FARMER'S WIFE

Restored to Health by Lydia E. Pinkham's Vegetable Compound - Her Own Story.

London, Ont.—"I am a farmer's wife and a very busy woman. Last summer I was taken with

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One day a friend of mine told me to try Lydia E. Pinkham's Vegetable Compound as she had been greatly helped by it. I began taking it and soon got well, and my periods became natural again. Since then I have had perfect health. In fact I have never felt so well in my life. Lydia E. Pinkham's Vegetable Compound is a medicine many women need. If you think this letter will help other women please pub-lish it '-Mrs. K. C. Young, Tambling's Corner, London, Ontario, Canada.

Women who suffer from those distress ing ills peculiar to their sex should not doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Guide-Advocate

Watford, Ont. PUBLISHED EVERY FRIDAY. UBSCRIPTION—\$1.00 per annum in advance. \$1,50 i advance to the United States.

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HARRIS & CO.

Guide-Adnocate

HARRIS & CO. PROPRIETORS. WATFORD, JANUARY 8, 1915.

NOTE AND COMMENT

Journal of Commerce :- We still maintain the war is likely to end through the economic collapse of Germany rather than through the loss of men. Germany's shortage of horses, of gasoline, of footstuffs, and raw materials are going to be the deciding factors in this conflict.

It's enough to make the blood boil to see the way Belgium is being squeezed mauled and skipped by the German rough-necks. Imagine a country that is foodless and homeless being forced to pay \$70,000,000 to the debauchers who are over-running it. There'll be a day of reckoning yet, and Germany will not have a voice in the terms, either.

St. John Standard-If Great Britain had desired to disturb the delicate balance between the European nations prior to this war, and the relation they bore to the Ottoman Empire, she might, years ago, have done what she did last week, and officially proclaimed Egypt a British protectorate. This proclamation merely made public to the world a condition which for years had existed. With Turkish participation in Germany's quarrel disappeared



whatever reasons existed for the olicy of reserve Britain maintained toward Egypt, and now the land of the Pharoahs blossoms forth as a full fledged protectorate of the British

London Chronicle: The German government has stood callously by without lifting a finger to save these millions of innocent non-combatants, whose bread its rapacity has stolen; and while foreigners send over shiploads of free food to keep them alive, its one thought is to put its fingers again into their pockets and feel if there are not perhaps still a few coins in them left to steal.

Chicago Tribune: When, in the ight of the happenings during the past four months, the preparedness of Germany is considered, especially ts spy system, one can understand why Krupp, Kaiser, Kronprinz & Ko., really believed they could whip the whole world. They left only one thing out of their reckoning-the British mind. They seem not to have quite understood this. personal equation has upset Germany's best laid plans.

Oceans of Blood

The war proceeds and Europe leeds, she's reeling and exhausted and kings, I feel, find martial zeal already badly frosted. They look around and on the ground they see a million bodies, and war's a thing no more to sing or toast in foaming toddies. The dullest prince must shrink and wince when fairly he considers the woe and pain, the heaps of slain, the fatherless, the widders. And in his dreams he must, meseems behold the specters gory of those who gave all for a grave on some red "field of glory." I'd hate, by jing, to be a king, a sultan, czar or kaiser and see the ghosts of butchered hosts along the Aisne and Yser. They may exclaim, "We're not to blame, we're meek as any kitten," but they must bear the curse and wear the shame when all is written. No use for prince his words to mince and say, "It's not my doing"; until he croaks the specter folks his steps will be pursuing. And when he lands on Jordan's sands the ghosts will gather round him, the men he slew, and awful crew, to startle and confound him.

