

# AFTER SUFFERING YEARS

Cured by Lydia E. Pinkham's Vegetable Compound

Fox Creek, N.B.—"I have always had pains in the loins and a weakness there, and often after my meals my food would distress me and cause soreness. Lydia E. Pinkham's Vegetable Compound has done me much good. I am stronger, digestion is better, and I can walk with ambition. I have encouraged many mothers of families to take it, as it is the best remedy in the world. You can publish this in the papers."—Mrs. WILLIAM BOURQUE, Fox Creek, N.B., Canada.

The above is only one of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which prove beyond a doubt that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, actually does cure these obstinate diseases of women after all other means have failed, and that every such suffering woman owes it to herself to at least give Lydia E. Pinkham's Vegetable Compound a trial before submitting to an operation, or giving up hope of recovery.

Mrs. Pinkham, of Lynn, Mass., invites all sick women to write her for advice. She has guided thousands to health and her advice is free.

## Guide-Advocate

Watford, Ont.  
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HARRIS & CO.  
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## Guide-Advocate

HARRIS & CO. PROPRIETORS

WATFORD, JANUARY 26, 1912.

The burning of the great Equitable Life Building in New York with the loss of six lives and the destruction of property, money and securities to an extent as yet unknown, is another reminder of the fact that there is practically no such thing as a fire-proof building. There are buildings to which fire will not communicate from the outside when proper care is taken as to keeping shut the fire-proof doors and windows, but any building which is used for residence or business purposes under modern conditions has enough combustible material inside of it to burn it when a fire once gets sufficiently well started. This has been proven often enough before, but the destruction of the Equitable Life Building in New York is another reminder.

A lake captain who was rescued from the rigging of his craft by jumping into the icy water is an advocate of the theory that the lake water even in winter is warmer than most people imagine. He claims that the water at 100 feet depth is normal at 42 degrees, and this water is forced to the surface by the sinking of surface water as it chills to freezing point, hence the deep parts of the lake seldom freeze. The presence of open water so modifies the climate of the Lake Huron shore that fruit lands in that section bring twice the price of similar soils farther inland.

Wm. Cowan, aged 88, and one of the oldest and best-known residents of Ennis-Killa Township, died at his home there Sunday after a brief illness.

The way of the transgressor is hard—even when paved with easy money.

**Shiloh's Cure**  
quickly stops coughs, cures colds, heals the throat and lungs. 25 cents.

## SCHOLARS IN CHINA.

They Rule the Country Where All Foreigners Are Called Boers.

The scholars rule China today. Dress is of more moment there than in any other country, yet the scholar, although poor and meanly dressed, is received with honor by the highest in the land.

"The superior man" of the classics is the equivalent of the "good man" with us. This man, his character and his conduct are the constant theme of approbation. His virtue, his honor, his social relations, his manners in public and private, are carefully defined. His dignity is among his highest qualities and must be maintained at any cost.

In contradiction to the popular idea of dignity, however, the superior man will play battledore and shuttlecock with his feet and fly kites, while the boys, like old men, stand sedately by and look on. This he does as a method of instruction and to show the children how the superior man can relax when his high purpose is to entertain and educate the young.

To the Chinese the foreigner is a boor and a barbarian. It seems a hopeless task to teach him politeness. The Chinese wonders why the foreigner leaves his own country at all. Is it too small for him to make his living, or has he come to observe the superior people? If so he is to be commended. But, alas, what a boor he is!—National Geographic Magazine.

### An Oversight.

Sir Herbert Beerbohm Tree, the famous theatrical manager, was present at a supper in London a short time ago where Signor Grasso was an honored and much feted guest. When the banquet was over and every one was departing, Grasso was so confused and carried away by the attentions and embraces which had been showered upon him that he thoughtlessly directed his taxi driver to drive him to the stage door of the theater at which he was playing.

"What on earth does he want to go back to the theater for at this time of the night?" asked one of those who were waving him adieu.

"Ah," said Sir Herbert Tree, "I expect he has forgotten to kiss the fireman!"

## PLAIN TALK ABOUT PILES

Don't you believe that experience is better than hearsay? If you suffer from piles, just try Zam-Buk. You can do so at our expense. So assured are we of the result that we will send you a free trial box if you send to our Toronto offices full name and address and a one cent stamp to pay return postage.

