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DON'T BE BALD
Nearly Anyone May Secure a Splendid Growth of Hair.

We have a remedy that has a record of growing hair and curing baldness in 93 out of every 100 cases where used according to directions for a reasonable length of time. That may seem like a strong statement—but it is, and we mean it to be, and no one should doubt it until they have put our claims to an actual test.

We are so certain Rexall "93" Hair Tonic will cure dandruff, prevent baldness, stimulate the scalp and hair roots, stop falling hair and grow new hair, that we personally give our positive guarantee to refund every penny paid for it in every instance where it does not give entire satisfaction to the user.

Rexall "93" Hair Tonic is as pleasant to use as clear spring water. It is delightfully perfumed, and does not grease or gum the hair. Two sizes, 50c. and \$1.00. With our guarantee back of it, you certainly take no risk. Sold only at our store—The Rexall Store.

J. W. McLaren, Watford.

CHRISTMAS APPEAL
TO THE
PEOPLE OF ONTARIO
FOR
The Hospital for Sick Children

Dear Mr. Editor:—

It would take more space than you can spare to tell of the good work done by the Hospital for Sick Children, Toronto, for the sick and deformed children of this Province. Let me, in a few words, tell you of the steady growth of this Hospital.

In the year 1875 there were only six cots and beds, one nurse, 44 in-patients and 67 out-patients. In 1912 there were 250 cots and beds, 64 nurses, 1,294 in-patients and 17,862 out-patients.

During the 37 years of the Hospital's existence, 19,370 in-patients have been admitted, and 133,724 out-patients have been treated, a total of 153,094, or an average of 4,138 per year. Of the 19,370 in-patients, 5,495 were from places outside of Toronto, 1,644 of the total in-patients were cured, and 5,711 were improved. This is a great record.

Of the 1,294 in-patients last year, 341 came from 218 places outside of Toronto, so that the Hospital is not a local, but a Provincial Institution.

In the Orthopedic Department in 37 years, nearly 700 boys and girls have been treated for clubfoot, and about 400 were corrected. Half of these came from places outside of Toronto, so surely we have a fair claim for help from the people of this Province.

The Corporation of Toronto grants \$25,000, not only for the city children, but towards the maintenance of all patients in the Hospital, and the citizens of Toronto donate an average of \$15,000 annually to the funds of the Hospital.

Will you, kind reader, think of what your money will do? It helps to restore health and strength, and gives sound limbs and straight feet to crippled boys and girls.

Remember that your pocket-book must be the Hospital's friend, if the Hospital is to be the children's friend. Remember that Christmas calls you to open the purse of your kindness to the Hospital, so that the Hospital may open the heart of its help to the children.

Remember that your money can help the Hospital build a bridge over which the feet of little children may travel on the journey from sorrow to joy, from sickness to health—aye, from death to life.

Please send a dollar, or more if you can spare it, to Douglas Davidson, the Secretary-Treasurer of the Hospital, or J. Ross Robertson, Chairman of the Trustees, Toronto.

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THE FARMER'S WIFE.
Practical Remedy For Monotony and Loneliness of Country Life.

We have all heard that insanity is more prevalent among farmers' wives than among women of other communities. This is explained on the ground of the monotony of the life. Having no interests, the woman in the country is likely to grow morbid and eventually to lose her grip on the sane things of life, says Dolly Madison.

One of the most practical remedies for the monotony and loneliness of farm life may be found in the forming of a club. This, in the beginning, may not be an ambitious affair. A half dozen women may get together and decide to do some one thing for their community which shall improve it, and which will give them an interest in the working out of such improvement.

There is nothing which makes women feel that life is worth while like a sense of being in touch with big movements. In the city we hear much of "neighborhood houses" or "friendly organizations" and other social centers which are intended to uplift and to bring about a better understanding between the fortunate and the unfortunate. There is great need for neighborhood houses in the country, but it is on different lines from those pursued by the social settlement. In the country poverty is rarely the reason for loneliness. It is more likely to be work which keeps a woman tied to a treadmill.

