

### HOW THIS WOMAN FOUND HEALTH

Would not give Lydia E. Pinkham's Vegetable Compound for All Rest of Medicine in the World.

Utica, Ohio.—"I suffered everything from a female weakness after baby came. I had numb spells and was dizzy, had black spots before my eyes, my back ached and I was so weak I could hardly stand up. My face was yellow, even my fingernails were colorless and I had displacement. I took Lydia E. Pinkham's Vegetable Compound and now I am stout, well and healthy. I can do all my own work and can walk to town and back and not get tired. I would not give your Vegetable Compound for all the rest of the medicines in the world. I tried doctor's medicines and they did me no good."—Mrs. MARY EARLEWINE, R.F.D. No. 3, Utica, Ohio.



Another Case. Nebo, Ill.—"I was bothered for ten years with female troubles and the doctors did not help me. I was so weak and nervous that I could not do my work and every month I had to spend a few days in bed. I read so many letters about Lydia E. Pinkham's Vegetable Compound curing female troubles that I got a bottle of it. It did me more good than anything else I ever took and now it has cured me. I feel better than I have for years and tell everybody what the Compound has done for me. I believe I would not be living to-day but for that."—Mrs. HETTIE GREENSTREET, Nebo, Illinois.

### Guide-Advocate

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HARRIS & CO. PROPRIETORS

WATFORD, JANUARY 30, 1914.

### NOTE AND COMMENT

The tango has struck Alaska. This looks like an infringement on the rights of the grizzly bear waltz and the Eskimo glide.

The high price of poultry is explained on the theory that the dealers hesitate to kill the hens that are laying the golden eggs.

"How much should the wife have of her husband's salary?" asks a Tribune reader. All of it, excepting car fare, if the husband is anxious to get ahead in a financial way and the wife knows how.

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.

The farmers of ten middle western states have decided to build a central market at Kansas City where farm products will be sold direct to the

When through old age the bodily functions become sluggish, Na-Dru-Co Laxatives give gentle, timely and effective aid, without discomfort or distress. 25c. a box at your Druggist's. 173 National Drug and Chemical Co. of Canada, Limited.

consumer. Such a scheme will work hardship on the middleman, but should prove a paying investment for farmer and consumer.

Robert Bickerdike, M. P., Montreal, has given notice that he will move at the present session to abolish capital punishment, and J. H. Burnham, of Peterboro, will reintroduce his bill to abolish honorary titles in Canada now granted on recommendation of the Governor-General-in-Council.

Eight trustees of the \$200,000 fund subscribed in the United States and Canada for distribution among widows and other surviving relatives of more than 200 seamen who lost their lives in the November storms on the great lakes, held their first meeting at Buffalo Friday. The Canadian trustees will pass on claims arising from deaths on Canadian vessels, and American trustees will do the same in regard to American claimants. The entire board of eight, however, will pass on the final awards. It was stated that the money probably will be distributed about the middle of March.

### Canada's Grain Census

Ottawa, January 14, 1914.—A bulletin issued to-day by the Census and Statistics Office gives final estimates of the area, yield and value of the principal field crops of Canada in 1913 as compared with 1912. Last year's season was very favourable for grain-growing in the North-west provinces, where during the ripening, harvesting and threshing periods conditions generally speaking were ideal. In Ontario, Quebec and parts of the Maritime provinces, on the other hand, the yield of grain was adversely affected by prolonged drouth. For the whole of Canada the principal field crops occupied a total estimated area of 35,375,000 acres as compared with 35,575,000 acres in 1912, and their value, computed at average local market prices, was \$552,771,500 as compared with \$557,344,100 in 1912. Wheat upon 11,015,000 acres produced 231,717,000 bushels of the value of \$156,462,000 the corresponding figures in 1912 being 10,996,700 acres, 224,159,000 bushels and \$139,090,000. Of the total wheat area 970,000 acres were devoted to fall wheat, the production being 22,592,000 bushels and the value \$18,185,000 as compared with 971,000 acres, 20,387,000 bushels and \$17,157,000 in 1912. Oats yielded a total of 404,669,000 bushels from 10,434,000 acres and the value reached \$128,893,000, the corresponding figures of 1912 being 9,966,000 acres, 391,639,000 bushels and \$126,304,000. Both the wheat and oat crops of 1913 are the highest on record in Canada, wheat as regards area, yield and value and oats as regards area and yield. The value of the oat crop was exceeded in 1911 when the amount was \$192,949,000. Barley upon 1,613,000 acres yielded 48,319,000 bushels of the value of \$20,144,000 as against 1,681,000 acres, 49,398,000 bushels and \$22,354,000 in 1912. Flaxseed occupied 1,552,800 acres, and the production was 17,539,000 bushels of the value of \$17,084,000, as compared with 2,021,900 acres, 26,130,000 bushels and \$23,608,000 in 1912.

The quality of the grain crops, as indicated by the average weight per measured bushel, is excellent and is superior to 1912. Spring wheat averages 60.37 lb. against 58.90 lb. in 1912, oats 36.50 lb. against 35.50 lb. and barley 48.50 lb. against 47.50 lb.

In the three Northwest provinces of Manitoba, Saskatchewan and Alberta the production in 1913 of wheat is estimated at 209,262,000 bushels compared with 204,280,000 bushels in 1912, of oats at 242,413,000 bushels compared with 242,321,000 bushels and of barley at 31,060,000 bushels compared with 31,600,000 bushels. The wheat production of 1913 in Manitoba was 53,331,000 bushels from 2,804,000 acres, in Saskatchewan 121,559,000 bushels from five million seven hundred and twenty thousand acres and in Alberta thirty-four million three hundred and seventy-two thousand bushels from one million five hundred and twelve thousand acres.