WALT MASON.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and nucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHENEY & CO., Toledo, O.

edo, O.
Sold by all Druggists, 75c.
Take Hall's Family Pills for consti-

An Educated Girl

A girl's education is most incomplete To sew,
To cook,

To be gentle,
To value time,
To dress neatly,
To keep a secret,
To avoid idleness, To be self-reliant

To be self-reliant,
To darn stockings,
To respect old age,
To make good bread,
To keep a home tidy,
To be above gossiping,
To make home happy,
To control her temper,
To take care of the sick

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To take care of the sick

To take care of the sick,
To take care of the baby,
To sweep down the cobwebs,
To marry a man for his worth,
To read the very best books,
To take plenty of active exercise,
To be a helpmate to her husband,
To keep clear of trashy literature,
To be a womanly woman under all

It is in Demand.—So great is the demand for Dr. Thomas' Eelectric Oil that a large factory is kept continually busy making and bottling it. To be in demand shows popular appreciation of this preparation, which stands at the head of proprietary compounds as the leading Oil in the market, and it is generally admitted that it is deserving of the lead. m

Leprosy is increasing in the United States, according to Dr. W. C. Rucker, Assistant Surgeon General of the United States Public Health Service. He advocates a Federal Leprosarium for their

THEY LOST THE PRIZE.

Lot of Sea Gulls. Some campers at a northern lake once put a big tish on a sloping reck awar the water's edge to see what the gulls would do.

A soaring scavenger soon spied it and swooped down for a feast. Seizing the fish in his talons the voracious bird flapped its great wings and screamed greedily as he tried to make off with his find.

But the fish was too heavy to be lifted. The only result of repeated attempts was that the fish began to slide toward the water and soon fell iz with a splash.

Diving after it, the gull brought it to the surface, and then began a curi-ous spectacle. Time after time the guli hoisted the fish as high as his strength would permit, only to weaken and let the fish fall again. The noise attracted other gulls and a battle ensued. First one gull and then another would dive for the fish, lift it part way above the water's surface and be set upon by other gulis until the fish slipped back, a sacrifice to jealousy and greed.

For almost an hour this struggle lasted, ending only when all the gulls were tired out. The prize was lost.

A fraction of the energy thus spent in scrapping over an object too big to handle would have secured for each gall an ample meal of smaller fish, with which the lake abounded. Or, a little co-operation, instead of

so much crazy competition, would have lifted the fish to a safe place on dry land, where all the gulls could have feasted at their leisure. But they were only gulls; hungry, unthinking, gluttonous gulls.

Of course, men would have known hetter. Yes?-Cleveland Press. DIET AND DIGESTION.

Length of Time Different Foods Re-

main In the Stomach. Few people could make an accurate guess as to the length of time different foods remain in the stomach. The popular ideas as to what are the most digestible foods are all wrong, or nearly so. In eating chicken, for instance, one imagines that he is sure of a rapid digestion, and yet chicken meat remains in the stomach, under normal conditions, for four hours. Duck, which is generally supposed to be much more difficult to digest than chicken, remains for only two hours. A hard boiled egg lasts for four hours, which is much longer than the average, whereas boiled fish remains for only an hour and a half.

It is a very common mistake to supoose that well boiled beef is very easily digested, while as a matter of fact it remains in the stomach for six hours, which is longer than any other common article of food. Tripe, on the other hand, remains for only one hour in the stomach and is one of the easiest of all foods to digest.

A period of one and a half hours is required for apples, celery, cheese and oysters, while twice this time is required by rye bread, onions, sausage or raw milk.—Boston Herald.

"When a statesman has something

to say, let him say it," said a congress-man. "But this continual getting up and talking on every subject under the sun just for the sake of getting one's name in the papers-well, that sort of thing gives statesmanship a bad name. "A deputation visited a jeweler's.

"'We want to buy a solid silver coffeepot,' the spokesman said. "'Yes, sir; yes, sir.' And the jeweler rubbed his hands.

"'It's for a senator."
"'In that case, sir,' said the jeweler, 'you will want something with a long spout.'"—Chicago Herald.

The Riming Speller.

A correspondent mentions the difficulty experienced by budding authors in spelling words in which dipththongs "ei" and "ie" appear. An easy manner to recall the order of precedence of the vowels is contained in an ancient

"I" before "e"
Except after "c"
Or when sounded like "a"
In "neighbor" and "weigh."
—New York Sun.

A Horse Laugh.
Motorist (blocked by load of hay)—I say, there, pull out and let me by. Farmer-Oh, I dunno ez I'm in any hurry. Motorist (angrily)-You seemed hurry to let that other fellow's carriage get past. Farmer-That's cause his horse wuz eatin' my hay. There hain't no danger o' yew eatin' it, I reckon.-Springfield Republican.

Happy Outlook.

