GUIDE ADVOCATE, WATFORD, AUGUST 30, 1912

MOTHERHOOD SUGGESTIONS

Advice to Expectant Mothers

The experience of Motherhood is a trying one to most women and marks dis tinctly 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 vous 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 uty. 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 Com pound, a most valuable tonic and invig orator of the female organism.

In many homes once childless there are now children beof the fact that Lydia E. Pinkham's Vegetable Gompound makes women normal, healthy and strong.



If you want special advice write to Lydia E. Pinkham Medicine Co. (confi-dential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



PTION-\$1.00 per annum in advance. \$1,50 if not so paid. ADVERTISING RATES. Half Year 3 Mo Year \$35 20 12 \$20 112

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\$5.07, AUCTIONEER CARDS-\$5.00 a year. LOCALS-10c, per line each insertion. Miminum harge 25 cents.

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PROPRIETOR

at our true worth we would be kicked off the sidewalk? When you are tempted to tell how smart you are or what good things you have just remember that if you done were as smart as you think you are

his own goodness?" Isn't it be-

cause we know that if we were rated

or as good as you would like to seem, you would not have to go up to the house top to tell the world. Take a look inside and ask yourself how you would like the whole truth about you to come out and if there is any shame in you keep your tongue in your cheek. The surest way to tell a liar is to hear him proclaim his willingness to die for the "faith once delivered to the saints."

As Cool as-Alfalta.

In the great Southwest, where the summer temperature is so high at times that it makes life a burden to the people, a novel method of reducing the temperature during the heated portion of the day has been discovered.

A practical farmer happened to plant a large field of alfalfa on the south side of his dwelling, and during the summers that followed, which were unusually hot, the family did not seem to suffer so much as other people, while visitors noticed a lowering of temperature. Thermometers were consulted, and it was found the temperature was from five to ten degrees lower at that farmhouse than

at others in the same community. Finally some one thought it might be due to the alfalfa, and the temperature was taken just north of other alfalfa fields, but where there were no dwellings, and the same marked decrease in temperature was found. It was evident that the growing alfalfa had something to do with the conditions. Other men planted alfalfa south of

their homes, and like conditions were secured, and much more comfort experienced by their families.

Alfalfa retains much moisture, and the hot winds that often rush in from the south are greatly reduced and tempered by passing over extensive alfalfa fields

Fraternal Insurance Rates.

Referring to a recent increase in rate by a well-known fraternal society on the lives of its older members, the Kingsville Reporter says :-'This scheme is on a par with the game played by some of the trunk lines of railways who pension employes for long and faithful service. When the man's time is up for his pension he is the object of spite and malice from certain officials and the poor fellow's life is made too miserable for mortal to contemplate in the effort to get him to quit his job and ose his pension. The fraterna societies wait until a man is past fifty and ineligible for admission into any fraternal insurance society and then they put on the thumbscrews and he has to pay from two to five times the assessment he started with, and if he doesn't he can go to-New York and any other place where he can better himself. From past experience that is the policy we find that all fraternal insurance organizations adopt with their older members. The members of any of these orders who are young and paying a reasonable assessment and patting themselves on the back that they are safe from the extortioners have only to wait their turn for the axe, for they will get it -unless they die young.

PUDDING MAKING.

Simple Desserts That Should Be In cluded in the Dinner Menu.

Puddings are such a wholesome addi tion to the menu that they ought to be provided daily. With their help a sat isfactory meal can be provided at a smaller cost than is the case when we depend on soup, fish and meat courses alone.

Such an endless variety is possible that all tastes can be satisfied, and it is a pity more trouble is not taken to provide this variety instead of depend ing on the same half dozen or so pud dings week after week the year round. Certain principles must be followed in order to arrange a good dessert.

When every preceding dish is hot let the pudding be cold.

The hot pudding is required when there is no soup or when fish, cold meat or made up meat with vegetables form the principal dish for luncheon of dinner.

