IN STERLING LIVES A GIRL

Who Suffered As Many Girls Do—Tells How She Found Relief.

Sterling, Conn.—"I am a girl of 22 years and I used to faint away every month and was very weak. I was also bothered a lot with female weakness. I read your little book 'Wisdom for Women,' and I saw how others had been helped by Lydia E. Pinkham's Vegetable Compound, and decided to try it, and it has made me feel like a new girl and I am now relieved of all these troubles. I hope all young girls will get relief as I have. I never felt better in my life."—Miss BERTHA A. PELOQUIN, Box 116, Sterling, Conn.

Massena, N. Y.—"I have taken Lydia E. Pinkham's Vegetable Compound and I highly recommend it. If anyone wants to write to me I will gladly tell her about my case. I was certainly in a bad condition as my blood was all turning to water. I had pimples on my face and a bad color, and for five years I had been troubled with suppression. The doctors called it 'Anemia and Exhaustion,' and said I was all run down, but Lydia E. Pinkham's Vegetable Compound brought me out all right."—Miss LAVISA MYRES, Box 74, Massena, N.Y.

Young Girls, Heed This Advice.

Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

Guide-Advocate

Watford, Ont.

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

HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, SEPTEMBER 25, 1914.

NOTE AND COMMENT

Hundreds of tons of excellent apples rotting under the trees in the country. Many people insufficiently fed in the adjacent cities. And we call this civilization !—Globe.

Detroit Free Press: "Fifty years ago the Grand Army of the Republic could have defeated any continental standing army in existence." Maybe so but it could not have defeated the Grand Army of Blowharde.

"It must be expected that the price of food-stuffs will rise in time of war, but any dealer who seeks to make a special profit out of the nation's troubles should receive no more consideration than any other kind of traitor."—Herald and Star.

Britain needs a million pit-props, and the Department of Trade and Commerce at Ottawa wants to hear from folk with spruce on hand. The war is going to make plenty of openings for trade. The pit-props formerly imported from the Baltic were from 4 to 6 feet long and from 3½ to 4 inches in diameter at the smaller end.

Every Woman is interested and should know about the wonderful **MARVEL Whirling Spray** The new Vaginal Syringe. Best—Most convenient. It cleanses instantly. Ask your druggist for it

If he cannot supply the MARVEL accept no other, but send stamp for illustrated book—sealed. It gives full particulars and directions invaluable to ladies.

WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

Britain cannot support herself in food, and relies on her colonies to supply her. Canada has millions of acres of virgin land, capable of yielding the finest of crops. To cultivate this would require far more labor than is available. The secret, therefore, lies in the more economical and intensive cultivation of the land now in use. To get more out of the land than before, every effort must be made by the producers to produce more. The farmer at the present time is the man to be envied. His call for assistance will be responded to the most readily by all, and the banks are prepared to render every possible assistance to the ones who are producers, says the Sterling Bank's bulletin.

The Russian soldier is the poorest paid in all the world. A private in the ranks of the army of the czar gets $3.78 a year, compared to the $180 to $300 the United States pays its men of the ranks. England pays its privates $86.15 a year; France $20.40; Germany, $18.80; Austria $8.12. Remember these figures are for a whole year and represent the total amount of cash paid the fighting men in that period. A Russian major general gets only $762 a year, or about as much as the U. S. pays its sergeant majors the highest non-commissioned rank. The U. S. major generals get $8,000 a year. The other countries are much more generous with officers of higher rank and pay a minimum of about half the U. S. Standard.

"These kids I teach aren't a bit slow," observed a school teacher yesterday. "In fact, I'm afraid they read the papers. The other day I proposed the following problem to my arithmetic class: "A rich man dies and leaves $1,000,000. One-fifth goes to his wife, one-sixth to his son, one-seventh to his daughter, one-eighth to his brother, and the rest to foreign missions. What does each get?" "A lawyer," said the littlest boy in the class, promptly."

Beware of Ointments For Catarrh That Contains Mercury

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co, Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists. Price 75c per bottle.