Worms are encouraged by morbid conditions of the stomach and bowels, and so subsist. Miller's Worm Powders will after these conditions almost immediately and will sweep the worms away. No destructive parasite can live in contact with this medicine, which is not only a worm destroyer, but a health-giving medicine most beneficial to the young constitution, and as such it has no superior. m

### Keeping Up Appearances

Our submission to the tyranny of appearances is not so discreditible as it seems. If we were not somewhat concerned with keeping them up, we should pretty soon cease to keep up anything. To have no regard for appearances is to be a barbarian. No matter how simply we may live, we always have the opportunity to show in our manners, our dress, and our dwellings an appreciation of the dignity and decency of life. We may have to postpone indefinitely getting the house painted, but we can see that the grass-plot in front of it is always trim and neat.

Our difficulties come when we undertake to keep up appearances that are spurious. The man with two thousand dollars a year has appearances to maintain, as well as the man with ten thousand a year; but the two-thousand-dollar man's appearances should not emulate those of the ten-thousand-dollar man. The hardest struggles of modern life are, indeed, involved in keeping up a "proper" appearance on a fixed income; but in many cases the struggle is hard because the conception of a "proper" appearance is improper. The most idiotic surrender of individuality is the common one of feeling that you must have possessions similar to your neighbor's, or if possible, a little better than his. How unintelligent is the unmisgiving family that must at pecuniary sacrifice have a piano as a parlor ornament simply because there is a piano in the house on either side! A good many persons make extravagant purchases because they cannot bear not to have something that someone else "no better off than ourselves" miraculously seems able to possess.

The thing to remember about keeping up appearances is that they should be your own—not those of some one else.

### One Reason

The foolish or bad management of the housewife has had a great deal to do with the rise in the cost of living. As, for instance, formerly the housewife was content with good old-fashioned oatmeal for the making of porridge for herself and family. This oatmeal cost four or five cents a pound, while to-day the same housewife is buying all the high-faluting, high-priced breakfast foods that she can get hold of at 25 cents a pound.

### Canada's Trees

There are more than one hundred tree species found in Canada, of which only thirty are conifers. Yet these latter constitute Canada's chief timber wealth. Of these coniferous trees, or "evergreens," spruce easily takes first place, constituting over one-third of the lumber and three-quarters of the pulpwood cut in Canada in 1912. Four of the five species of spruce are of commercial importance, and at least two of these five are found in every province of the Dominion.

### 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 taken internally, acting directly upon 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.

Shiloh The family remedy for Coughs and Colds. Small dose. Small bottle. Best since 1870.

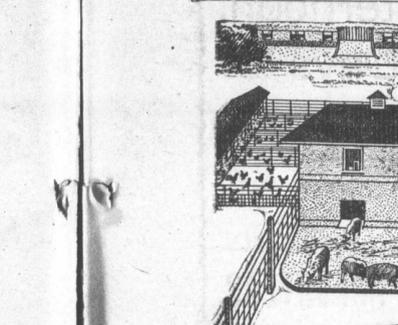
CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Chat. H. Fletcher. In Use For Over Thirty Years CASTORIA. A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP. Fac-Simile Signature of Chat. H. Fletcher, NEW YORK. 35 Doses—35 CENTS. EXACT COPY OF WRAPPER.

Are Your Hands Tied? by a chronic disease common to woman—Do you feel dull—headache? Back-ache, pains here and there—dizziness or perhaps hot flashes? There's nothing you can accomplish—nothing you can enjoy! There's no good reason for it—because you can find permanent relief in DR. PIERCE'S Favorite Prescription. Mrs. Fannie H. Brent, of Bryant, Nelson Co., Va., writes: "I believe I had every pain and ache a woman could have, my back was weak, and I suffered with nervousness and could not sleep at night. Suffered with soreness in my right hip, and every month would have spells and have to stay in bed. I have taken eight bottles of your 'Favorite Prescription' and one vial of your 'Pleasant Pellets'. Can now do my work for six in family, and feel like a new woman. I think it is the best medicine in the world for women. I recommend it to all my friends and many of them have been greatly benefited by it."

Commence This Year Right. TURN over a new leaf. If you are not already one of our customers, start now. If you don't decide to-day, come any day you will find us at the old stand, with a full line of BUILDERS' SUPPLIES, and a well equipped outfit for CHOPPING. If you are GOING TO BUILD we have a message for you. Watford Planing Mills and Electric Light Plant. Established 1870. GEO CHAMBERS.

"Why, I would not even try to keep house without it. You have no idea the hard work and time it saves." That's the verdict of 1,000,000 enthusiastic users of O-CEDAR POLISH MOP. Every one of them satisfied. O-CEDAR is acknowledged the best furniture polish made. Another time saver. Does away with the drudgery of sweeping day. T. DODDS & SON

For Here! Most headache the cause Chamberlain's Colic, Cholera and Diarrhoea Remedy. No case too hard for bottle. Druggists and Dealers Chamberlain Medicine.



Concrete and... Enable you to better pork with concrete feeding. Hog houses of concrete maintain an even temperature and light air, which pork. Concrete will or painting. It will structures. Write for "What the Farmer can to build Hog Houses things the farmer Canada (520 9)

Table with columns: STYLE, PAGE HEAD, and various measurements. Includes a section for MEDIUM WE and SPECIAL POU.

STAPLES, 25-lb. box, freight paid. BRACE WIRE, 25-lb. rolls, freight paid. STRETCHING TOOLS, Complete. "PAGE