Scores of people daily acquaint us with the benefit they have derived from the use of Zam-Buk for piles. Mr. F. A. Stridge, of 3 St. Paul street, St. Catharines, Ont., says: "For five years I have suffered untold agony with protruding piles. The pain was so great at times I would almost scream."

"I lost weight and had no appetite. I tried everything I ever heard of for piles, as I was willing to take anything to get relief. It was useless, however, and I almost gave up in despair."

"One day a friend gave me a sample of Zam-Buk and told me of a friend of his who had been cured. I decided to try Zam-Buk, and the relief I got was encouraging. I used three boxes, and at the end of that time I was completely cured. I wish I could have got Zam-Buk years ago; it would have saved me a great deal of misery."

Zam-Buk will also be found a sure cure for cold sores chapped hands, frost bite, ulcers, blood-poison, varicose sores, scalp sores, ringworm, inflamed patches, babies' eruptions and chapped places, cuts, burns, bruises, and skin injuries generally. All druggists and stores sell at 50¢ box, or post free from Zam-Buk Co., Toronto, upon receipt of price. You are warned against harmful imitations and substitutes. See the registered name, "Zam-Buk," on every package.

All's fair in love, in war and in trying to dispose of a last year's automobile.

The Doctor's Sin of Omission. Dorman in his "Primitive Superstitions" tells of an Indian who had been badly hurt by a grizzly bear. The medicine man prescribed a mixture of rattlesnakes' heads, wornout moccasins and chewing tobacco, seasoned with petroleum and red pepper, of which the patient was ordered to take a pint every half hour. "He was a brave man, but he died with the utmost expedition," and at the tribal inquest it was agreed that the remedy was faultless, but that death was due to the doctor's omitting to dance and yell.

### Which is Yours?

The remuneration received for services rendered has many names. The laborer calls it "pay," the skilled mechanic "wages," the city clerk "salary," the banker "income," a lawyer "fees" and a burglar "swag."—London Answers.

That which starts upon stilts often ends upon crutches.—Italian Proverb.

## THE PEOPLE WE LIVE WITH.

Keeping on Amicable Terms With Relatives Should Be Cultivated.

Getting along with relatives, according to a writer who sees things as they are and not as they ought to be, but who simply be-uses of that cannot be termed a cynic in any sense of the term, is an art. The first rule to observe, if you would remain on friendly terms with your relations is, cut out sensitiveness. If anyone's tendency toward "thin skin" is to disturb the family peace, let it not be yours. Write down in large capital letters and stick up on your looking-glass where you can see it two or three times a day the motto: Never mind!

It is well to recall also the fact that there are some subjects that cannot possibly be argued with safety with some people. We all have our mule opinions. There are subjects at which each of us lay back our ears, plant our feet and balk. These are to be avoided.

With grandfather it may be the mode of baptism; to surrender on that point would be to give up his life. Grandmother's 39 articles may be condensed, perhaps, into one; that girls these days are entirely worthless and trivial. Let her believe it; it comforts her, it need not hurt you. Uncle Dave's bristles go up at the mention of socialism. Aunt Sophia may take her everlasting stand against boarding-schools, or veal, or pie. Shun, therefore, these rocks when sailing your conversational boat with Aunt Sophia.

This does not mean to efface your personality, nor to renounce your own opinion. Quite the contrary. It is a good plan to think as you please, and, as nearly as possible, to do as you please. Only don't talk about it.

The courtesies, forms and politenesses of life make excellent bumpers also between relatives. That which embroils us and makes trouble is our enforced intimacy. To dull the cutting edge of this nothing is more valuable than plain, old-fashioned politeness. Familiarity does undoubtedly breed contempt, except with exceptionally sympathetic souls, who are endowed with that rare quality called love, which is the name of that faculty that enables one to like our faults.

Nothing, possibly, does more to make acid the waters of family peace, nothing rankles and smolders in the bosom of relatives so much as these nasty little inconsequential and unnecessary truths we feel duty bound to tell. Truth is mighty, to be sure, but life has its little deceptions and concealments. Truth is not necessarily nudity. Spare us, O merciless, surgical relations, who would strip from us our poor rags of pretense! They may be rags indeed, but one must wear something.

