

Piano Playing Ability Means Added Popularity

How often have you wished and wished as you stood by and watched someone playing the piano at a party, house dance or summer resort that you had taken the trouble to study piano music when younger.

Your boy or girl may some day be in the same position you are to-day, wishing and wishing he or she had learned to play the piano.



Made in Canada

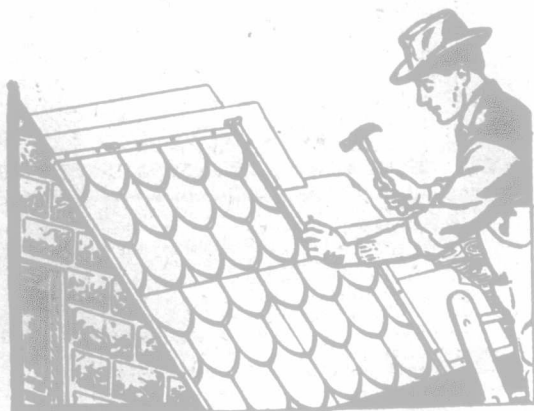
SHERLOCK-MANNING
20th Century Piano
The Piano worthy of your home

Because of its purity of tone and its unusually strong construction, makes the ideal piano for your home. Why not order a Sherlock-Manning to-day and start "them" on the road to future happiness?

There is a Sherlock-Manning dealer in almost every community. Write us direct for the name of the one nearest dealer to you.

SHERLOCK-MANNING PIANO COMPANY, LIMITED
LONDON, CANADA

"GALT" Galvanized Steel Shingles



The "GALT" Shingle locks together in such a way that there is no weak point in its entire construction, and it is ornamental as well. It is, therefore, the Ideal Shingle for Dwellings, Churches, Schools, Public Buildings, Barns, etc.

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Corrugated Sheets Barn Ventilators
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THE GALT ART METAL COMPANY, LIMITED
Galt, Ontario

strongly disapproving of the tendency at the present time to immodest dress, and would further add that they consider one of the chief causes of this is the lack of home training and the generally relaxed discipline of the home.—Carried.

6. That the resolution from the Western Ontario Women's Institutes "That legislation be introduced raising the age of consent in seduction cases under the criminal code from 16 to 18 years" be endorsed.—Carried.

7. That the resolution from the Western Ontario Women's Institutes, "That, in the opinion of this association, the Dower Act should be so amended that a woman's interests in her husband's real property should be absolute and not dependent upon his death. AND FURTHER that every married woman whose husband is the owner of real property should be entitled to vote at municipal elections, be endorsed.—Carried.

8. We are grateful for the assistance heretofore given us by the Department, and trust that by our service to home and country, we may merit continued support.—Carried.

9. WHEREAS, some of the Institutes have already granted life membership and WHEREAS it is desirable to place the granting of life membership upon a definite basis, BE IT THEREFORE RESOLVED

(a) That life memberships already granted by Branch and District Institutes be recognized.

(b) That Branch Institutes be empowered to grant life membership upon the payment of \$5.00 to the local Branch.

(c) That District Institutes be empowered to grant life membership upon the payment of \$10.00 to the District and \$5.00 to the Branch.

(d) That the Provincial Federation be empowered to grant life membership upon the payment of \$10.00 to the Federation; \$10.00 to the District and \$5.00 to the Branch.

(e) That life membership will entitle

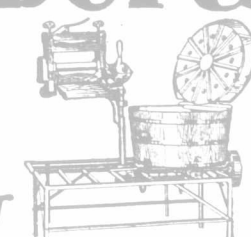
AVOID RUSH!

About the end of December our clerks are obliged to work day and night. Kindly send us your subscription as early as possible, and please send \$3.00, and thus pay for two years in advance.

All new subscribers you send us will receive the handsome Christmas Number while the extra number printed lasts.

Remember, your own label will be
advanced six months for each
new subscriber you send us.

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Washer

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\$70

A.R. LUNDY, Mfr.
257 KING ST. W., TORONTO

When writing advertisers kindly mention The Farmer's Advocate.

the holder to voting power in the Branch Institutes only.

10. THAT in the development of the Hydro Electric System of the Province, every consideration be given to the needs of the farm and farm home.—Carried.

Among the Books

New Books Among Christmas Offerings.

Bonnie Prince Fellar.—Another animal story—a pony story this time—by Marshall Saunders, whose fame was made by "Beautiful Joe." McClelland and Stewart, Publishers, Toronto.

Dennison Grant. by Robert Stead. A story of the West, in which Grant's ideas on economics are more interesting than his love story.

A Prairie Mother. by Arthur Stringer. Stringer is pre-eminently a story-teller, and he tells his stories with a compelling sprightliness of style. McClelland & Stewart, Publishers, Toronto.

The Forging of the Pikes. by Anison North. This story ran serially through "The Farmer's Advocate and Home Magazine." Publishers, McClelland & Stewart, Toronto.

Penny Plain. by O'Douglas. A pretty and wholesome tale. Hodder & Stoughton, Publishers.

Birth Through Death. by A. D. Watson. A continuation of the revelations set forth in "The Twentieth Plane." McClelland & Stewart, Publishers, Toronto.

The Affable Stranger. by Peter McArthur. Reflections on modern conditions. Allen Pub. Co., Toronto.

The Girls of Miss Cleverlands. by Beatrice Embree. A book for girls. Musson Book Co., Toronto.

Your Health.

Prenatal Care.

A letter asking for instruction on this subject has been received. The best thing the writer can do is to send for a little pamphlet prepared by The Department of Public Health, Toronto (address letter to the Parliament Buildings.) The name of the pamphlet is "To The Prospective Mother."

A few of the directions given in this little book for the benefit of the prospective mother are:

- Diet: (a) Do not try to "eat for two."
(b) Stick to an ordinary common-sense diet.
(c) Do not eat foods that disagree.
(d) Avoid things known to be harmful, e. g. alcoholic liquors, strong tea or coffee, greasy foods, and spices.
(e) Try to cultivate a taste for milk, as it is the one food that is indispensable for the mother of a nursing baby.
(f) Meat once a day is enough for any one.
(g) Drink plenty of water.

Condition of the bowels: (a) Constipation must be overcome; the bowels should be made to move freely at least once every day. To ensure this, get the habit, go regularly to the closet at the same hour every day, drink a glass of water each morning on getting out of bed, eat plenty of raw or cooked fruit, plenty of vegetables and coarse bread, and drink water between meals. Do not resort to drugs without the advice of your doctor.

Exercise: Fresh air and exercise are essential, therefore do not get into the habit of staying in the house. Continue your housework but never get over-tired. A couple of miles walk daily will supply the exercise and fresh air necessary for most people. Avoid jarring. Do not run upstairs. Sleep with the window open; ventilate the house daily.

Clothing: Wear warm loose clothing supported from the shoulder. Avoid tight corsets, tight bands, ring garters, tight shoes. Wear comfortable shoes with low heels. Union garments are best and should be changed frequently. Toward the end of pregnancy a maternity corset or abdominal support may be found necessary.

Cleanliness: Keep the skin clean. Brush teeth night and morning. Keep clothing clean.

As soon as you think there is a possi-