The farmer's wife may make her club a place in which shall be discussed her own problems, those of the school life of her children, besides certain educational improvements. The question of overwork for farm women may be solved by the co-operation of the club in hiring specialized help. There will be more enthusiasm over vegetable gardens when there is somebody with whom to compare notes. Books and magazines may be exchanged, and the problem of high prices may be met by ordering in wholesale quantities and sharing with other members.

Each neighborhood must, of course, work out its club plans along the most practical lines possible, but I know of no better example of what a club in this class may become than the history of one in the far west where the life of the community revolves around a certain house which was bought by the farmers' wives of that section. It is a country club, not in the suburban smart set sense, but in being the practical center for the boys and girls and the men and women from adjoining farms. Here the young people play tennis, here the men meet to discuss rural problems, and here the women give afternoon teas and bring together the lonely souls, who without this little house set at the crossroads might be left to languish.

THE SPANISH HAIR WAVE.
The coiffure illustrated shows the simple, unadorned type of hairdressing favored just now for wear in the house.

It is called the Spanish wave, and one can imagine how alluring a dark type of beauty would be with her dusky



LATEST IN COIFFURES.
Tresses severely parted in front and brushed back softly over the forehead in these undulating waves.

All that is needed to complete the picture are a Spanish lace mantilla and a red rose poised coquettishly over the ear.

Needlework Note.
Seekers after novelty will find that the prevailing fancy is for fine lawn and lace in such table accessories as

Every Woman
is interested and should know about the wonderful **MARVEL Whirling Spray**. The new Vaginal Syringe, too—Most convenient. It cleanses thoroughly. Ask your druggist for it.

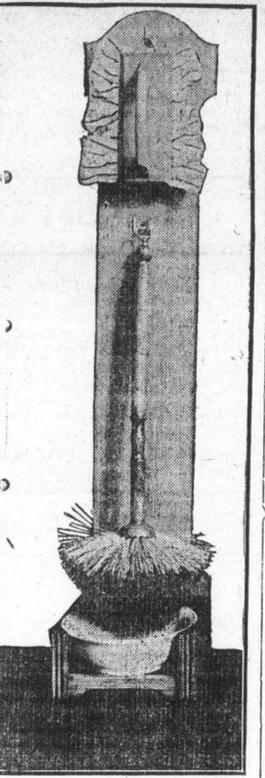
If you cannot supply the MARVEL, accept no others, but send stamp for illustrated book—valued. It gives full particulars and directions invaluable to ladies.

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BATHROOM NOVELTIES.
Brushes That Every Up to Date Housewife Will Need.

The woman who is adding to her bathroom conveniences this fall and is searching for novelties in appointments cannot do better than look at the new brushes that are being shown in the household departments of the big shops.

Particularly good for cleaning basins and tubs are the brush and bowl illus-



THE NEWEST BRUSH.
trated, which articles are attached to a wooden panel, the long handled brush at the top and the enamel bowl that fits into a shelf at the bottom of the stand.

Wood in several varieties is used for this bathroom novelty, and the price is wonderfully cheap.

WHY WASH DAY IS BLUE.
Because the Laundress is Forced to Stoop Over Her Work.

The wash day is often spoken of as "blue Monday" because it is usually a day of hard work, followed by days of recovery from such aches as woman thinks her due. Now it has been definitively proved, says J. Howard Frick, instructor in medical correction gymnastics in the Samaritan hospital of Germantown, in the Mothers' Magazine, that washing clothes has nothing to do with making a woman feel gloomy, but that the way she does it has all to do with her after health.

The most common complaint of women after a day's washing is the terrible backache which almost compels them to go to bed. This is sometimes followed by headaches in the middle of the head and behind the eyes, which often last for days. Now, what is the cause of these after effects? Certainly ordinary work should not entail such after sufferings. The whole cause is the position of the woman while working over the tubs. The majority of wash benches are too low, and the woman must stoop over while at work. This causes the muscles over the abdomen to relax, which allows the stomach, liver, kidneys and, in fact, all the organs to fall forward out of their normal positions, causing the terrible after effects of such work.

