

Points for Mothers

Daughter's Friends. The question that every mothering girl should consider very soon is: How can I have more good friends? I have more good friends than I can count. I have made friends with my friends? Do you know who they are and who are their friends?

seem from a study of social that more than half the children's associates are their friends. Perhaps your daughter is a neglect, a duty—is that the housework of younger children will tend to spend any time with young Ethel's friends?

boys their company, and you wish to hurt her feelings by that she should not associate with them. Ethel must have her share of the company.

ings a week ten months in Ethel has to get out of bed, have breakfast and hurry to school. Perhaps she returns at night, perhaps not, perhaps she has to study her lessons for and attend to some small things.

ings are long in winter. As there are few amusements at the young boy and girl seek some neighbor's house or to attend a moving picture.

way to either place Ethel's friend or several boys and suggest a walk or a visit to the house where they are.

in a dance hall claims the girls of fifteen and older. There has been enough written of the dangers of the public dance. Ethel knows come to you frequently. They are at the dance, when the thought of Ethel and her father is most to them.

ows how they feel and courts by arranging meetings outside the house or at the corner of a friend's house where there is no supervision by parents than at her house.

ever, are really relieved by that you do not have to help entertain these young people. You say to yourself: "Oh, well, as long as Anna's house is here, where they do have a baby, Ethel is allowed to go out in accordance to her own wishes."

the habit, and few are the parents at home with mother and child. He comes to Ethel she is to be reprimanded, upbraided, is a girl of spirit the chances of leaving home entirely to join of working girls—comes to him.

are of Children's Eyes. organs the most important in the human body is the eye. Yet constantly jeopardize their eyesight by allowing them to study in insufficient light that is harmful to the development of the eye.

should always fall over the side of the bed. By so the rays of light follow the line from left to right with no resistance in the light waves, but on the right side in its work chair with hands touching the chair back; when they do lean forward they will instinctively move forward and retain the erect position of the back and shoulders. A most important matter is that persons have had to live with a distressing curve of the spine simply because in they have been allowed to slouch over their books.

When Baby Travels. are all sorts of fitted baskets for purposes, but the one that appeals to mothers is the baby in his travels.

If these are wonderfully elaborate in a morocco case, but in reach of the average line of wicker, with stout straps and wicker handle, light enough to be carried by a maid. A basket is a bottle for keeps, and at an even temperature, for food, a feeding bottle and cleansing brushes, a milk funnel, measuring spoon, napkin, thermometer and a watch to keep baby's meals as accurate as if in his own home.

Homemade Shoes. made makes delightful shoes little one, and it is quite a matter for a mother, with a little to make them herself and to them with tiny dowers or The stitching should be done machine and the pattern quite so that there will be no ugly seams. Slits may be cut the top through which to run a cord.

is on view at H. J. Smith's Music Store, a very fine picture of the Schubert Choir. It is the work of Mr. Richmond, a resident of Brantford.

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hurry here to have us measure them for new Fall Suits and Overcoats because they know and have proved OUR TAILORING—Satisfactory, neatly tailored, neat outlines in trim fitting garments are especially favored by young men, but we have all the new ideas in colorings, weaves, patterns and styles for Fall.

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Sale price.....

"Maple Leaf" Wagons, (3) regular \$3.50. \$3.00

Sale price.....

Ballantyne's Hardware

179 Colborne St. Opposite the Market

CAINSVILLE NEWS

(From our own correspondent.)

Large congregations attended our Sunday services. Rev. Mr. Cook occupied the pulpit in the morning, taking for his text, Psalm 8:4 and 5. The sermon was made very interesting and practical. Mrs. Cook rendered a solo "I am With Thee" in excellent style.

Rev. Mr. Keefer, of St. George, had charge of the evening service. His subject was the temperance and moral reform department of our church. The text was found in Matt. 6:30, and a very able and up-to-date sermon was given. Rev. Mr. Keefer emphasizing the principles which were laid down by Christ as being applicable to the twentieth century needs in the industrial, commercial, and political worlds.

Rev. Mr. Morrow took charge of the services at St. George last Sabbath. We are pleased to see Mr. Morrow around again after his recent accident, although he is still somewhat lame.

The Women's Missionary Society met at the parsonage last Wednesday afternoon. Mrs. Chrysler, of Brantford, addressed the ladies on "Leprosy Missions."

Inspector Standing visited Brant school last Thursday afternoon and reported that progress had been made by the children.

Mrs. George Campbell, of Silver Dell Farm, spent a couple of days last week at the home of her daughter, Mrs. Will Tuttle.

Mr. and Mrs. John Norrie visited Mr. and Mrs. Will Norrie, Newport, last Thursday.

