battery produces a "foradic" current, which sets the little fibres and strands of your muscles in rhythmic, regular, harmonic vibrations. These muscular movements are attuned to the normal rhythm of a resting muscle in such a way that the muscular motions occur without fatigue to the bulk of your flesh.

Pat, then, according to this "Nagelschmidt electric current" can be turned off and on at will. You may take on adipose or eliminate as much as you please. The only question seems to be one of submitting to the battery.

Another method of reducing fat to a minimum, available for many who cannot be placed in touch with this new electricity, is to artificially produce a current of electricity in your bath tubs. Although it is not so reasonable nor yet absolutely explainable upon our knowledge of the penetrability of the human skin, it is a well-proved fact that if Epsom salts or sulphate of magnesium is added to the water of your full bath, in the course of a few months from fifteen to thirty pounds will be eliminated.

Whether this is a mysterious electrolytic action that is set up between your skin and water, or merely a powerful assault of the salt upon the usually impervious skin has not been proved. The fact, however, remains that Epsom salts in the bath tub aids materially in reducing your avoirdupois.

It is evident from these two procedures that corpulent persons need not dread all sorts of money upon every published anti-fat remedy. It is far better to apply these certainly harmless, cleanly and non-fatiguing methods discovered by medical men of acknowledged training than to put one's health at risk upon the unproven words of an advertising writer.

### Prehistoric Relics From Africa.

Central Africa was once the home of a highly civilized people. The latest proof of this comes from Leo Frobenius, a German explorer, who collected and brought back to Berlin recently many specimens of ancient art. Much of this material is not older than the sixth century after Christ, but the various objects were found in the ruins of places from 15 to 25 feet below the surface, and these buildings had been built on the ruins of still older and more pretentious structures. The latter were of solid, well built masonry with court yards and gardens surrounded by roofs of tiles.

Some of the finest specimens of statuary and bas reliefs in bronze, terra cotta and carved quartz come from these prehistoric ruins. They rival in perfection of workmanship the best relics of ancient Egypt, thus proving that in very remote ages Central Africa must have been inhabited by a highly civilized people, and supporting the theory that Africa was the seat of the first high civilization which was transmitted across the Mediterranean to Europe, while the peoples who had founded it sank gradually into a condition of savagery, through what cause we can only conjecture.

### Shady and Sunny Side of Japan.

A remarkable difference exists between the climates of western and central Japan, so much so that these districts are distinguished by the two names Sanindo—shady side—and Sanyodo—sunny side—respectively. During the long and rigorous winter of western Japan the central provinces, bordering the inland sea, enjoy dry and comparatively mild weather. The two regions are separated by mountain ranges, and the factors determining their climate conditions are distinct. A Japanese writer says that while the winter climate of central and southern Japan depends on the southwestern monsoons, that of the western coast is directly related to the barometric area of north China.

Albert Mitchell, who as postmaster of Ford City was convicted last week of assault on a young girl named Maisonville, fined \$25, has been suspended from office.

Write the Canada Cement Information Bureau, Montreal, for a free copy of "What the Farmer Can Do With Concrete."

### ATTENTION!

You can stand at ease, 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 \$3.10. Men's Cushion Sole Shoe, only \$2.50. 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 STRAIGHT.

## S. B. HOWDEN

### LOVELL'S BAKER

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.

WEDDING CAKES A SPECIALTY.

### LOVELL'S BAKER

A meeting is to be held in Pet shortly with a view of organizing a company of the 27th Regt.

A straphanger for street car, so equipped with a spring that it will accommodate a person of any height, has been invented by a Seattle inventor.

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

The United States exported more than 21,000,000 dozen eggs in the fiscal ending with June, of which more than one half came to Canada.

The world's production of silk this year has been estimated at more than 54,000,000 pounds, a decrease of more than 200,000 pounds from last year.

Worms feed upon the vitality of a silkworm and endanger their lives. A silkworm effective cure is Mother's Worm Exterminator.

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