

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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TRANSIENT—First insertion per line, 8 cents; subsequent insertions 4 cents each time per line. 12 lines makes one inch.

Business Cards—Six lines and under, per year \$5.00.

Auctioneer Cards—\$5.00 a year. Locals—10c per line each insertion. Minimum charge 5c.

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

HARRIS & CO. PROPRIETORS

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WATFORD, MAY 17, 1912.

NOTE AND COMMENT.

A little while ago, an English paper offered a prize for the best definition of a lady. This is the answer that took the prize: "To be a lady means, rightly, to be a gentlewoman who shows by her every word and action a sweet and gentle dignity, with a gracious charm of manner; a woman whose heart is pure and true, who is tender toward all suffering, who sympathizes with those in trouble, and is ever ready to give that which costs her some effort and self-denial. A lady thinks no work derogatory, and no one is deemed too low to receive courtesy and kindness. She is pure and good in every detail of life, a true friend, and a ministering angel in sorrow and in sickness."

Two farmers were not long ago discussing their local paper. One thought it had too many advertisements in it. The other replied: "In my opinion the advertisements are far from being the least valuable part of it. I look them over carefully and save at least five times the value of the paper each week through the business advantages I get from them. Said the other: "I believe

Every Woman
is interested and should know about the wonderful **MARVEL Whirling Spray**.
The new vaginal spray. Best—Most convenient. It cleanses instantly. Ask your druggist for it.

If cannot supply the MARVEL, accept no other but send stamp for illustrated book—sent. It gives full particulars and directions available to ladies.

WINDSOR SUPPLY CO.
Windsor, Ont. General Agents for Canada.

you are right—I know that they pay me well and rather think it is not good taste to find fault with the advertisements after all." Those men have the right idea of the matter. It pays any man with a family to take a good local paper for the sake of the advertisements if nothing more. And if business men fail to give farmers a chance to read advertisements in the local paper, they are blind to their own interests, to say the least of it. "You never trade with me," said a business man to a prosperous farmer. "You have never invited me to your place of business and I never go where I am not invited; I might not be welcome," was his reply.

If you would increase your happiness and prolong your life, forget all the slander you have ever heard. Forget the temptations, forget the fault finding, and give little thought to the cause which provoked it. Forget the peculiarities of your friends, and only remember the good points which make you fond of them. Forget all personal quarrels or histories you have heard by accident, and which, if repeated, would seem a thousand times worse than they are. Blot out as far as possible the disagreeables of life; they will come, but they will grow larger when you remember them and the constant thought of the acts of meanness, or worse still, malice, will only tend to make you more familiar with them. Obliterate everything disagreeable from yesterday; start out with a clean sheet for to-day, and write upon it, for sweet memory's sake, only those things which are lovely and lovable.

Deafness Can Not be Cured
by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Laugh and Grow Fat.

A good hearty laugh is one of the best tonics anyone can take, says The Onward. If a man is reckoned to be a benefactor to the race who makes two blades of grass grow where only one grew before, surely the man who makes his fellow take an extra laugh should be credited with doing an equal amount of good. When we are in a blue funk, think everything is going to the dogs and it's full time we made our will and prepared to shuffle off this mortal coil, the very best thing that can happen to us is to have some genial, good-natured, merry-hearted soul drop in and tell a few stories and jokes until we hold our sides with laughter and forget all about our cares and worries. The world has a very different look after such an experience to what it had an hour before, and we begin to think that life, after all may still have in store a few more enjoyable days for us. Someone has said, "Here's to laughter, the sunshine of the soul, the happiness of the heart, the leaven of youth, the privilege of purity, the echo of innocence, the treasure of the humble, the wealth of the poor, the bead of the cup of pleasure. It dispels dejection, banishes blues and mangles melancholy; for it is the foe of woe, the destroyer of depression, the enemy of grief; it is why kings envy peasants, plutocrats envy the poor, the guilty envy the innocent; it is the sheen on the silver of smiles, the ripple on the waters of delight, the glint of the gold of gladness. Without it humour would be dumb, wit would wither, dimples would disappear, and smiles would shrink; for it's a glow of clean conscience, the voice of a pure soul, the birth-cry of mirth, the swan-song of gladness—Laughter!"

Use the safe, pleasant and effectual worm killer, Mother Graves' Worm Exterminator; nothing equals it. Procure a bottle and take it home.

The self-starting automobile is an accomplished fact, but the initial move of a lawn mower still calls for hand power.

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.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought

In Use For Over 30 Years

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

BROCKVILLE MOWERS

The Kind that Stand the Test of Use.

With Three 14 inch Knives - \$3.75

With Four 16 inch Knives - \$4.50

With 10 1/2 inch Wheels and four 16

inch Knives - \$6.00

Curtain Stretchers, - \$1.25 to \$2.50

Step Ladders - 75c to \$1.20

Paint Brushes, Scrub Brushes, Window

Brushes and all Housecleaning Goods.

The N. B. Howden Est.

Watford Flour Mills

We have the following brands of Flour always in stock and can give you close prices on any quantity.

SUNRISE, First Patent from Manitoba wheat			
FIVE ROSE do do do			
ROYAL HOUSEHOLD do do do			
HORTON do do do			
HARVEST QUEEN, 2nd Pat. from Man. wheat			
GOLD DUST do do do			
RED ROSE, High Grade Blended Flour			
NEW ERA, Special Pastry Flour			

Get our Prices. They will surprise you. Telephone or leave your order. It will receive prompt attention.