Mrs. Day and children, returned to Langford last week.

Mr. Seymour Cole has purchased the property recently owned by Dr. Laidlaw and we understand he will be a resident of Cainsville soon.

Miss Marion Towers, of Hamilton was the week-end guest of Miss Annie Hawley.

Mr. Roy Pierson made a business trip to Stratford a couple of days this week.

Mrs. Laidlaw and her little son, Robert, went to Hamilton on Tuesday to remain at the home of her father, Mr. Zimmerman, for a couple of months, prior to her taking up residence with the doctor at Ontario.

Mr. Thomas Simpson, of Brantford, was the guest of his brothers, Messrs Sam and Albert, last Sunday.

The young people of the Brant Church held a social evening at the home of Mr. and Mrs. John Adams last Wednesday evening. A very enjoyable time was spent in games.

Mr. and Mrs. Brewer were the recipients of a handsome oak jardiniere stand from the choir last Wednesday evening. The previous week a number of the young people of the Canada Glee Works, where the bride and groom had been employed, presented the happy couple with a beautiful couch. These two occasions are indicative of the high esteem in which Mr. and Mrs. Brewer are held.

We regret to report the illness of Mrs. Simpson.

A number of B. C. I. students visited at the home of Miss Annie Graham last Tuesday evening.

Mr. Chas. Wilson was the guest of Mr. Peter Greenwood, Echo Place, on Tuesday.

LANGFORD.

(From our own Correspondent.)

Rev. Robert Keefer, St. George, preached on Sunday morning, taking for his subject, "Temperance and Moral Reform. All enjoyed his sermon.

Mr. and Mrs. David Westbrook spent Thursday at Ancaster at Mrs. Westbrook's father's.

Mr. and Mrs. John R. Vanderlip, Mr. and Mrs. George Day, city, spent one day last week at Mr. Truman Westbrook's.

Mr. and Mrs. A. B. Cornwell, Blue Lake, are spending the week at Mr. Charles Watson's.

Miss M. Shaver, Ancaster, spent Wednesday evening at her sister's, Mrs. D. Westbrook's.

Mr. and Mrs. J. Thompson, Alton, were Sunday guests at Mr. R. Ireland's.

Misses Dolly and Daisy Westbrook spent Tuesday in the city, the guests of Mr. and Mrs. J. R. Hamilton.

MT. VERNON.

(From our own Correspondent.)

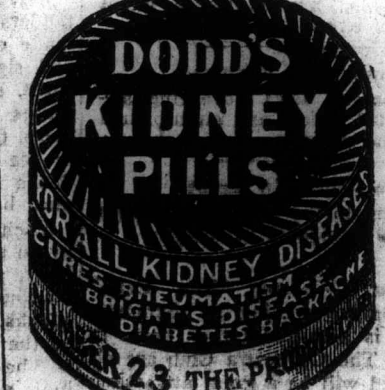
Quite a number turned out on Sunday to hear Rev. Mr. Neil of Brantford, whose sermon was very much enjoyed by those present. Rev. Mr. Todd will preach next Sabbath.

Those on the sick list are slowly improving.

Friends from Rockford have been visiting Mr. and Mrs. A. Youmans. Miss Mabelle Moor is visiting relatives at Toronto.

One day last week, Mr. A. Fowler, had the misfortune to have one of his horses fall on the ice and break its leg and had to be shot.

Mr. and Mrs. Hardie of Pleasant



Ridge, spent one day last week with Mr. and Mrs. Wm. Fairchild.

Mr. and Mrs. John Stickle of Fairfield, spent Sunday with Mr. and Mrs. G. Cleaver and family.

Mr. and Mrs. Joseph Herriman and family and Mr. Wm. Glass spent Monday with relatives in Paris.

Mr. Fred Elliott and mother of Burford, called on Miss Judson one day last week.

Mr. and Mrs. Hunt of Burford, were Sunday guests with Mr. and Mrs. J. Barker and family.

Mr. David Reid of Jacksonville, Florida, is visiting his brother, Mr. Simon Reid.

BURFORD.

(From our own Correspondent.)

Mr. George Everett, a popular young man from Burford and Miss Wilson, of Canning, were united in marriage at the home of the bride last Wednesday. The happy couple left on a two weeks trip to friends in New York state. Congratulations.

Mr. H. G. Cox of the Fishery Department, Toronto, is visiting at the parental home.

Born—Last Friday night to Mr. and Mrs. F. Metcalfe, a son.

Miss Myrtle Rutherford entertained the members of her form of the Brantford Collegiate Institute at her home last Wednesday evening.

Mrs. Hills of Brantford is visiting Mrs. N. Wingrove.

Too much backwater at the electric light plant was the cause of the village being in darkness last Friday night.