The necessary variety and sequence must be thought of. For instance, tomato soup and fist

with salad should not be followed by an acid sweet, such as lemon sponge or pudding.

White soup, creamed vegetables, fricassee with white sauce, cream salad dressing and a cream shape or custard must not appear at the same meal. Apple pudding, as a matter of course should not follow steak and kidney pie nor roly poly a substantial joint.

Let roast beef or mutton be followed by a light dessert and fish pie or ris soles by some such dish as a good mo lasses or sultana pudding.

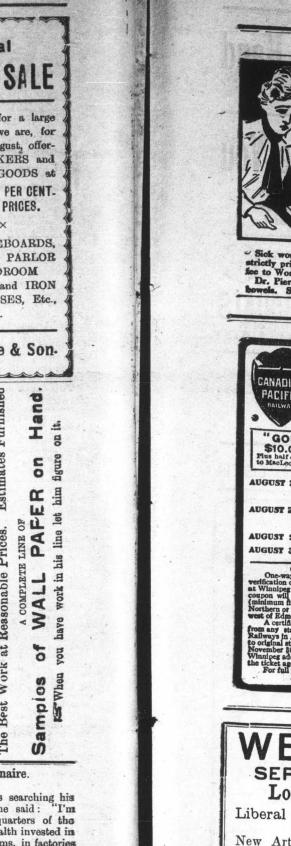
Perfectly cooked, plain boiled rice is a simple dessert that can hardly be improved on if taken in conjunction with stewed fruit, cream and jam or, simpler still, with milk and brown sugar. Stewed fruit never fails us at any season and is one of the most inexpen sive and wholesome of foods, one also of which few ever tire.

When eggs are cheap they should be freely used for souffles, batter puddings and omelets. At other times baked and steamed puddings made from flour combined with various sirups, etc., are an excellent substitute.

Eccentrically Poised Sashes. The sash may be anywhere on the gown this summer-around the waist around the knees, at back or front on on either side. This smart frock of crochet lace and cream satin meteor is







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CANADI PACIFI

"GO \$10.0 Plus half



NOTE AND COMMENT.

Unexampled prosperity is indicated in the financial statement of the Dominion for July and the first four months of the fiscal year just issued. The revenue for the latter period aggregated \$52,477,317, an increase of \$12,000,000. This constitutes a record. In July the aggregate revenue was \$14,619,207, a three million increase. The principal sources of revenue in the four months were Customs, \$36,649,574; Excise, \$6,-520,620; Public Works, \$4,438,000 Post Office, \$3,000,000. Expenditure on consolidated revenue was \$23,398,071, and on capital, \$3,897,-356, a decrease of \$800,000. Since the beginning of the fiscal year, the Dominion debt has been desreased by \$20,000,000.

If some of us did not toot our own horn there would be little chance of our being heard of in our day and generation. Nevertheless, the man who proclaims his own virtues or qualifications generally does so for the reason that no one else has ever discovered his importance or goodness. Why is it we are so ready to "proclaim every man



The Ring Finger.

The following extract from an article on "Wedding Ceremonies" in the June Canadian Home Journal, is of interest

"After all this attention to the detail of wedding etiquette, may we just turn for a moment to the romantic side of a little custom? It concerns the custom of placing the wedding ring on the third finger. One explanation is that an old superstition connected the third finger with the heart by an artery. It may be that it is better explained by an old custom in England, of sett ing the wedding ring an the tip of the thumb while the clergyman re-cited "In the name of the Father,"

then the ring went to the index finger at "of the Son," then to the middle finger at "the Holy Ghost," and with the "Amen" it was placed on the third finger, where the bless-ing was completed.

GOWN OF CROCHET LACE AND SATTN.

made very unusual by the sash of black velvet ribbon placed directly in the center front.

Black satin boots with white buttons echo the black and white note of the sash.

How's This?

