

Healthy Mothers Healthy Babies

Every true mother realizes the fact that her baby's health depends upon her own, that the very vitality of her child is influenced by her own physical condition. How important it is, therefore, to guard against any derangement of the female organs, which induce general weakness, nervousness, constant fatigue and utter inability to properly care for her child. Please remember, that Lydia E. Pinkham's Vegetable Compound has brought health and strength to thousands of such mothers.

Mitchell, Ind.—"Lydia E. Pinkham's Vegetable Compound helped me so much during the time I was looking forward to the coming of my little one that I am recommending it to other expectant mothers. Before taking it, some days I suffered with neuralgia so badly that I thought I could not live, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound I was entirely relieved of neuralgia, I had gained in strength and was able to go around and do all my housework. My baby when 7 months old weighed 19 pounds and I feel better than I have for a long time. I never had any medicine do me so much good."—Mrs. PEARL MONTMAN, Mitchell, Ind.

Good health during and after maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkham Medicine Co., Lynn, Mass., telling of health restored during this trying period by the use of Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Vegetable Compound



"Yes, madam, this is the grade of Imperial Polarine specified for your car by the Imperial Polarine Chart of Recommendations, and you will always find Imperial Premier Gasoline of uniform high quality. My customers have learned that operating costs are kept at a minimum through using Imperial Polarine exclusively."

Reduced Operating Costs

IMPERIAL Polarine reduces automobile operating costs in many ways. By providing a piston-to-cylinder seal which assures maximum power. It helps to save friction waste in every moving part, keeps the engine running smoothly and out of the repair shop and minimizes depreciation.

Imperial Polarine prevents friction by coating every wearing surface with a heat and wear-resisting oil film. It seals all the power in the piston chamber. Imperial Polarine gives correct lubrication to every part of your car.

One of the three grades described below is specially suited to your motor. Look for the Imperial Polarine Chart of Recommendations when you buy oil and learn which grade to use.

Imperial Polarine is sold in sealed gallon and four-gallon cans, 12½-gallon steel kegs, steel half-barrels and barrels, by dealers everywhere. There is an appreciable saving in buying half-barrels and barrels.



IMPERIAL POLARINE IMPERIAL POLARINE HEAVY IMPERIAL POLARINE A
(Light medium body) (Medium heavy body) (Extra heavy body)

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Power · Heat · Light · Lubrication
Branches in all Cities

If Miller's Worm Powders needed the support of testimonials they could be got by the thousands from mothers who know the great virtue of this excellent medicine. But the powders will speak for themselves and in such a way that there can be no question of them. They act speedily and thoroughly, and the child to whom they are administered will show improvement from the first dose, in

For Asthma and Catarrh.—It is one of the chief recommendations of Dr. Thomas' Electric Oil that it can be used internally with as much success as it can outwardly. Sufferers from asthma and catarrh will find that the Oil when used according to directions will give immediate relief. Many sufferers from these ailments have found relief in the Oil and have sent testimonials.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears
the
Signature of *Dr. W. H. Stearns*

THE UTILITY GOWN

Black Velvet Draws Palm of Popularity, Writer Says.

Fabric Suitable for All Purposes From Breakfast Robe to Ball and Theater Attire.

In these days of the high cost of everything few women can afford to make a distinction between dinner gowns and evening dress. They both signify formal wear, but to persons of meticulous care in dress there is a difference. With housekeeping such a tremendous problem and the domestic question a shoul on which many households founder, the custom of dining out is becoming more and more prevalent. At the more exclusive restaurants one is not properly dressed unless in evening clothes, yet if the evening's entertainment includes the theater one's costume needs to be more reserved than if a dancing party or the opera is contemplated.

Of all the materials we have seen this season, observes a fashion writer, the palm of popularity goes to black velvet—unquestionably the fabric suitable for all purposes from breakfast to ball gown, and in the restaurants and theaters it predominates. A clever woman whom we see at every important function is not noted for her wealth nor her lavish expenditures on dress, but she is always tastefully if rather unobtrusively gowned.

At the opera one evening she appeared in a stunning gown of black silk velvet made severely plain with a round of décolletage and the skirt ankle length with a long, straight panel falling from one hip to form a side train. We remarked the costume for its extreme elegance of line and lack of adornment. A few nights later this woman came into the dining room of our most fashionable and exclusive hotel again gowned in black velvet. We noticed that the bodice was cut rather low and filled in with a shirred gilet of embroidered black net, short sleeves edged with tiny ruffles were of net and chiffon, and on one hip several flat loops of the velvet simulated the bouffant effect.

It was not until afterward that we realized that this costume was in fact the opera gown worn with a glimpse of net, and with the train looped up. Not one woman in a hundred, unless she were in the habit of scrutinizing and analyzing feminine wearing apparel, would have discovered the metamorphosed frocks. Very convincing transformations may be accomplished by a woman who is clever with her needle or who has a good dressmaker.

IN MORE TEMPERATE SHADES

Season's Colors Good and Comprise the Soft but Rich and Warm in Tone.

Absent are the glaring colors of yesterday, supplanted as they are by more temperate shades, deep and warm in tone.

This season the colors are exceedingly good. They are soft, but rich in tone. There are colors of varying shades to set off every complexion, and yellow has its butter-colored series, its old gold with a hint of green, lemon, primrose, sulphur and canary—all yellow but with that slight difference that permits the fair woman to humor her taste without sacrificing her complexion.

Gray hair is always beautiful with gray clothes. White-gray hair needs careful choice of colors between the blue-gray and yellow-gray, according to its requirements.

Evening dresses show many pastel shades and the colors of Louis Quinze brocades are in evidence. A dance dress of dull green shows many tiny frills edged with dull, brass-colored gold braid. A bouquet of gold flowers adds the finishing touch to the costume. Gold and silver, especially for dresses, are becoming more and more popular.

Patterned materials, pattern in design rather than color, are easily made up and need no trimming, but to judge of color it is necessary to have an absolute color eye. Seeing sharp or flat is responsible for the many mistakes in selection of colors, even with the abundant opportunities of the present season of mellow tones.

HINTS TO HOUSEWIVES.

Keep piece of charcoal in refrigerator. Everything will keep sweet. Soaking potatoes 15 minutes in cold water before boiling makes them mealy.

Straight hanging dresses are the most satisfactory for working about the house.

If alum is added to the paste used in covering boxes with paper for

THE DAILY MISERY OF ILL-HEALTH

Three Years of Suffering Quickly Relieved by "FRUIT-A-TIVES"



MR. GASPARD DUBORD

159 Avenue Pius IX, Montreal.

"For three years, I was a terrible sufferer from Dyspepsia and my general health was very bad. I consulted a physician and took his medicine and faithfully carried out his instructions, but I did not improve and finally the doctor told me I could not be cured.

At this time, a friend advised me to try 'Fruit-a-tives' and I did so. After taking two boxes of 'Fruit-a-tives', I was greatly relieved; and gradually this marvelous fruit-medicine made me completely well.

My digestion and general health are splendid—all of which I owe to 'Fruit-a-tives'.

GASPARD DUBORD.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

scrappooks, moths or mice will not invade them.

To remove marks made by placing hot dishes on a polished table, rub well with turpentine. Leave this on for some time, say half an hour, then polish and the marks should have quite disappeared.

When the wall paper happens to need a patch and the new paper is conspicuously bright compared with the old, hang the new piece in the sunshine, watch closely, and you will find that it will soon sun-tone to match the old paper. You may then patch your wall and the patch will be hardly noticeable.

WEDDING STATIONERY and cake boxes at the Guide-Advocate office.

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WILSON'S FLY PADS
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Far more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

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