

## 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.

PUBLISHED EVERY FRIDAY.

Subscription—\$1.00 per annum in advance. \$1.50 in advance to the United States.

### ADVERTISING RATES.

Spots: One Year Half Year 3 Months  
One column 800 400 200  
Half column 400 200 100  
One fourth column 200 100 50  
Shorter periods 12 cents per running inch.

Advertisers will be allowed a change of matter every two weeks. Weekly changes can be had at a slight extra cost. Copy of change must be in printer's hands by Tuesday afternoon.  
LEGAL ADVERTISING—First insertion per line, 10 cents; subsequent insertions 4 cents each, time per line. A single measure 14 lines to the inch.  
BUSINESS CARDS—One inch and under, per year \$5.00.

ADVERTISERS' CASH—\$5.00 a year.  
LOCALS—10c. per line each insertion. Minimum charge 25 cents.  
Advertisements without specific directions will be inserted till forbid and charged accordingly.

HARRIS & CO.  
PROPRIETORS

## Guide-Advocate

HARRIS & CO. PROPRIETORS.

WATFORD, JANUARY 17, 1913.

### NOTE AND COMMENT.

The end of the Balkan war was about due anyway. The jokes on the Turkish rugs and cigarettes have about served their purpose.

During the year the Canadian Northern Railway has constructed 462 miles of railroad grade, has laid 362 miles of track, and has given employment to 1,700 teams and 5,000 men in the Province of Alberta.

The Harvard students spend \$75,000 a year for tobacco and \$73,000 a year for books. Since there are only about 6000 students at Harvard this works out at more than \$12 apiece for books.

They are dealing with cheap trashy novels in Germany in a very effective way. A decree has been issued for the confiscation of the entire lot and the prohibition of any further publication of them. If all the dime novels in the rest of the world were confiscated and burned it would indeed be a blessing.

Married couples would be happier

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

If it cannot supply the  
MARVEL spray to other  
part and keep for themselves  
—Send for it. It gives full partic-  
ulars and directions invariable to ladies.  
**WINDSOR SUPPLY CO.**  
Windsor, Ont. General Agents for Canada.

if home troubles were kept within the four walls of the home; if each would remember that the other was a human being, and not an angel, and if husbands and wives would sometimes remember that they were once sweethearts and lovers and should be so always.

Germany will adopt a law against dime novels and sensational literature. The measure will provide a heavy penalty for the display and sale of such stuff and for the confiscation of all copies. A similar law should be adopted in Canada. There was never more need for it than at the present time, and conditions are becoming worse every year.

To use a common expression, Canada swims in prosperity. Commerce has advanced with giant strides, manufacturers cannot fill their orders, mines are making millionaires by the dozen, the lumber trade pays more than ever, banks overflow with money, railway construction goes on at a tremendous pace. This industrial development, without a precedent in our history, and the accumulation of wealth and capital which naturally follows, encourage people to go in to colossal speculations, which, a couple of decades ago, would have been placed in the domain of dreams and fantasy.

On the new transcontinental train passengers are to be embalmed in luxuries. The air in the cars is automatically washed and cooled. All the cinders are removed in the washing. If you are interested in the stock market the latest quotations are supplied, being telegraphed to the train from Chicago. If you want your clothes pressed there is a tailor to press them for you. If you want a shave, there is a train valet—they don't call them barbers, not on the train. If your wife has to have her dress hooked, you don't have to hook it. A maid attends to that. If you need a manicure, a manicure is provided. If you want a stenographer, they provide one. She takes your dictation, stamps the envelope and mails the letter. All you have to do is to look like a millionaire and take things easy. What a transformation has been wrought in travel across the plains since the days of the "bull team" and savage Indians thrown in for full measure of danger and discomfort.

The world is growing better yearly and will grow better right along. He is a chump and reasons queerly, who holds that everything is wrong. The world improves, for human creatures are always trying to improve and not because platform teachers by politics would make it move. "Do everything by legislation" is what the noisy statesmen say, but things are done by education, by upward striving day by day. The man who toils in smock and sweater, determined that his children ten shall have a chance in life far better than he has, is teaching men a better lesson than the ranters will teach them in a thousand years, than all the gifted gallivanders will drill in human ears. The men who labor bravely, gayly, are they who help the people's cause, and not the useless dubs who daily propose a brand new set of laws. The politicians never will aid us in struggling up to better things; in former times they have delayed us by tying dornieys to our wings; their trade in life is but to dozen the voters and to cook them brown, and ten to twelve in every dozen are simply selfishness boiled down. The world's a place of hope and laughter, because we work with zest and glee, resolved that those who follow after shall find it better than did we.