C. B. MATTHEWS & SON.

MILLERS AND FEED MERCHANTS

TRENOUTH & CO.

DEALERS IN

Flour, Oat Meal, Corn Meal, Wheat Kernells, Flaked

Wheat and Barley. All Kinds of Feed, Grain, Seeds

and Poultry Food.

We carry the following makes of Flour, which are giving the

BEST OF SATISFACTION;

Five Roses, Harvest Queen, Mitchell's Best,

All made from MANITOBA WHEAT.

Mitchell's Pride of the West, a Blended Flour.

Lambert & Son's Gold Dust, a Blended Flour.

Mustard & Son's Eldorado, a Blended Flour.

Pastry Flour, Low Grade Flour, Bran and Shorts

made by the above named millers and at close prices.

MEDICAL

JAMES NEWELL, PH. B., M. D.
L. B. O. P., M. B. M. A. England.

Watford, Ont.

OFFICE—Main St., next door to Merchants Bank. Residence—Front street, one block east from Main street.

R. G. KELLY, M. D.

Watford, Ont.

OFFICE—MAIN STREET formerly occupied by Dr. McLevy. Residence Front St. East.

THOS. A. BRANDON, M. D.,

WATFORD, ONT.

FORMERLY OF SARNA GENERAL HOSPITAL and Western Hospital of Toronto.

OFFICE—Main Street, in office formerly occupied by Dr. Gilbeon.

CIVIL ENGINEER.

W. M. MANIGAUULT,

ONTARIO LAND SURVEYOR AND CIVIL ENGINEER,

Box 800, STRATHROY, ONTARIO

DENTAL.

GEORGE HICKS,

D.D.S., TRINITY UNIVERSITY, L.D.S., ROYAL College of Dental Surgeons, Post graduate in Bridge and Crown work. Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth.

OFFICE—Over Thompson's Confectionery, MAIN St., Watford.

At Queen's Hotel, Arks, 1st and 3rd Thursdays each month.

G. N. HOWDEN,

D.D.S., I.D.S.

GRADUATE of the Royal College of Dental Surgeons of Ontario, and of the University of Toronto. Only the Latest and Most Approved Applied Methods used. Special attention to Crown

Bridge Work. Office—Over Dr. Kelly's Surgery, MAIN STREET. — WATFORD

Veterinary Surgeon.

J. McILLICUDDY

Veterinary Surgeon,

HONOR GRADUATE ONTARIO VETERINARY College, Dentistry a Speciality. All diseases of domestic Animals treated on scientific method. Office—One door south of the Guide-Advocate office

Residence—Main St., one door north of Dr. Gilbeon's office

Auctioneer

J. F. ELLIOT.

Licensed Auctioneer.

For the County of Lambton.

PROMPT attention to all orders, reasonable terms orders may be fit at the Guide-Advocate office

INSURANCE

J. H. HUME.

AGENT FOR

FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.

REPRESENTING

Five Old and Reliable Fire Insurance Companies

If you want your property insured please call on J. H. HUME and get his rates.

—ALSO AGENT FOR—

C. P. R. Telegraph and Canada Permanent Loan and Saving Co.

Ticket Agent For C. P. R.—Tickets sold to all points in Manitoba, Northwest and British Columbia.

THE LAMBTON

Farmers' Mutual Fire Insurance Company.

(Established in 1878)

J. W. KINGSTON President.

THOS. STEADMAN, Vice-Pres.

JAMES ARMSTRONG, DIRECTOR.

A. G. MINIELLY, DIRECTOR.

THOS. LITHGOW, DIRECTOR.

JAMES SMITH, DIRECTOR.

W. G. WILLOUGHBY, (MANAGER AND SEC. TREAS.

J. F. ELLIOT, FIRE INSPECTOR.

P. J. McEWEN, AUDITOR.

ALEX. JAMIESON, AUDITOR.

PETER McPHEDEAN, Wanstead, P.O. AGENT, for Warwick and Plympton.

STAGE LINES.

WATFORD AND WARWICK STAGE LEAVES

Warwick Village every morning except Sunday, reaching Watford at 11.00 a. m. Returning leaves Watford at 8.45 p. m. Passengers and freight conveyed on reasonable terms. C. BARNES, Prop'r.

WATFORD AND ARKONA STAGE LEAVE

Arkona at 9 a. m. Wisbech at 10.10 a. m. Returning leaves Watford at 8.45 p. m. Passengers and freight conveyed on reasonable terms.—W. L. LIAM EVANS Prop

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows

GOING WEST

Accommodation, 27 8 44 a. m.

Accommodation, 29 2 45 a. m.

Chicago Express, 5 9 27 p. m.

GOING EAST

Ontario Limited, 48 7 46 a. m.

Accommodation, 28 12 06 p. m.

New York Express, 2 3 00 p. m.

Accommodation, 30 5 16 p. m.

C. VAIL, Agent, Watford

"Oh slow was was ere ch e How cau: goo

is go diges There Chee



SP
The clean improves the loo can supply you v Kitchen Chair.
Sewing

Lawn
A full stoc each month as tl Repairs kept Several Sec Comfor feature Give us a C
HA
Fine Furni