Mother, to engaged daughter—I don't care if he is a millionaire. It's really perfectly outrageous for you to think of spending your young life with that old thing.

"Oh, that isn't all I think of spending mother, dear."-Life.

Nervous Emotional Dizzy Depressed 5

Mrs. Addis Curtsinger Cedar St., Cairo, Ill., wri Dr. Pierce as follows: "I send 31 cents for your 'Com mon Sense Medical Adviser' fo mon Sense Medical Adviser for my daughter who has recently married and I know the book wil be of much value to her. I hav-read and used for 25 years the valuable treatments contained in the Medical Adviser' and have taken many bottles of Dr. Pierce's Favorite Prescription, and have been restored to health each time I used it. It is a great eremedy for women as a strength

WOMEN who are restless, with constant change of position, "fidget-iness," who are abnormally excitable or who experience fainting or dizzy spells, or nervous headache and wakefulness are usually sufferers who can be helped,

DR. PIERCE'S Favorite Prescription

is the soothing, cordial and womanly tonic that brings about an invigorating calm to the nervous system. Overcomes the weakness and the dragging pains which resemble the pains of rheumatism. Thousands of women in the past forty years can bear witness to its benefits.

Your dealer in medicines sells it in liquid or sugar-coated tablet form; or you can send 50 one-cent stamps for a trial box of Dr. Pierce's Favorite Prescription tablets. Address Dr. V. M. Pierce, Invalids' Hotel and Surgical Institute, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets Regulate and Invigorate Stomach, Liver and Bowels, Sugar-Coated Tiny Grannles.



Business is Waiting -Telephone for it.

Business may be quieter than two years ago, yet there is no cause for depression. Crops are good and already business is waking up.

Call your customers by long distance telephone. Dispel their gloom by the hearty spoken word. Keep both yourself and them posted on prices and general conditions, and there will be no slowing up in your business.

The economy of telephone selling makes it a welcome aid to business just now. The long distance telephone is the proven ally of economical business.

Every Bell Telephone is

The Bell Telephone Co. OF CANADA.



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

Guide-Advocate Ads, are Business Bringers

is not the only source of severe wounds and injuries. However caused, wounds, cuts burns, eczema, piles skin diseases and erup tions are most quick ly cured by Zam-Buk



However;

After all is said and done there nothing that will take the place good Glasses. One may move nes er the light or bring the light nes er to them, they may twist at turn the book or paper, they m do as they please, yet, it the ey need Glasses they must have ther otherwise there is the inevitab eye strain, followed by headache Why not avoid all this discomfo by coming to us. We are he to help eyes.

CONSULTATIONS FREE;

CARL CLAS IEWELER ISSUER OF MARRIAGE LICE

FARM FOR SAI

WEST HALF OF LOT 3, CON. 4, S. Warwick, 100 acres, all under cultionithe premises are a good frame house, barnlwith stable and granary, all new fenced and tile drained. Two acres overy best of loomy farm land, well wate creek running through it. Situated in the best localities in the township for tion or grazing purposes. For further pars apply to J. F. ELLIOT, Watford 1 July 20th, 1014.

HARRY WILLIAMS

Sleigh Manufacturer ; Ripping, Tu Planing, etc., and all kinds of g repairing will receive our best atte

ST. CLAIR ST. :-: WATI (OLD SALVATION ARMY BARRAC



Philip Neuman, a New York clerk, when arrested, said that he pilfered letters when he smoked arettes.

The Terror of Asthma comes thief in the night with its drawn throttling, robbing its victim of the transparent to the power of the powe that remarkable preparation, Dr. Kellogg's Asthma Remedy. Th lief comes with a rush, Life be worth living, and, if the remedy be persistently, the disease is put peently to rout. Take no substitute.

Cigarette smoking among wome girls at St. Louis has doubled in year, according to the findings St. Louis Grand Jury which is inquinto the sale of cigarettes to Popular among wealthy and

Only the uninformed endure the of corns. The knowing ones
Holloway's Corn Cure and get relie

Dr. Oscar H. Allis, addressin American Orthopedia Associatic Philadelphia, says that "it is a hy crime to send children to school the age of ten years. Under that a fixed position at the school desk causes serious spinal curvature."

Children Cry FOR FLETCHER'S CASTORI