### \$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO.,  
Toledo, Ohio.  
Sold by all Druggists, 75c.  
Take Hall's Family Pills for constipation.

### HOODOO RELICS.

Owner of \$10,000 Collar Develops Acute Mania—The Death Ring.

The Egyptians embalmed their dead for the purpose of preserving the bodies for the day of resurrection, placed 3,000 years ahead; hence the most terrible calamities were to be visited upon the heads of any irreverent enough to interfere in any manner with the program. The case is cited by the lid of a sarcophagus, now in the British Museum, which has engraved on it the effigy of a priestess of Amen-Ra. This was discovered in 1889 and trouble began at once.

The five men died all within other; the man from its place wise unfortun while the servi to the museum was called in and the archa the inscription taken by a se

The late Sh a dagger while tion, would m concealed it a if once used th die by it. It i is one of the o has been "us history—alway phecy that if the death of t

In 1906 a Petersburg ac ade a collar f 000. It had e earlier by a I order of the u Every member who had worn the French R who first purel and sold it in for his jourm it changed ow ways bringin possessor.

Finally it v prince for \$20 the dancer T her health and with it and i lection of Lin suddenly at t heir lost the else he posses who then pur 1906) lived in with his wife, at once devel ended by killi One very sur years ago you at one time at police. He s times five de brought to th which had a r tion: "All wh have died m

Could gentleman to been introduce attention to th ture, and I ra correctly. Now continued, poi "the lines of as clear to m shows firmess ing to obtine nose a vicious mouth volubili of soul, the" "Wonderful, "You know then?" said th ly. "Yes—a little

His "Well, Georg top of the stair it this time? I was it necessa town to discus body who had train, or did y and get into with some of extra rush of v He clung to moment and, blink her. Then he endeav his lips and said: "Mary, if I didn't ha in you I'd think you ous of me—hones' I w

One Brown and Jon the question of wh the house, the man "I am the head ment," said Jones. "I am the bread-winner. Why shouldn't I be?" "Well," replied Brown, "before my wife and I were married we made an agreement that I should make the rulings in all major things, my wife in all the minor."

"How has it worked?" queried Jones.

Brown smiled. "So far," he replied, "no major matters have come up."

A Mean Thrust. "Have you ever placed yourself in the hands of a beauty doctor, Mrs. Muggworth?"

"Why do you ask me that?"

"My husband wants me to go to one."

"Yes, I have been taking regular treatments from one for the past year."

"Then I think I'll not go. It seems to be useless."

### NOTICE TO CREDITORS

In the Estate of Arthur James Davis, late of the Township of Brooke, in the County of Lambton, merchant, deceased.

NOTICE IS HEREBY GIVEN pursuant to George V., Chap. 20, sec. 35, and amending acts, that all persons having any claims against the estate of Arthur James Davis, late of the Township of Brooke, in the County of Lambton, merchant, deceased, who died on or about the twenty-sixth day of November, A. D. 1912, are required to deliver or send to the undersigned a statement and full particulars of their claims, and addresses and the security, if any, on or before the first day of February, A. D. 1913.

AND TAKE NOTICE that after the said last mentioned date the administratrix will proceed to distribute the estate amongst the parties entitled, having regard only to the claims of which notice has been given.

## ANNUAL MEETING

The Annual Meeting of The Lambton Farmers' Mutual Fire Insurance Co.

Will be held in Butler's Hall, in the Village of Wyoming

—ON— Thursday, Jan. 30, 1913

## A DRUGGIST IN WINNIPEG

### Cured Himself With GIN PILLS

No greater compliment could be paid GIN PILLS than to have a druggist try them. Mr. Rogers being in the business tried all the ordinary remedies, but was not until he used GIN PILLS he was cured of a severe pain in the

Winnipeg, May 19th, 1912

"In the autumn of 1911, I suffered with a continual pain in the back. a druggist, I tried various remedies without any apparent results. He sold GIN PILLS for a number of days. I thought there must be good in it otherwise the sales would not increase so fast. I gave them a fair trial and results I found to be good."