### Chinese Music.

To any one that has heard a Chinese orchestra hard at it, it may come as a surprise to learn that there are trained musicians of our own kind who seriously profess uncertainty whether the Chinese have not really advanced beyond us in music.

A distinguished authority has pointed out that the Chinese people were the first in the history of music to develop a system of octaves, a circle of fifths and a lot of other harmonical techniques, and these back in the days when our ancestors had not even evolved the simplest forms of melody.

Whether or not we shall finally arrive at an understanding of and a liking for something that shall approach the "harmonious discords" of the Chinese, close observers claim to have discovered among the musicians and lovers of music a steadily increasing sensitiveness to harmonies the existence of which was formerly unknown.

Subtle harmonies of to-day, it is added, are understood, which, 40 or 50 years ago even, would have been deemed incomprehensible. At any rate, the musicians have grown bolder and bolder in doing the things that used to be forbidden.

Only those who have had experience can tell the torture corns cause. Pain with your boots on, pain with them off—pain day and night; but relief is sure to those who use Holloway's Corn Cure.

Constipation is the root of many forms of sickness and of an endless amount of human misery.

Dr. Morse's Indian Root Pills,

thoroughly tested by over fifty years of use, have been proved a safe and certain cure for constipation and all kindred troubles. Try them. 25c. a box.

# Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## GENUINE CASTORIA ALWAYS

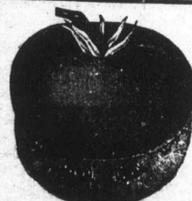
Bears the Signature of

*Chas. H. Fletcher*

## The Kind You Have Always Bought

In Use For Over 30 Years

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.



Hopedale Sensation Tomato  
The earliest, best flavored and smoothest in the World.

### IT'S COMING

What's coming? Why Seedtime, then the Harvest but the Harvest depends very largely on the quality of the Seeds you sow. Our Catalogue for 1912 is bigger and better than ever. Tells you all about over 1,500 kinds of Field Roots, Grains, Vegetables, and Flower Seeds, Small Fruits, Flowering Shrubs, Plants, Implements, etc.

If you cut this out sending it to us with your name and Post Office Address our Catalogue will be sent you and a present with it. Do it to-day, ADDRESS:

Darch & Hunter Seed Co., Limited,  
Dept. 73 London, Ont.

## A. D. HONE PAINTER and DECORATOR

Specialist in Hand Painted Decorations. The Best Work at Reasonable Prices. Estimates Furnished. A COMPLETE LINE OF Samples of WALL PAPER on Hand. When you have work in his line let him figure on it.

## CHOPPING MILL

is Now Running. We Pay Special Attention to this Line of Business and Have Lowered the Price to 5 Cents per Cwt., Commencing December 21st.

## PLANING MILL

Custom, Matching, Dressing and Turning Done on Short Notice.

## GEO. CHAMBERS

One of the greatest blessings to parents is Mother Graves' Worm Exterminator. It effectually expels worms and gives health in a marvellous manner to the little one.

One of the peculiar things in connection with the mail service, is that newspapers put in the office here for Blytheswood on Friday morning do not reach their destination (only five miles away) until Monday, although the M.C.R. carries mail and passes through that village four times a day. George Beacom, the new councillor, says that a letter posted after the closing of the mail in the evening for London, does not reach

its destination until 48 hours afterward, while one for Staples, a village about five miles north of Blytheswood, will not reach that place until 12 hours later, as the change is made at London.—Leamington Post.

SUFFER NO MORE.—There are thousands who live miserable lives because dyspepsia dulls the faculties and shadows existence with the cloud of depression. One way to dispel the vapors that beset the victims of this disorder is to order them a course of Parmelee's Vegetable Pills, which are among the best vegetable pills known, being easy to take and most efficacious in their actions. A trial of them will prove this.

## Lost Terrible Report

"About two years ago I had a terrible report of my hair falling out. I purchased four bottles of the best until now I have as I had before. I can truthfully say that the hair has grown again to any extent for. See Col. Co., Pa. C. Please bear in mind SAGE is not just bald heads. In Galder's case and there PARISIAN SAC

## KER

Ladies' est At HIGH Thanks G.

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USE RED NEW ERA Highest Quality C. B. I.

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Flour, Oat Wheat and Potatoes. We carry BEST OF SA Five R.

Mitchell's Lambert Mustard Pastry Flour

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