

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

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HARRIS & CO.
PROPRIETORS

Guide-Advocate

HARRIS & CO. PROPRIETORS.
WATFORD, AUGUST 30, 1912.

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 decreased 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

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

If it cannot supply the MARVEL, accept no other. Buy your spray for illustrated book—sent. It gives full particulars and directions for use. Write to
WINDSOR SUPPLY CO.
Windsor, Ont. General Agents for Canada.

his own goodness?" Isn't it because we know that if we were rated 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 done just remember that if you were as smart as you think you are 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—Alfalfa.

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 employees 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 lose his pension. The fraternal 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.

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 setting the wedding ring on the tip of the thumb while the clergyman recited "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 blessing was completed.

PUDDING MAKING.

Simple Desserts That Should Be Included in the Dinner Menu.
Puddings are such a wholesome addition to the menu that they ought to be provided daily. With their help a satisfactory 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 depending on the same half dozen or so puddings week after week of the year.

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 or dinner.

The necessary variety and sequence must be thought of.

For instance, tomato soup and fish 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 sauce 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 rissoles by some such dish as a good molasses 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 inexpensive 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 or on either side. This smart frack of crocheted lace and cream satin meteor is



GOWN OF CROCHET LACE AND SATIN.

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?

We offer One Hundred Dollars Reward 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 believe him perfectly honorable in all business transactions, and financially able to carry out any obligations made by his firm.
NATIONAL BANK OF COMMERCE, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

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.

Old folks who need something of the kind, find
NA-DRU-CO LAXATIVES
most effective without any discomfort. Increased doses not needed. 25c. a box at your druggist's.
National Drug and Chemical Co. of Canada, Limited.
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FRANK OF A BASEBALL.

Funny Stunt That Once Won a Game For the Washingtons.

Following is an interesting story told by Hugh S. Fullerton in the American Magazine, in an article describing freak plays that have won baseball games:

"On the old Washington grounds, when Washington was in the National league, the players left the field by passing under the stands, and the entrance to the passage was closed by a cellar door arrangement which sloped down to the ground. The doors, of course, were kept closed during games, but at the top, cut in the planks of the stand, was a small square hole to permit the players to reach through and unlatch the doors when they desired to leave the field.

"During one game I saw a ball, which had been thrown wild to the plate in an effort to cut off the tying run, roll up the doors and disappear through that hole. The batter cried the bases and scored the winning run. The Chicago club, under Anson, was beaten and protested the game on the ground that the opening existed in violation of the rules. In the investigation of the complaint an attempt was made to force a ball through the hole, and although it was pounded with a bat, the ball refused to pass through the hole until the cover gave way.

"After that almost every team that came on the grounds tried to put balls through the hole and failed. How that thrown ball managed to twist its way through the aperture never has been explained satisfactorily."

HINDU JUSTICE.

The Case of the Cat That Carried the Fire to the Cotton.

Four Hindus, partners in business, bought some cotton bales. That the rats might not destroy the cotton they purchased a cat. They agreed that each of the four should own a particular leg of the cat, and each adorned with beads and other ornaments the leg thus apportioned to him. The cat, by an accident, injured one of its legs. The owner of that member wound around it a rag soaked in oil. The cat, going too near the hearth, set this rag on fire and, being in great pain, rushed in among the cotton bales, where she, was accustomed to hunt rats. The cotton thereby took fire and was burnt up.

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:

"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 culpable. 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 autograph collectors. Cleero 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 Cleero, Augustus, Vergil and the Gracchi, and his own collection was valued at \$15,000 of our money. Then came the rush 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 of the skin and the blotches which blemish beauty are the result of impure blood caused by unhealthy action of the liver and kidneys. In correcting this unhealthy action and restoring the organs to their normal condition, Farmelee's Vegetable Pills will at the same time cleanse the blood, and the blotches and eruptions will disappear without leaving any trace.

Special HOLIDAY SALE
To make room for a large shipment of goods, we are, for the remainder of August, offering all OAK ROCKERS and UPHOLSTERED GOODS at A DISCOUNT OF 15 PER CENT. FROM REGULAR PRICES.
x x x
A Full Line of SIDEBOARDS, EXTENSION and PARLOR TABLES, BEDROOM SUITES, BRASS and IRON BEDS, MATTRESSES, Etc., in Stock.
W. C. Browne & Son.

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.

The Millionaire.

The millionaire was searching his pockets for a dime; he said: "I'm going busted three-quarters of the time. I have my wealth invested in railways and in farms, in factories and in foundries, and other—false alarms; while crowds of working people are drawing bones of mine, I'm sometimes sorely puzzled to cough up for a shine." When he had sprung this story, I wilted on the spot, and sat me down and muttered: "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 twenty-five cents.

In this country 14,000 patents have been issued covering the manufacture of shoes and leather goods, and about half of them are now in force.

"MAN IS FILLED WITH MISERY."—This is not true of all men. The well-sound of Jung, clear of eye, alert and buoyant with health are not miserable, whatever may be their social condition. To be well is to be happy, and we can all be well by getting and keeping our bodies in a healthy condition. Dr. Thomas' Electric Oil will help all to do this.

Bitten by Mad Dog.

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

Sick was strictly prohibited to wear Dr. Fien's Sorels.

CANADIAN PACIFIC RAILWAY
"GO" \$10.00 Plus half of fare to Montreal
AUGUST 1
AUGUST 2
AUGUST 3
AUGUST 4

One-way verification of at Winnipeg coupon will (minimum \$1.00) Northern or west of Edmonton. A certificate from any station to original at November 15. Winnipeg at the ticket office for full.

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