GEO. E. ROGER

GIN PILLS must cure you or money will be refunded. 50c. a box for \$2.50. Sample free if you write National Drug and Chemical Co. Canada, Limited, Toronto.

## THE SCHOOLS OF LAMBTON

Report of N. McDougall, Inspector of Public Schools.

Inspector's Office, Petrolia, June 5, 1912.

To the Warden and County Council of the County of Lambton.

Gentlemen—I have the honor to submit for your consideration my Annual Report, since I became Public School Inspector for East Lambton. This report is for the year ending December 31st, 1911, and is given in the following heads:

Accommodation, equipment, materials, teachers, pupils, financial general.

1. Accommodations—There are rural schools in East Lambton, three which have two classrooms. In connection with each of these 87 rural schools there are thirteen items of accommodation which are to be graded by Inspector at each visit. The grades range from I, the highest, to IV, the lowest. The following is my grading of some of the more important items:

Water closets—Grade I, 6 schools; Grade II, 47 schools; Grade III, 26 schools; Grade IV, 7 schools.

Water Supply—Grade I, 32 schools; Grade II, 19 schools. No water supply 26 schools.

School Grounds—Grade I, 19 schools; Grade II, 47 schools; Grade III, 26 schools; Grade IV, 2 schools.

School Buildings—Grade I, 7 schools; Grade II, 43 schools; Grade III, 26 schools; Grade IV, 3 schools.

Class Rooms—Grade I, 24 schools; Grade II, 38 schools; Grade III, 26 schools; Grade IV, 4 schools.

Desks—Grade I, 3 schools; Grade II, 26 schools; Grade III, 42 schools; Grade IV, 6 schools.

Lighting—Grade I, 2 schools; Grade II, 81 schools; Grade III, 4 schools; Grade IV, no schools.

Heating and Ventilation—Grade I, 1 school; Grade II, 4 schools. No proved heating and ventilating systems 58 schools.

When the grading of the accommodations is summed up in this way, it comes quite evident where improvement is most urgently needed. Grades II, III, and IV, indicate that conditions conform to the requirements of the regulation are reasonably satisfactory; while Grades III, and IV, indicate that conditions are more or less unsatisfactory and require improvement. In fact, Grade IV, indicates that improvement is very necessary.

Inasmuch as 58 schools have not yet provided an improved heating and ventilation system, while 36 schools have adequate water supply on the premises and about 40 have seats entirely unsuitable to the comfort and convenience of pupils, we can readily see along with the interests of economy, as well as health and comfort of pupils and teachers, I hope to see every school provided, at an early date, with an approved heating and ventilation system.

Four new schools were built during the year, viz., No. 13, Bunnysville; 7 and 11, Brooke and Euphemia; No. 12, Brooke and No. 8, Euphemia. There still a few sections in the inspectorate where a new school is badly needed. I am well pleased with the gratifying progress that has been made in the improvement of school buildings. I am pleased also to notice a greater interest manifested in the care of school grounds.

"Show me your school premises," said a shrewd farmer. "They will tell me more about your section than I can learn any other way." True, the past year reads the history of the community, the appearance of the school and its surroundings. In S.S. No. 1, Euphemia, about a dozen members of the Women's Institute worked all Arbor Day assisting the teacher and pupils to beautify school grounds. I would commend to militant suffragettes as better employment than window sunning. When school garden idea, which is growing in Ontario, becomes generally adopted many unattractive school grounds will be transformed into Eden of beauty.

The interest on home surroundings is no less apparent. I may say three or four schools in my division started school gardens and have no doubt the education department that

Shiloh

The family remedy for Coughs and Colds. Shiloh costs so little and does so much.

Hot water heating  
Steam Heating  
Hot Air Heating  
Plumbing Supplies  
Brass Goods, Tools, Wrenches, Etc.,  
for all kinds of works.

Eavestroughing and all kinds of  
General Tinworks carefully and  
promptly attended to.

T. DODDS & SON.