

GIRL SUFFERED TERRIBLY

At Regular Intervals—Says Lydia E. Pinkham's Vegetable Compound completely cured her.

Adrian, Texas.—"I take pleasure in adding my testimonial to the great list and hope that it will be of interest to suffering women. For four years I suffered untold agonies at regular intervals. Such pains and cramps, severe chills and sickness at stomach, then finally hemorrhages until I would be nearly blind. I had five doctors and none of them could do more than relieve me for a time.

"I saw your advertisement in a paper and decided to try Lydia E. Pinkham's Vegetable Compound. I took seven boxes of it and used two bottles of the Sanative Wash, and I am completely cured of my trouble. When I began taking the Compound I only weighed ninety-six pounds and now I weigh one hundred and twenty-six pounds. If anyone wishes to address me in person I will cheerfully answer all letters, as I cannot speak too highly of the Pinkham remedies."—Miss JESSIE MARSH, Adrian, Texas.

Hundreds of such letters expressing gratitude for the good Lydia E. Pinkham's Vegetable Compound has accomplished are constantly being received, proving the reliability of this grand old remedy.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Guide-Advocate

Watford, Ont. PUBLISHED EVERY FRIDAY. SUBSCRIPTIONS—\$1.00 per annum in advance. \$1.50 in advance to the United States.

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HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, AUGUST 1, 1913.

NOTE AND COMMENT.

The Waterloo town council passed a by-law to issue debentures for local improvements at 6 per cent, instead of 5 per cent, as in previous years, it being found impossible to borrow money at the lower percentage.

The final figures for the last Canadian fiscal year were announced by the minister of Finance. A heavy increase in capital and consolidated expenditures is offset by expanding revenue and there is a surplus of \$56,500,000 on current account. There is a reduction of \$20,000,000 in the public debt.

If it goes on like this, dairy farming will become more attractive than gold mining in Canada. Here we are producing more milk and butter than ever before in our history, and yet we are now classed as a butter-importing country. No further back than 1903 Canada exported 34,128,944 pounds of butter. This year it has imported 7,000,000 pounds from New Zealand. Federal and provincial governments are well advised to do all they can to encourage

Every Woman MARVEL Whirling Spray. The new Vaginal Syringe. Not a pessary. It gives full penetration and directions are available to ladies. WINDSOR SUPPLY CO., Windsor, Ont. General Agents for Canada.

HOME TRAINING.

The Domestic Menage Should Be Run on Business Basis. HUSBANDS MUST CO-OPERATE.

Practical Sense of Common Interests Has Saved Many Families From Dissolution, Says New York Head of Bureau of Domestic Relations.

"Since women have come to play so active a part in the world of work the necessity has arisen to consider the home as a business institution," says Mrs. Ida T. Upshaw, superintendent of the bureau of domestic relations, connected with the department of charities of New York city.

"It is not necessary in the very poor homes to advise business co-operation. In these homes they are obliged to figure closely to make both ends meet. They practice every day stringent domestic economy that they have learned by hard experience. It is the homes of the middle class where training is lacking. The young women have gone from their schoolrooms directly to the office and from the office to their new homes as brides, with responsibilities thrust suddenly upon them of which they know little or nothing. Frequently they are pitifully ignorant of even the simplest household economies.

"On the husband's part the beginning is made in just as sad a way. Not one man out of ten, as a rule, has the slightest idea of what it costs to maintain a home outside of the rent and possibly the gas bill. Even in the latter item he is sometimes far wrong. The young men come from homes where things have been taken care of by a mother who has learned her lesson years ago or from hotel or boarding house where problems of the house were never presented to them.

"Co-operation is necessary in the home. When a young husband hands the wife a certain amount of money each week for the maintenance of the family and she finds it not enough the trouble begins, although the wife may have done her best. The domestic relations court is continually hearing cases based on that trouble.

"Housekeeping is the woman's field; once upon a time it was her undisputed domain. But it would be well for men to understand the science of domestic economy. If they did it would go a long way toward avoiding domestic wrangles.

"The time has come when educational institutions will recognize that a business partnership of husband and wife is necessary. Then there will be taught to men and women alike the science of domestic economy. It will not only keep their money affairs in order, but it will hold husband and wife closer together. The sense of a common interest in the home has saved many a family from dissolution.

"To caution young married people to live within their means is proper enough, but they should at the same time be taught how to economize."

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CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Dr. J. C. Hutchins. In Use For Over Thirty Years CASTORIA. THE CENTAUR COMPANY, N. Y. CITY.

Plumbing and Heating

If you are building this year we will be glad to estimate the cost of a bath room for you. Our man has city experience and will guarantee work to pass any inspector.

Bucks Reliance, Pease Economy and Kelsey Furnaces are leaders that require no description. Our prices are low and work guaranteed.

The N. B. Howden Est.

PLUMBING AND HEATING ON SHORT NOTICE

The Western Fair London, Canada THE GREAT LIVE STOCK EXHIBITION \$27,000.00 in Prizes and Attractions. MAGNIFICENT PROGRAMME OF ATTRACTIONS TWICE DAILY. WESTERN ONTARIO'S POPULAR EXHIBITION SEPT. 5 to 13. TWO SPEED EVENTS DAILY FIREWORKS EVERY NIGHT.

We Do All Kinds of Printing. Guide-Advocate Ads. are Business Bringers

Watford Tuesday, GRAND

WATFORD VIA GRAND BY STAR LI

TIME-TABLE

Table with 2 columns: Station, Time. Rows include LONDON, HYDE PARK, KOMOKA, STRATHROY, WATFORD, KINGSCOURT, WANSTEAD, WYOMING, MANDAUMIN, ARRIVE AT SARNIA W.

SUMMER

WE FLY SWATTER DOORS, VACU OIL STOV

T. D. C.

House

MASON & RISH PIANOS, GRAMPONES, STRING INSTRUMENTS, MUSIC BOOKS, SHEET MUSIC, EDISON RECORDS

HARF

FINE FURNITURE