HOWS IMIS? We offer Ose Hundred Dollars Re-ward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and be-lieve him pertectly honorable in all business transactions, and financially able to carry out any obligations made by his firm.

his firm. NATIONAL BANK OF COMMERCE, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and muc-ous surfaces of the system. Testimonials sent free. Price 75c per bottle. Sold by all Druggiets. Take Hall's Family Pills for constipa-tion m

tion.

Mrs. Alinza Routledge, mother of Dr. George Routledge, ex-M.P.P., and the second oldest resident of Lambeth, died Monday morning. She was in her 82nd year, and had lived for over 50 years in Lambeth.

The three other partners brought a suit to recover the value of the cotton against the fourth partner who owned this particular leg of the cat. The native judge examined the case, and this was his decision:

rats. The cotton thereby took fire and

was burnt up.

"The leg that had the oiled rag on it was hurt. The cat could not use that leg. In fact, it held up that leg and ran with the other three legs. The three unhurt legs therefore carried the fire to the cotton and are alone cul-pable. The injured leg is not to be blamed. The three partners who owned the three legs with which the cat ran to the cotton will pay one-quarter of the value of the bales to the partner who was the proprietor of the injured leg."-London Telegraph.

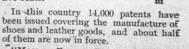
Early Autograph Hunters.

A certain Atossa in early Roman days seems to have been the mother of au tograph collectors. Cicero had a collection, which must have been a fine one, for he speaks of it with particular pride. The fever, even in those far back days, was contagious. Pliny speaks of Pompeius Secundus, at whose house he had seen autographs of Cice ro. Augustus, Vergil and the Gracchi, and his own collection was valued at \$15,000 of our money. Then came the inrush of barbarians, and we do not again meet with the collector until the beginning of the sixteenth century, when he reappears in the person of a Bohemian squire, who kept a book to record his exploits in the chase and enriched it with the signatures of his great hunter friends.

A CLEAR HEALTHY SKIN .- Eruptions A CLEAR HEALTRY SKIN, — Eruptions of the skin and the blotches which blemish beauty are the result of finpure blood caused by unhealthy action of the liver and kidneys. In correcting this unhealthy action and restoring the or-gans to their normal condition, Parme-lee's Vegetable Pills will at the same time cleanse the blood, and the blotches and eruptions will disappear without leaving any trace. m

I'm sometimes sorely puzzled to cough up for a shine." When he When he this story, I wilted on sprung the spot, and sat me down and mut-lered : "That's surely food for thought ! I've always pictured rich men as salting scads away, and gloating o'er their riches, like fiends, by night and day. I've pictured them as owning fat diamonds by the pound ; it seems they use their plunder to make the wheels go round. And if that money travels and works, as money should, then what's the odds who owns it? It's surely doing good." I stepped around the corner to buy a cheap cigar, and found that rich man buying his sixteenth motor car.-Walt Mason.

Jamaica has a great deal of valuable wood in its interior, but the streams are not large enough to bring it to the coast. Holloway's Corn Cure is the medicine to remove all kinds of corns and warts, and only costs the small sum of twentyfive cents.



of them are now in force. "MAN IS FILLED WITH MISERY."— This is not true of all men. The well, sound of lung, clear of eye, alert and buoyant with health are not miser-able, whatever may be their social com-dition. To be well is to be happy, and we can all be well by getting and keep-ing our bodies in a healthy condition. Dr. Thomas' Eclectric Oil will help all to do this. to do this.

Bitten by Mad Dog.

Chatham, August 22.— James and Isabella Bennie, children of Robert Bennie, Leamington, were seriously in-jured at the home of Alex. Farquharson, in Tilbury East Township, yesterday by being bitten by a mad dog. The canine attacked them while they were playing on a swing. People in the neighbor-hood assert positively that the animal was mad and the children have been removed to Toronto, where they will undergo treatment at the Pasteur Insti-tute.

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Aerial Ac Acts

SINGLE FARE Specia

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