

FARMER'S WIFE ALMOST A WRECK

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 severe pains in my back so bad that I could not get up or scarcely move without pain, and my periods were painful. My husband called in a good doctor and I was under his care for some time, but he did me little or no good. 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 publish it."—Mrs. K. C. Young, Tambling's Corner, London, Ontario, Canada.

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

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.

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HARRIS & CO. PROPRIETORS

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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 mangled and skipped by the German roused-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

Every Woman

is interested and should know of MARVEL Whirling Spray.

The new Vaginal Spray. Best—Most convenient. It cleanses instantly. Ask your druggist for it.

If you cannot supply the MARVEL, write to us, we will send you a sample free—no charge. It gives full particulars and directions in booklet. Write to WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

whatever reasons existed for the policy of reserve Britain maintained toward Egypt, and now the land of the Pharaohs blossoms forth as a full fledged protectorate of the British Empire.

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 light of the happenings during the past four months, the preparedness of Germany is considered, especially its spy system, one can understand why Krupp, Kaiser, Kronprinz & Co., 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. The personal equation has upset Germany's best laid plans.

Oceans of Blood

The war proceeds and Europe bleeds, 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 widows. 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." '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.

DIET AND DIGESTION.

Length of Time Different Foods Remain 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 suppose 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.

Something Suitable.

"When a statesman has something to say, let him say it," said a congressman. "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."

"We want to buy a solid silver coffee-pot," the spokesman said.

"Yes, sir; yes, sir." And the jeweler rubbed his hands.

"It's for a senator."

"In the 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 "ai" and "ie" appear. An easy manner to recall the order of precedence of the vowels is contained in an ancient rime:

"I" before "e"
Except after "o"
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 in a hurry to let that other fellow's carriage get past. Farmer—That's 'cause his horse was 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 my mother, dear."—Life.

THEY LOST THE PRIZE.

B. J. Then the Contenders Were Only a Lot of Sea Gulls.

Some campers at a northern lake once put a big fish on a sloping rock near the water's edge to see what the gulls would do.

A scolding 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 glide toward the water and soon fell in with a splash.

Diving after it, the gull brought it to the surface, and then began a curling spectacle. Time after time the gull 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 gulls 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 gull 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 better. Yes?—Cleveland Press.

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