

# MOTHERHOOD SUGGESTIONS

## Advice to Expectant Mothers

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, and with ample time in which to prepare, women will persist in going blindly to the trial.

Every woman at this time should rely upon Lydia E. Pinkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.

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.

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Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO. PROPRIETORS

## Guide-Advocate

WATFORD, JANUARY 17, 1913.

### NOTE AND COMMENT.

The end of the Balkan war was about due anyway. The jokes on the Turkish rugs and cigarettes have about served their purpose.

During the year the Canadian Northern Railway has constructed 463 miles of railroad grade, has laid 362 miles of track, and has given employment to 1,700 teams and 5,000 men in the Province of Alberta.

The Harvard students spend \$75,000 a year for tobacco and \$73,000 a year for books. Since there are only about 6000 students at Harvard this works out at more than \$12 apiece for books.

They are dealing with cheap trashy novels in Germany in a very effective way. A decree has been issued for the confiscation of the entire lot and the prohibition of any further publication of them. If all the dime novels in the rest of the world were confiscated and burned it would indeed be a blessing.

Married couples would be happier

**Every Woman**  
is interested and should know  
MARVEL Whirling Spray  
The new Vaginal Spray. Best  
—most convenient. 12 Cents  
instantly for  
—any case that fails to cure. Send for  
list of testimonials.

Address F. J. CHENEY & CO.,  
Toledo, Ohio.  
Sold by all Druggists, 75c.  
Take Hall's Family Pills for constipation.

if home troubles were kept within the four walls of the home; if each would remember that the other was a human being, and not an angel, and if husbands and wives would sometimes remember that they were once sweethearts and lovers and should be so always.

Germany will adopt a law against dime novels and sensational literature. The measure will provide a heavy penalty for the display and sale of such stuff and for the confiscation of all copies. A similar law should be adopted in Canada. There was never more need for it than at the present time, and conditions are becoming worse every year.

To use a common expression, Canada swims in prosperity. Commerce has advanced with giant strides, manufacturers cannot fill their orders, mines are making millionaires by the dozen, the lumber trade pays more than ever, banks overflow with money, railway construction goes on at a tremendous pace. This industrial development, without a precedent in our history, and the accumulation of wealth and capital which naturally follows, encourage people to go into colossal speculations, which, a couple of decades ago, would have been placed in the domain of dreams and fantasy.

On the new transcontinental train passengers are to be embalmed in luxuries. The air in the cars is automatically washed and cooled. All the cinders are removed in the washing. If you are interested in the stock market the latest quotations are supplied, being telegraphed to the train from Chicago. If you want your clothes pressed there is a tailor to press them for you. If you want a shave, there is a train valet—they don't call them barbers, not on the train. If your wife has to have her dress hooked, you don't have to hook it. A maid attends to that. If you need a manicure, a manicure is provided. If you want a stenographer, they provide one. She takes your dictation, stamps the envelope and mails the letter. All you have to do is to look like a millionaire and take things easy. What a transformation has been wrought in travel across the plains since the days of the "bull team," and savage Indians thrown in for full measure of danger and discomfort.

The world is growing better yearly and will grow better right along. He is a chump and reasons queerly, who holds that everything is wrong. The world improves, for human creatures are always trying to improve and not because platform teachers by politics would make it move. "Do everything by legislation" is what the noisy statesmen say, but things are done by education, by upward striving day by day. The man who toils in smock and sweater, determined that his children ten shall have a chance in life far better than o'er he know, is teaching man a better lesson than the ranters will teach them in a thousand years, than all the gifted gallivanders will drill in human ears. The men who labor bravely, gayly, are they who help the people's cause, and not the useless dubs who daily propose a brand new set of laws. The politicians ne'er will aid us in struggling up to better things; in former times they have delayed us by tying dornieys to our wings; their trade in life is but to dozen the voters and to cook them brown, and ten to twelve in every dozen are simply selfishness boiled down. The world's a place of hope and laughter, because we work with zest and glee, resolved that those who follow after shall find it better than did we.

