

Facts About Motherhood

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 the time of child-birth, but many approach the experience with an organism unfitted for the trial of strength, and when the strain 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 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, women will persist in going blindly to the trial. It isn't as though the experience came upon them unawares. They have ample time in which to prepare, but they, for the most part, trust to chance and pay the penalty. 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. Any woman who would like special advice in regard to this matter is cordially invited to write to Mrs. Pinkham at Lynn, Mass. Her letter will be held in strict confidence.

Guide-Advocate

Watford, Ont.
PUBLISHED EVERY FRIDAY.
Subscription—\$1.00 per annum in advance. \$1.50 if not so paid.

ADVERTISING RATES.

Space	One Year	Half Year	3 Months
One column	\$60	\$35	\$20
Half column	30	18	10
One fourth column	15	9	5
One-eighth	8	5	3
One-twelfth	5	3	2

Merchandise advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Wednesday afternoon.
Transient—First insertion per line, 5 cents; subsequent insertions 4 cents each time per line. 12 lines make one inch.
Business Cards—Six lines and under, per year \$6.00.
Advertisers without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO. PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS

WATFORD, NOVEMBER 24, 1911.

NOTE AND COMMENT.

Col. Cody who attained fame as "Buffalo Bill" has retired from public life. His show has been disbanded.

Reversing the order of things Manitoba potatoes are now supplying the Toronto market. On Oct. 27 a carload arrived in Toronto, and were offered for sale out of store at \$1.15 per bag, which is the lowest price Ontario potatoes are selling at. Manitoba has a big crop of potatoes this year.

It is not the size of a town, but its character that makes it a desirable place in which to live. A live, prosperous town is a coveted place to live in, and a town may prosper and yet be small. Every citizen in a town should be interested in its prosperity. One of the best ways to help a town is to speak well of it. It is true patriotism to stand by your own town, and interests that affect the town should affect every citizen.

Once a stanger followed a busy New Yorker to see what all the rush

Every Woman
is interested and should know about the wonderful
MARVEL Whirling Spray
The new Vaginal Syringe. Best
—Most convenient. It cleans
—Instantly. Ask your
—Druggist.

If he cannot supply the MARVEL, accept no other, this most timely and illustrated book—sold. It gives full particulars and directions invaluable to ladies.
WINDSOR SUPPLY CO.,
Windsor, Ont. General Agents for Canada.

was about. The man rushed down Broadway and bought a cigar, pushed up Broadway and bought a paper, rushed two blocks across town and into a hotel and watched the baseball scores, rushed back again and watched a dog fight for ten minutes, and rushed to a box office to get tickets for the show. Business is very strenuous in these large cities.

Ninety-five per cent. of the double liability call on shareholders of the defunct Ontario bank has been paid up. The fact was ascertained last week and is regarded in prominent financial circles as the remarkable evidence of the honesty, courage and optimism of Canadian investors. A total of \$1,230,000 has been gathered in this way and it is probably the most remarkable clean-up in the history of banking liquidation. The bank's affairs are assuming such a shape, too, that there may be a surplus when all is completed.

In a report just issued by W. A. McLean, Provincial Engineer of Highways, it is pointed out that despite the expenditure in the past twenty years of more than \$19,000,000 in cash for the improvement of township roads, or an aggregate of \$40,000,000 in cash, computing the statute labor, these roads are little better than they were twenty years ago. Expenditure under the Highway Improvement Act in 1910 amounted to \$553,312, of which the municipalities paid two-thirds and the Government one-third. The taxation of motor vehicles for the maintenance of the main roads, rather than the imposition of speed restrictions, is advocated by Mr. McLean.

The surest way to blight the political prospects of an infant is to name it Algernon or some of those fancy names. The Bills and the Bobs and the Jacks shine up the political ladder with the faculty of the red-headed woodpecker on a telegraph pole; but the politician with a hand-picked "moniker" is doomed. Statistics show that he seldom reaches the dizzy heights of a Cabinet position. There are only two Williams in Mr. Borden's Cabinet, but there is not a single unusual name in the lot. It includes two Bobs, two Georges, two Johns, one James, one Sam, one Charlie, one Albert, one Fred, one Frank and one Martin. A youngster with the embroidered name has a hard time at school. He finds himself outside the charmed circle of Bills and Bobs, and his disposition is temporarily, and permanently, soured. Later on he may succeed in acquiring some such desirable cognomen as "Swipesey" or "the Bunt," but the blasting effects of early ostracism are fatal to his fraternal development, and he finds himself incapable of handshaking his way to glory and the older he gets the more he feels like prosecuting his parents. At any rate he seldom lands in the Canadian Cabinet, to which a thoroughly democratic name seems to be the best passport.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. The Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.
Sold by Druggists, price 75c.
Take Hall's Family Pills for constipation.

The Female Wage-Earner.

"Is it possible for the female wage-earner to save from her monthly wage an amount which in the aggregate will be sufficient to provide her with an income from the time her earning days are over?" was recently the subject of an interesting discussion at a Women's Club, and the conclusion came to was, that if the wage-earner were earning less than \$500 a year, this would be extremely difficult. For the purpose of illustration, the period of accumulation was assumed to be from 23 to 60, and the amount of capital required \$6,000, in order to yield an income of \$300 a year, which was considered to be the

minimum amount on which she could maintain herself with comfort and respectability. All this may be quite true. But there is another plan of investment of which the ladies had evidently not heard, namely, the Canadian Government Annuities system, which is not only absolutely safe, but which will give a much larger return for a much smaller investment, and larger, it may be said, than any other plan available will give as a means of making provision for old age.