A grand military ball will be held in the armories under the auspices of C Company on the evening of Jan. 30th.

The members of Salem League held a social evening at the parsonage last Friday evening.

Mr. Wm. Disher of Aylmer, was home over Sunday.

Mr. Wm. Pearson of Burlington, is home on a visit.

Rev. Mr. Todd of Mt. Pleasant, and Rev. Mr. Neill exchanged work last Sunday.

They Do More.

We could make White Swan Yeast cakes 100% more for the money, by adding fillers and making them larger, but that would not make them DO more. The present size is convenient and each cake has more real bread-making virtue than any others sold in Canada, or elsewhere. Send for free sample. White Swan Yeast and Cereal Co., Ltd., Toronto.

RANELAGH

(From our own correspondent.)

Mrs. James Shaver has returned home from Brantford after spending the holidays with relatives and friends.

Miss Emma Jull is spending some time at Brantford.

Miss Ethel B. Jull is visiting friends at Woodstock.

Mr. and Mrs. Lloyd Haggard are spending a few days at St. Thomas.

Mr. and Mrs. James Young of Mt. Pleasant and Mrs. James E. Minshall and Mr. Wm. Minshall of Burthel, visited at Thos. Woods during the last week.

Schoolgirl's Exhausted Nerves

Headaches, Dizzy Spells and Weakness Overcome by Dr. Chase's Nerve Food.



Miss Gallup.

At about the age that most girls are working hardest at school studying for examinations there are important physiological changes taking place which are an additional strain on the nervous system.

Mrs. Gallup has had experience in the cases of her daughter and grand daughter, and for this reason her letter is particularly interesting to parents.

Mrs. J. A. Gallup, 155 Victoria street, St. John, N.B., whose husband is a carpenter, states: "We have used Dr. Chase's Nerve Food in our family for nervousness, headaches, dizziness and nervous dyspepsia, and have found them satisfactory in every particular. My daughter Bessie was going to school, and became quite run down in health. By the time she had used three boxes of this remedy her nerves were steady, her general health was excellent and she was entirely free from headaches and dizzy spells. We are more than pleased with the result of this treatment."

"More recently we used the Nerve Food for my granddaughter, who was out of school for nearly a year from nervous trouble, and noticed improvement in her condition at once."

Dr. Chase's Nerve Food, 50c a box. For \$2.50, all dealers, or Edmanston, Bates & Co., Limited, Toronto.

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The Experience of Two Girls Here Related For The Benefit of Others.

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"After giving her only two bottles of Lydia E. Pinkham's Vegetable Compound she is now enjoying the best of health. I cannot praise your Compound too highly. I want every good mother to read what your medicine has done for my child."—Mrs. RICHARD N. DUNHAM, 811 Exchange St., Rochester, N. Y.

Stoutsville, Ohio.—"I suffered from headaches, backache and was very irritable. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, and before I had taken the whole of two bottles I found relief. I am only sixteen years old, but I have better health than for two or three years."

I cannot express my thanks for what Lydia E. Pinkham's Vegetable Compound has done for me. I had taken other medicines but had not found relief."—Miss CORA B. FOSNAUGH, Stoutsville, Ohio, R. F. D., No. 1.

Hundreds of such letters from mothers expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for their daughters have been received by the Lydia E. Pinkham Medicine Company, Lynn, Mass.

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Empress of Ireland.....Feb. 7
Empress of Britain.....Feb. 21
Empress of Ireland.....March 7

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Rate for entire cruise, \$639.10. Exclusive of maintenance between arrival time in England and departure of Empress of Russia, and stop over in Hong Kong.

Get particulars from Canadian Pacific Agents or write, M. G. MURPHY, D.P.A., C.P.R., Toronto.

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ELOCUTION AND ORATORY

Miss Squire will resume her classes in psychology, literature, elocution, oratory and dramatic art, Monday, Oct. 7th. Studio, 12 Peel Street.

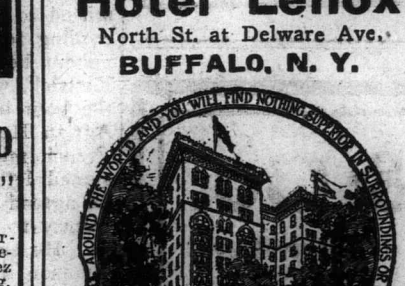
M. E. SQUIRE, M.O., Honor Graduate of Nelf College, and of the National School of Elocution and Oratory, Philadelphia. Pupils taken in Elocution, Oratory, Literature, psychology and dramatic art. Special attention paid to defective speech. Persons wishing to graduate from Nelf College, may take the first year's work with Miss Squire, Studio, 12 Peel Street.

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