### \$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 disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous 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, Ohio.  
Sold by all Druggists, 75c.  
Take Hall's Family Pills for constipation.

### HOODOO RELICS.

Owner of \$10,000 Collar Develops Acute Mania—The Death Ring.

The Egyptians embalmed their dead for the purpose of preserving the bodies for the day of resurrection, placed 3,000 years ahead; hence the most terrible calamities were to be visited upon the heads of any irreverent enough to interfere in any manner with the program. The case is cited by the lid of a sarcophagus, now in the British Museum, which has engraved on it the effigy of a priestess of Amen-Ra. This was discovered in 1889 and trouble began at once.

The five men who found the cover died all within a short time of each other; the man who transported it from its place of discovery were likewise unfortunate in various ways, while the servant who took the object to the museum, the photographer who was called in to take a picture of it, and the archaeologist who translated the inscription were one by one overtaken by a series of disasters.

The late Shah of Persia possessed a dagger which, according to tradition, would make invincible whoever concealed it about his clothing, but if once used the person using it would die by it. It is said that this dagger is one of the oldest in the Orient and has been "used" but five times in history—always justifying the prophecy that it would likewise cause the death of the user.

In 1906 a business man in St. Petersburg acquired at an auction sale a collar for which he paid \$10,000. It had been made 120 years earlier by a Parisian jeweler at the order of the unfortunate Louis XVI. Every member of the royal family who had worn this collar perished in the French Revolution and the man who first purchased it fled to Brussels and sold it in that city to get money for his sojourn in exile. Subsequently it changed ownership frequently, always bringing misfortune to its possessor.

Finally it was sold to a Russian prince for \$20,000 and he gave it to the dancer Tsukki. The dancer lost her health and was compelled to part with it and it passed into the collection of Linievitch. This man died suddenly at Monte Carlo and his heir lost the collar and everything else he possessed in play. The man who then purchased the collar (in 1906) lived in the greatest harmony with his wife and family, but almost at once developed acute mania and ended by killing his wife.

One very surprising thing was some years ago vouched for by M. Mace, at one time at the head of the Paris police. He said that at different times five dead bodies had been brought to the morgue, each one of which had a ring with this inscription: "All who have worn this ring have died miserably like me."

### Could Read Faces.

"Yes, sir," went on Prof. X. to a gentleman to whom he had recently been introduced. "I have given some attention to the study of human nature, and I rarely fail to read a face correctly. Now, there is a lady," he continued, pointing across the room, "the lines of whose countenance are as clear to me as type. The chin shows firmness of disposition amounting to obstinacy, the sharp-pointed nose a vicious temperament, the large mouth, volubility, the eyes a dryness of soul, the"

"Wonderful, professor, wonderful!"

"You know something of the lady, then?" said the professor complacently.

"Yes—a little. She's my wife."

### His Confidence.

"Well, George," she called from the top of the stairs at 1 a.m., "what was it this time? Did your lodge meet, or was it necessary for you to stay in town to discuss business with somebody who had to catch a midnight train, or did you drop in at the club and get into a friendly little game with some of the boys, or was it an extra rush of work at the office?"

He clung to the newel post for a moment and, blinking, looked up at her. Then he endeavored to moisten his lips and said:

"Mary, if I didn't have confidensh in you I'd think you were shuspicious of me—hones' I would."

### One Sided.

Brown and Jones were discussing the question of who should be head of the house, the man or the woman.

"I am the head of my establishment," said Jones. "I am the breadwinner. Why shouldn't I be?"

"Well," replied Brown, "before my wife and I were married we made an agreement that I should make the rulings in all major things, my wife in 'all the minor.'"

"How has it worked?" queried Jones.

Brown smiled. "So far," he replied, "no major matters have come up."

### A Mean Thrust.

"Have you ever placed yourself in the hands of a beauty doctor, Mrs. Muggworth?"