For example, if a woman of 23 were to deposit with the Government yearly the sum of \$39.24 until she was 60, which she could do by weekly or monthly instalments if she preferred, or a total of \$1451.88 only, the Government would pay her \$300 a year or \$75 every three months so long as she might live from and after 60. If she died before attaining that age, the total payments made with 3% compound interest would be refunded to her heirs. If she died at 58 they would receive \$2425.77, or \$1052.37 more than she had paid in up to that time.

If she had no one dependent upon her and was concerned about herself only, she could secure under the "B" plan the same quarterly income of \$75 for an annual payment of \$29.67 or for a total paid in of \$1097.79, a yearly return for life no matter how long that may be of nearly 30% of the sum invested.

Mark the enormous difference: on the one hand she would require at 60 a capital of \$6,000 invested at 5% to yield her an income of \$300, with all the accompanying anxiety of making safe investments, while on the other hand she could provide the same income for about one fifth of the purchase money spread in easy payments over the accumulating period. In ninety-nine cases out of one hundred she would not, having regard to the recurring temptation to use the money, have the capital at 60 which would be necessary to give the income. You have only to write (postage free) to the Superintendent of Canadian Government Annuities, Ottawa, to obtain full information in regard to this provident scheme.

HAIR CROWS THIN. Use Parisian Sage in Time To Prevent Baldness.

If your hair is growing thinner and causing you anxiety go to T. B. Taylor & Sons to-day and get a large bottle of Parisian Sage for only 50 cents. It is such a delightful and refreshing dressing that you will like to use it regularly. Parisian Sage is guaranteed to stop falling hair and itching scalp, to eradicate dandruff and make the hair lustrous and radiant, or money back. There is nothing just as good as Parisian Sage. See you get the package which contains the girl with the Auburn Hair.

THE SERENADE.

An Old Romantic Custom That Has Fallen Into Desuetude.

In recalling the serenade of the Philharmonic society to Mlle. Nilsson I am reminded of a custom now fallen into desuetude, but which at the time I speak of (1870) was a favorite method of bestowing a marked compliment upon any one whom you wished particularly to honor.

The serenade was not only offered to visitors of distinction, but prevailed extensively as a delicate attention which you might pay to the lady of your choice. It was thought the proper thing at that period for a man to engage the best brass band he could afford and to proceed with it after midnight to the house of his preferred and then to stand beneath the windows while the musicians played their most sentimental and sonorous selections. It was not an uncommon sound even to hear a double quartet of male voices, with a French horn thrown in, singing beneath the windows of some favored damsel, while paterfamilias or the butler made ready some light refreshment for the donors of this graceful compliment.

These romantic attentions have taken flight with the advent of electric lights, elevated railroads and other voices of the night, but even New York had a few hours of stillness after midnight, and the night watchman lent an indulgent ear to these revelers, who would doubtless be locked up as disturbers of the peace did they hazard such an enterprise under our modern regime.—Richard Hoffman's "Musical Recollections."

Hard and soft corns cannot withstand Holloway's Corn Cure; it is effectual every time. Get a bottle at once and be happy.

Stoves and Ranges

It has Always Been Our Policy to Buy the Best of Everything and We Know it Pays Us. Our Stock of Stoves and Ranges are Selected from the Best Factories in Canada and We Back This Up by Guaranteeing Everyone Satisfactory or your money back.

Happy Thought Ranges \$38 to \$50
Radiant Home Baseburners \$35 to \$45
Winner Oak Heaters with feeder \$14.50
Red Cloud, a Plain but Powerful Heater, \$13.50.

The N. B. Howden Est.

ROUGH AND DRESSED LUMBER
Lap and Matched Siding,
Doors, Sash, Lath, Mouldings
Shingles, Posts &c.
GEORGE CHAMBERS
WATFORD.

Custom Matching, Dressing and Turning done on Short Notice.

Electric Light Plant in Connection
Order Your Coal Now.

It is up to You

To protect your family from the ravages of disease and infection; and the rigors of winter; to make your home the abode of Health and Happiness.

Statistics tell us that there were over 250,000 deaths in North America last year from Fever and Pneumonia; over 90 per cent. of these cases were traceable to out-door closets, and all were the result of insanitary conditions.

Are you going to allow this terrible death rate to continue.

Why not Insure Health by Installing
A "Parkyte" Sanitary Chemical Closet

Absolutely Sanitary and Odorless; carries the endorsement of Physicians and Health Officials, and our own Iron-clad guarantee. Requires no expensive water system; no plumbing; no sewage. Can be installed in any part of your home at the cost of a few minutes of your spare time; lasts a lifetime, and

Costs Less Than a Cent a Day

"Parkyte" Chemical has been proven by Bacteriological test to be the most powerful Disinfectant, Deodorant, and Germicide, known to Science.

The "Parkyte" Sanitary Chemical Closet is sold by J. McKERCHER, Watford, Ontario. A Call there will convince you. No further argument will be necessary.

PARKER-WHYTE LIMITED
1203 McARTHUR BLDG. WINNIPEG, MAN.
Branches—Toronto, Edmonton, Vancouver.

A. D. HONE PAINTER and DECORATOR

Specialist in Hand Painted Decorations.
The Best Work at Reasonable Prices. Estimates Furnished
A COMPLETE LINE OF
Samples of WALL PAPER on Hand.
When you have work in his line let him figure on it.

We Do All Kinds of Printing.

If you have anything you want to sell try a "Special Notice" in the GUIDE-ADVOCATE. The cost is small.

Guide-Advocate Ads. are Business Bringers