Take Hall's Family Pills for constipation. m

Britain Not Decadent

One thing this war has already done and that is to dissipate the notion that Britain is a decadent nation. The delusion has been assiduously fostered, practicularly in Germany, and its prevalence is no doubt in part attributable to the strenuous agitation for social reforms. That agitation, had interested critics paused to consider, of itself was no mark of degeneration. Rather was it an indication of the persistence of high ideals and of dissatisfaction with conditions that injuriously affected the poorer classes of the people. A decadent nation is not concerned with social betterment. Rather does it desire to make the rich richer and the poor poorer. What has been the salvation of the mother country is the unrest that has never been wanting and the sympathy extended by an essentially democratic people.

No evidence can be offered of decadence in the United Kingdom. The degeneration so freely written and talked about in British magazines and newspapers and on the platform is not that of the nation, but of individuals who suffer from unequal and unjust social conditions which demand rectification and redress. Of racial failure no trace exists and certainly the achievements of the British expeditionary force have more than sustained the proud record of the past. Indeed for the first time in modern history efficiency has been the hall mark from the government departments through every rank of the naval, military and mercantile marine services. War is deplorable, but, waged in a just and righteous cause, its consequences are not all injurious. Material loss is more than compensated by an awakened patriotism that rises to the heights of self-sacrifice.

War Maxims and Morals.

Here are some opportune hints from the London Financial Times:—

Do not be extravagant in spending, but, on the other hand, do not be unconscionably parsimonious. Satisfy your reasonable requirments and keep money circulation for the benefit of the country.

Shun speculation just now, but do not be afraid to buy really first-class securities. You will probally never have a better opportunity.

Keep calm! Do not let your mind become so pre-occupied by the war that you muddle the ordinary affairs of life. Above all avoid irritation.

We cannot all go to war. The business of the nation must be carried on. Those also serve their country who conduct that business steadfastly and give employment to others.

The enterprising manufacturer should now find his opportunity in trying to supply the place of goods imported from abroad; the exporter his in cultivation the wide field left open to him by the tying up of German shipments.

Advertisers will do well to keep their wares before the public. People's memories are short and ground once lost is expensive to recover.

Do not give up games and amusements! They not only distract the mind, but help a number of deserving people.

Trust the Fleet! If there is any department that knows its business from "A" to "Z" it is the Navy.

Do not walk about with more money or notes on you than you require. Pickpockets make a good living in times like these.

There is no man alive from 17 to 70 who cannot do something to serve his country, if it be only by keeping a cheerful countenance.

Do not attempt to interfere with the housekeeping! Your wife can do it for you much better than you can, even in times of pressure. On the other hand, do not attempt to explain the objects of the moratorium or the changes in the Bank rate to your female relatives. That way madness lies.

A Smile or Two

Some villain, who wants to break up a corset factory evidently gets off the following and credits it to a tomb stone: An epitaph in a Missouri cemetery says: "Here lies Mary Ellen Gilder; tight-laced corsets, that's what killed her. Among the angels she has gone; the angels have no corsets on."

A certain young man's friends thought he was dead, but he was only in a state of coma. When, in ample time to avoid being buried, he showed signs of life, he was asked how it seemed to be dead. "Dead!" he exclaimed. "I wasn't dead. I knew all the time what was going on. And I knew I wasn't dead, too, because my feet were cold and I was hungry." "But how did that fact make you think you were still alive?" asked one of the curious. "Well, this way. I knew that if I were in Heaven I couldn't be hungry; and if I was in the other place my feet wouldn't be cold."

"Well," said Bill, "and how go things in the garden, old man?" "Oh, alright," replied Tom; "but the beastly bugs, you know, are playing the dickens with my radishes!"

"Is that so?" remarked Bill, who rather fancied himself as a gardener. "Why don't you try salt? You put some salt down, and you can take it from me, you won't be troubled by bugs any more."

Tom didn't think much of the remedy, but abstained from passing comment until, some weeks later, the two friends met again. Then, in reply to his friend's inquiry, Tom exclaimed:

"Salt! Did I try salt? I should just think I did; and d'you know what happened? Why, when I got up next morning, there were those fat, great bugs pulling up the radishes by the dozen, dipping them in the salt, and eating them!"