The proper position before a tub is a perfectly erect position.

Another point of value in the erect position is the fact that the wringing of the clothes is much easier since the whole force of the arm can be used without having to exert an effort to keep the erect position.

The lifting of tubs is an entirely unnecessary labor. When they are not of the stationary kind they can be emptied by means of a siphon.

School Bag Carrying.
Every mother should insist that her child be not forced to carry a heavy bag to school.

If it is necessary to carry the bags they should not be carried on the shoulder, so that it is possible for one side of the body to get shorter than the other side. When this is allowed to happen the spine becomes affected and many are the sicknesses that grow

from this seeming little mistake.

The bag should be carried in the hand and often shifted from one hand to the other, often enough to prevent any tendency to stunting either side of the body. This can be explained to any sensible child, and if he does not heed the suggestion the very fact that the bag has no shoulder harness will mitigate the trouble.

However, most teachers these enlightened days have the school bag question in mind, and the bags are not so heavily laden.

The carrying of heavy satchels or bags every day is certainly a great mistake and should not be allowed to continue for any length of time.

Household Hints.
The way to launder a round center piece and keep it flat:

Wash it with white soap in the usual way, wring out the centerpiece, have a piece of white muslin or a sheet spread upon the carpet, then take the centerpiece and spread it on the sheet or muslin, which should be larger than the centerpiece, pin the centerpiece all around the edges and see that it is smooth. After it is pinned out put a cover over it to keep it clean while it is drying. This is an easier and better way than ironing. Be sure that the centerpiece is dry before taking it up.

NEGLECT
To cleanse the system of undigested food, foul gases, excess bile in the liver and waste matter in the bowels will impair your health. The best system regulator is **FIG PILLS**.

At all dealers 25 and 50 cent boxes or mailed by The Fig Pill Co., St. Thomas, Ont.

Sold in Watford by J. W. McLaren, Druggist.

MISTAKEN THRIFT.
Don't Cut Down Table Expenses For Less Important Things.

RIB ROAST BEEF SUBSTITUTE
Breakfast Should Be the Most Important Meal of the Growing Child and the Worker by the Day—It Ought to Be Inviting and Wholesome.

Parsimony in nutrition does not necessarily imply parsimony of the pocketbook. The housekeeper who buys ready to serve food in small quantities frequently pays an excessive price for supplies which may at the same time have had their food values abstracted to such an extent that she is literally feeding her household on husks. There once fell under the writer's observation a would be thrifty hospital steward who fed the nursing staff of the hospital on chickens which had previously been boiled to prepare the requisite number of gallons of chicken broth for the patients. Such thrift, by reducing the effectiveness of the working corps, defeated its own ends.

Whittling down the table expenses of a household for any purpose—the purchase of a new rug or piece of furniture—is unwarrantable unless it is accomplished by the substitution of less costly but equally nutritious and digestible food supplies. The substitution of braised round of beef for rib roast is permissible; the substitution of corned beef and cabbage would leave the fastidious hungry.

Breakfast is the most important meal for the growing child and the worker by the day. The breakfast should be inviting, wholesome and generous, says Dr. Van Vleet Manning.

The insufficient breakfast results in a craving which is responsible for the establishment of various unfortunate appetites—lead pencil chewing and the pickle and candy habit in the school-girl, cigarette smoking in the boy and alcohol in the man. An anaemic clerk of substandard weight concluded he had a tapeworm, as he felt such a gnawing in his stomach all day, and consulted a physician. Investigation disclosed that the man breakfasted at 6:45 on bread and coffee, commuted to the city, worked from 8 o'clock to 12:30, when he lunched hastily at a lunch counter, and worked the rest of the day on his nerve rather than on well nourished muscle, blood and brain.

The badly served breakfast does not invite the capricious appetite of morning, when a well prepared meal would induce the stowing away of enough good fuel to fire an engine, supplying heat and motive power to cool the hand and clear the head of the wage earner.

Badly cooked meals result in a slow starvation of body and intellectual power.

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