"Why do you ask me that?"

"My husband wants me to go to one."

"Yes, I have been taking regular treatments from one for the past year."

"Then I think I'll not go. It seems to be useless."

### NOTICE TO CREDITORS

In the Estate of Arthur James Davis, late of the Township of Brooke, in the County of Lambton, merchant, deceased.

NOTICE IS HEREBY GIVEN pursuant to George V., Chap. 26, sec. 25, and amending acts, that all persons having any claims against the estate of Arthur James Davis, late of the Township of Brooke, in the County of Lambton, merchant, deceased, who died on or about the twenty-sixth day of November, A. D. 1912, are required to deliver or send to the undersigned a statement and full particulars of their claims, and addresses and the security, if any, on or before the first day of February, A. D. 1913.

AND TAKE NOTICE that after the said last mentioned date the administratrix will proceed to distribute the estate amongst the parties entitled, having regard only to the claims of which they then shall have notice and the administratrix will not be liable for the estate or any part thereof to any person or persons of whose claim or claims they shall not then have had notice at the time of such distribution.

COWAN & TOWERS, Watford, Administratrix for Eliza A. Davis, Administratrix.

Dated at Watford this 27th day of December, 1912.

### NOTICE!

In order that I may be enabled to close up the estate of my late husband, A. J. Davis, all accounts owing to the estate will require to be paid to me on or before the end of February next, after which all accounts unpaid will be placed in hands of my Solicitors for collection.

ELIZA A. DAVIS, Administratrix, 15-37

Dec. 28th, 1912.

### Application to Parliament

NOTICE IS HEREBY GIVEN of the Application to the Legislative Assembly of the Province of Ontario, at the next ensuing Session thereof, for a Special Act authorizing the Municipal Council of the said Village of Watford to purchase a site for a Post Office therein, and to borrow money to pay for the same, and to pass a by-law providing for the issue of Debentures, for the payment of the purchase price of said site.

DATED at Watford, this Fourteenth day of December, A. D. 1912.

COWAN & TOWERS, Solicitors for the Corporation of Watford, 27-6

Flour and lard are getting so high that bakers have found it necessary to reduce the size of the hole in the doughnut.

A mosquito lays forty eggs a day. It might be well to let a few run with your head for breeding purposes.

Cannibals must have easily-satisfied palates.

An optimist is a man who believes two can live as cheaply as one.

Are you a sufferer with corns? If you are, get a bottle of Holloway's Corn Cure. It has never been known to fail.

## A. D. HONE PAINTER and DECORATOR

Specialist in Hand Painted Decorations.

he Best Work at Reasonable Prices. Estimates Furnished

A COMPLETE LINE OF Samples of WALL PAPER on Hand.

When you hav work in his line let him figure on it.

## THE MERCHANTS' BANK OF CANADA

President.....SIR H. MONTAGU ALLAN  
Vice-President.....JONATHAN HOBSON, Esq.  
General Manager.....E. F. HENDER

Paid-up Capital.....\$6,000,000

Reserve Fund and Undivided Profits.....5,458,878

Deposits Nov. 30, 1911.....63,494,580

Assets Nov. 30, 1911.....81,928,960

183 BRANCHES IN CANADA

General Banking Business transacted. SAVINGS DEPARTMENT at all Branches. Deposits of \$1.00 and upwards received and interest allowed at best current rates.

Watford Branch :- F. KENWARD, Manager

## T. DODDS & SON

Hot Water Heating

Steam Heating

Hot Air Heating

Plumbing Supplies

Brass Goods, Tools, Wrenches, Etc.,

for all kinds of works.

Eave-troughing and all kinds of

General Tinworks carefully and

promptly attended to.

T. DODDS & SON.

## A DRUGGIST IN WINNIPI

Cured Himself With GIN PILLS

No greater compliment could be given GIN PILLS than to have a druggist

them. Mr. Rogers being in the best

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