No More Smuggling

Fully a third of the patrons of the general delivery window in Port Huron have been Sarnians, and since the new regulation requiring those who use the window to sign a card giving their name, address and other particulars went into effect, nearly every Canadian patron has discontinued the use of the windows. The reason is simple. Many Sarnia people order goods from the mail order houses in the United States and have the stuff addressed to general delivery at Port Huron. Getting it there they secrete it on their persons and smuggle it across. Then, too, a good majority of the patrons are married women and young girls who carry on clandestine correspondence through the medium of the general delivery in the American city where they are, or rather were, safe from detection. The same condition prevails in Sarnia as did in Port Huron, women from the latter city carrying on their correspondence through the general delivery in Sarnia.

The cheapness of Mother Graves' Worm Exterminator puts it within reach of all, and it can be got at any druggist's. m

Banish the "Blues!"

If you have that depressed feeling it's more than likely that your blood is out of order—impoverished or poisoned.

There is only one thing that will alter your present condition—that's to restore your stomach to normal health and strength. For a weak or diseased stomach cannot make good blood. If your digestion is bad your food will not make the good blood which nourishes body, brain, heart and nerve.

Dr. Pierce's Golden Medical Discovery

helps the stomach to do its work naturally and properly. Stimulates the liver. The system is freed from poison. The blood is purified. Every organ is rejuvenated. Instead of the "Blues," you feel fit and strong, equal to any task or up to any pleasure.

This great remedy has proved its worth year after year for over *forty* years. Let it prove its worth to you. Sold by medicine dealers in tablet or liquid form or send 50c for trial box by mail.

Send 31 one-cent stamps to pay cost of mailing only on a free copy of Dr. Pierce's Common Sense Medical Adviser, 1008 pages, clothbound. Address Dr. R. V. Pierce, Buffalo.

FREE WAR MAPS

Every Reader of the Guide-Advocate May Have a War Map Free

A Map 3 1-3 x 2 1-2 feet, showing clearly every boundary, every city, every town, village, hamlet and river in the whole European War area. Each map in a neat folder of convenient size.

The Family Herald and Weekly Star of Montreal has secured exclusive rights for the War Map prepared by the celebrated map firm of G. W. Bacon & Co., Ltd., of London, Eng. It is beyond question the most comprehensive map printed.

The Guide-Advocate has completed arrangements by which our readers can secure a copy of this excellent map free of charge.

Here is Our Offer
Good For 30 Days Only

The price of The Family Herald and Weekly Star, Canada's Greatest Newspaper, is one dollar a year.

The price of The Guide-Advocate is one dollar a year.

We now offer both papers for one year each, including a copy of The Family Herald's War Map, size 30 x 40 inches, in a neat folder of convenient size, for only $1.75.

This offer applies to all subscribers, new or renewal, who pay for the two papers inside the next 30 days from this date.

To follow the war situation intelligently The Family Herald War Map is necessary. It should be in every Canadian Home.

ORDER AT ONCE

THE GUIDE-ADVOCATE
WATFORD

Nothing But the Best

IN HOUSE FURNISHINGS we aim to keep the latest and most popular goods in our line. Everything for the Parlor, Bedroom, Dining Room or Kitchen. We are not after Big Profits but aim to supply goods of Elegance, Durability and Good Value. Let us show you our stock. Any article manufactured obtained on short notice.

Agents For MASON & RISCH PIANOS, GRAMAPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., and all kinds of repairs.

NEW AND SECOND HAND SEWING MACHINES AND ALL SUPPLIES

Our Prices are right, as low as is consistent with reliable goods

HARPER BROS.

PHONE 31.

FINE FURNITURE MUSICAL INSTRUMENTS UNDERTAKERS

WATFORD PLANING MILL PRODUCTS

A busy plant in a lean year, is a sure sign, that some one is delivering the goods. -:- -:- -:- -:-

Consider the advantage of buying from a concern, that manufactures all the different lines that you require. That concern will give you service. -:- -:- -:-

We handle all the different kinds of wood material, used in building houses, and manufacture same at our mill, for this reason, we can sell you at rock bottom prices.

Our mill is complete in every respect, there is nothing too large or too small for us to manufacture and no order too large or too small for us to handle. -:- -:-

SEE US FOR SILOS

ESTABLISHED 1870. **GEORGE CHAMBERS**