

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 where 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

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Guide-Advocate

HARRIS & CO. PROPRIETORS. WATFORD, APRIL 25, 1913.

NOTE AND COMMENT.

From the three sugar beet factories at present in operation in Canada there was produced during the sugar-refining campaign of 1911-12 from Canadian grown sugar beets a total of 22,157,155 lbs. or 11078 short tons of beet root sugar, as compared with 20,612,276 lbs., or 10,306 tons in the previous campaign of 1910-11.

Proposed changes in the Provincial Liquor Law are:—All liquor sold in taverns to be consumed on the premises, eliminating the bottle trade; shop and tavern license to be placed on uniform footing, advancing the smaller fee of shop at present to same as that of tavern; livery stables and similar lounging places to be subject to same penalties for having liquor on premises as boarding houses at present; hour of opening in the morning changed from 6 to 8 o'clock.

Five hundred English song birds, including larks, goldfinches, linnets, tits and robins, selected by the agent

Every Woman is interested and should know... MARVEL Whirling Spray... WINDSOR SUPPLY CO., Windsor, Ont.

general for British Columbia, have been dispatched from London to Victoria, B. C., where they will be let loose to build nests in the forests of Vancouver Island. The Dominion Express Company, which has undertaken to convey the songsters, has had an aviary specially constructed on the Canadian Pacific steamship Montcalm, and has reserved a car deluxe for their journey across Canada.

Ohio will be known as "the modest State" if the Legislature adopts a pending measure. It provides severe limitations, or rather prevents limitations, in feminine apparel, and similar restrictions are provided for the artificial display figures in stores. As the negroes on trains must move into separate compartments on entering the color-line States, and the liquor supply in dining cars must be shut off on entering prohibition States, the lady travelers may have to robe themselves after the manner of visitors to the Cave of the Winds while passing through Ohio.

Lord Wolseley, whose name is linked with Canadian history, was buried in St. Paul's Cathedral on Monday, where his body will keep company with the bodies of Nelson and Wellington and all the illustrious dead. Many Canadian men who went out to Fort Garry, under Lord Wolseley, in 1870 to quell the first Reil Rebellion, were awaiting their old commander on the other shore. Many others who took that long canoe and portage trip with him from the great lakes into the Red River Country, are taking their last stand. "Tramp, tramp, tramp, the boys are marching." Tramp! tramp! the boys who blazed the paths and the boys who saved Canada for the Crown are marching on, and as they fall, we, their children, step into the gap.—Parkhill Gazette.

A westerner writes:—There is not much encouragement for woman to go west, especially to Saskatchewan, as the law gives the woman no personal interest in the property. She skimps along on a mere existence, to help give her husband a start on the land, and perhaps if she has a little saved beforehand she spends that to help things along. The majority of the women on homesteads out there live in one room which would be hardly fit for the chickens in the East, and the cold is intense. As soon as the farmer is able, he hires help and leaves the wife at home to work, while he runs around having a good time. Farm houses are so far apart that sometimes a woman will not see another woman to speak to once in a week. After years of toil, and after putting up with abuse perhaps all this time, if the wife is not satisfied she is told she can walk out with nothing. Now, is it not a nice law to have in this glorious Western Canada, the land of plenty?

Must You Be Bald?

What have you done to stop your hair from falling? Have you tried Rexall "93" Hair Tonic? If not, we want you to try it at our risk. If you have dandruff; if your hair is falling out and your scalp is not pleased and shiny, if you use Rexall "93" Hair Tonic according to directions for thirty days, and at the end of that time you are not thoroughly satisfied with the results and will tell us so, we will immediately hand back your money. We won't ask you to promise anything. We won't even question you. We will take your money and return your money. Doesn't it stand to reason that Rexall "93" Hair Tonic must be a mighty good remedy and have given great satisfaction to our customers if we endorse it like this? We know of no similar remedy that is as good. It is because of what Rexall "93" Hair Tonic has done for others that we back it with our own money. Why suffer scalp and hair trouble or be bald, when Rexall "93" Hair Tonic will remove dandruff, make your scalp comfortable and healthy, promote hair growth and tend to prevent baldness—when we will pay for the treatment should it fail to please you? We don't obligate you to anything. You simply buy the treatment; use it, and if not pleased, come back to us empty-handed—and we will hand back what you paid. Two sizes, 50c and \$1.00 a bottle. You can buy Rexall "93" Hair Tonic in this community only at our store: J. W. McLAREN.

There is a Rexall Store in nearly every town and city in the United States, Canada and Great Britain. There is a different Rexall Remedy for nearly every ordinary human ailment, especially designed for the particular ill for which it is recommended. The Rexall Stores are America's Greatest Drug Stores.

Racing Commission

A bill has been introduced in the Ontario Legislature providing for the appointment of a provincial racing commission to control all running races in Ontario. The commission is composed of five members, three of whom shall be breeders and raisers of thoroughbred stock, and no two of them members of the same racing association. The appointment is placed in the hands of the Lieutenant-Governor-in-council and the term of office is four years. The commission will appoint its own secretary at a salary of not more than \$1,200 a year, which amount will be assessed on the racing associations. The powers of the commission are "to prescribe the rules, regulations and conditions under which running races shall be conducted in the Province, and no such races shall be conducted except by a corporation or association duly registered by said commission. It is specially provided that the bill does not apply to trotting nor to races conducted by a fair association holding not more than one meeting annually, and for a period not exceeding six days for such a meeting.

Bank Interest

The disparity between the three per cent. paid to savings depositors and the handsome rate of dividends usually paid to bank shareholders will make a good many people feel that cause should be shown why the depositors should not receive a little more. The benefit should not all be on one side. A four per cent. rate would be an additional incentive to save money, and the funds at the disposal of the banks would be correspondingly increased. Wage earnings now squandered on foolish or unnecessary expenditures would be directed to aiding the commercial and industrial development of the country. The United States national banks pay four percent to savings depositors. By raising the rate in its postal savings banks to four per cent. the Government would not necessarily take funds away from the chartered banks. The latter would doubtless raise their rate and depositors would continue to place their money as before. To the extent to which this change would increase the savings deposits the Government could replace foreign borrowings by native capital.

RHEUMATISM YIELDED TO ZAM-BUK

Read This Lady's Experience Just at this season many people find themselves suffering from aches and pains of rheumatism, sciatica, etc. For these, Zam-Buk is a sure cure. Mrs. Mary Harman, Wheatley, Ont., writes: "I had rheumatism very badly. It affected my right arm and leg, and was so bad that I could not put my hand to my head or behind me. I was quite helpless, could not do my work, and could not even dress myself, but had to be attended to like a child. The rheumatism in my leg was so bad that at times I could hardly walk. "Naturally I tried various remedies, but they seemed to do me no good. A friend advised me to try Zam-Buk. I obtained some and had it rubbed thoroughly into the affected muscles. Before the first box was used I was very much better. I could move around the house with ease, and dress myself, and needed very little personal attention. I continued with the treatment, rubbing Zam-Buk thoroughly every day, and in a few weeks' time the rheumatism was driven completely out of my system. The cure was permanent too, and since that time I have never been troubled with rheumatism." It is just as good for skin injuries and diseases, eczema, scalds, eruptions, piles, cuts, burns, bruises, scalds, etc. All druggists and stores, soc. box, or by mail from Zam-Buk Co., Toronto, for price.

Strathroy Farmer Injured

Strathroy, April 17.—Mr. Arthur Brock, North street, was seriously injured at his Meadow farm, near Napier, last evening. Mr. Brock, who was overseeing the work of repairing his fences, was bringing up some wire. It was fastened to the wagon and was dragging behind. When making a turn the wire caught and the wagon was overturned, Mr. Brock being thrown forcibly to the ground. He was picked up and brought to his home here. Dr. McDougall was called, and on examination it was found that two ribs had been wrenched from the spine. They were also cracked in the breast. The back of his head was also injured. The patient is 68 years of age, and is a very large man, weighing over 200 pounds.

Mother Graves Worm Exterminator will drive worms from the system without injury to the child, because its action while fully effective, is mild.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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- Screen Doors, all sizes, 85c to 2.50
- Screen Windows, 20c to 60c
- Screen Wire, 15c to 25c yd.
- Poultry Wire, 5c to 12c yd.

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Your lawn will soon need attention, and without a good MOWER it is impossible to have a nice lawn. We have nothing but the best makes at extremely low prices.

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The EASY polish Makes Shoes Last Longest 10 CTS. R.F. DALLEY CO., Ltd. Buffalo, N. Y. Hamilton, Ont.

What Cu

Many different remedies have been tried for Eczema and other skin diseases. But it is now known that the only reliable cure is a mild, soothing liquid composed of Oil of Wintergreen, Thymol, cerine and other ingredients so compounded that each ingredient has its proper effect. This compound is now made up D.D.D. Prescription. Years of use and thousands of cures show the value of this wonderful compound.

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