INDIGESTION FIVE YEARS

Relieved by Vinol.

Strength and even life itself de-nds upon the nourishment and oper assimilation of food, and unless gestion is good, the whole body suf-rs.

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"I tried a great many doctors and great many kinds of medicine, but thing did any good until I took nol. It has helped me wonderfully. am improving fast, feel better and getting my flesh back again. Vinol done me a world of good."

We know the great power of Vinol, delicious cod liver and iron dic without oil, in curing chronic mach trouble and building up weakened, run-down persons, and it is why we guarantee to return ir money if it does not help you.

T. B. Taylor & Sons, Druggists, Watford, Ontario.

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HAT'S WHY OUR GOODS ARE GAINING NEW CUSTOMERS FOR US.

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MONEY BACK FOR ANY CASE OF

UMATISM, NEURALGIA OR HEAD-E THAT SOLACE FAILS TO REMOVE

LACE REMEDY is a recent medical dis-ry of three German Scientists that dissolves Acid Crystals and Purifies the Blood. It is to take, and will not affect the weakest ach.

is guaranteed under the Pure Food and Law to be absolutely free from opiates or ful drugs of any description.

LACE is a pure specific in every way, and been proved beyond question to be the surest quickest remedy for Uric Acid Troubles rn to medical science, no matter how long ling. It reaches and removes the cause of rouble (Uric Acid) and purifies the blood.

E SOLACE CO. of Battle Creek are the U. S. Agents and have thousands of volun-testimonial letters which have been received grateful people SOLACE has restored to h. Testimonial letters, literature and FREE sent upon request.

Lee Morris, President of the First National of Chico, Texas, wrote the Solace Company llows:

want you to send a box of Solace to my fathi-Memphis, Tenn., for which I enclose $1. remedy has been used by some friends of here and I must say its action was wonder-

"(Signed) R. L. Morris,"

Put up in 25c., 50c. and $1.00 bottles.

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ADDRESED TO WOMEN

IS YOURS A Case of "Nerves?"

Hot flashes, dizziness, fainting spells, backache, headache, bearing-down pains, nervousness—all are symptoms of irregularity and female disturbances and are not beyond relief.

Dr. Pierce's Favorite Prescription

is that of a famous physician unusually experienced in the treating of women's peculiar ailments. For forty years it has been recommended to suffering womankind. Thousands of women can bear witness to its beneficial qualities. Perhaps its aid is all that is required to restore to you perfect health and strength. Now is the time to act, write Dr. R. V. Pierce's, Buffalo.

MRS. RODGERS

I AM NOW CURED

MRS. DOMINIC RODGERS, of San Francisco, Calif., writes: "I take pleasure in recommending your wonderful remedies, and wish to say in behalf of your 'Favorite Prescription' and 'Golden Medical Discovery' that through their use I am now cured of the various troubles that a woman is heir to. These remedies cured me when others failed and I therefore resolve to take no other. I thank you for your advice."

YOUR DRUGGIST CAN SUPPLY YOU IN LIQUID OR TABLET FORM

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We have the following brands of Flour always in stock and can give you close prices on any quantity.

SUNRISE,	First Patent	from Manitoba	wheat
FIVE ROSE	do	do	do
ROYAL HOUSEHOLD	do	do	do
HORTON	do	do	do
HARVEST QUEEN,	2nd Pat.	from Man.	wheat
GOLD DUST	do	do	do

RED ROSE, High Grade Blended Flour
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Get our Prices. They will surprise you. Telephone or leave your order. It will receive prompt attention.

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Flour, Oat Meal, Corn Meal, Wheat Kernells, Flaked Wheat and Barley. All Kinds of Feed, Grain, Seeds and Poultry Food

We carry the following makes of Flour, which are giving the BEST OF SATISFACTION;

Five Roses, Harvest Queen, Mitchell's Best,
All made from MANITOBA WHEAT.
Mitchell's Pride of the West, a Blended Flour.
Lambert & Son's Gold Dust, a Blended Flour,
Mustard & Son's Eldorado, a Blended Flour.
Pastry Flour, Low Grade Flour, Bran and Shorts
made by the above named millers and at close prices.

Bring Your Contracts for Houses, Churches, Barns, Sheds, Verandahs, Etc., to

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Price Lower Than the Lowest.

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Recognized as the Leading Lumber of the day.

We Buy Direct From the Largest Mills in the Country, and Can Save You the Middlemen's Profits.

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Sewing Machines, Mason & Risch Pianos, Gramophones, String Instruments, Music Books and Sheet Music,

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A full stock of Edison Records kept in stock and new ones received each month as they are issued.

Repairs kept in stock for all kinds of String Instruments.

Several Second-hand Sewing Machines in stock that will be sold cheap

☞ Comfort, Elegance, Durability, and Value are features that our goods are noted for.

Give us a Call and let us see what we can do for you.

HARPER BROS.
Fine Furniture. Phone 31. Funeral Directors

JUDGING MEATS.

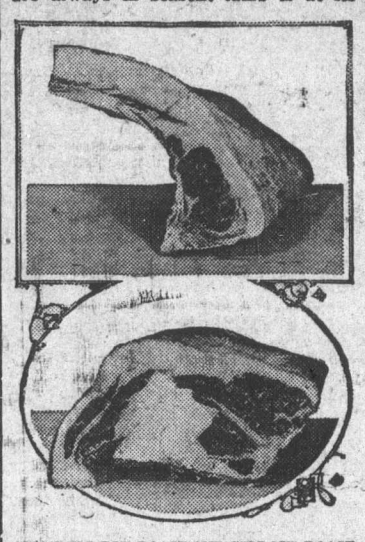
How to Tell the Different Cuts When You Are Marketing.

In considering how to buy meat, says Lily Haxworth Wallace, lecturer on domestic science, we must look at the relative cost as compared with the nutriment to be gained from the different cuts, no less than at the qualities which go to make good meat. The most expensive portions of the animal are not necessarily the best, for greater nutriment can often be obtained from a cheaper cut, provided proper care and time are allowed for the cooking.

Much unnecessary expense is incurred in housekeeping because of the fact that meals are not planned sufficiently in advance to allow of the use of cheaper cuts of meat, which, in order to be palatable, must be cooked long and slowly.

The meat of young animals is more tender but at the same time less nutritious than that from animals of mature growth.

Beef and mutton, the standard meats, are always in season; lamb is at its



STANDING RIB ROAST AND SIRLOIN ROAST.

best in the summer and fall; veal in the spring and early summer, while pork, if eaten at all, should be served only in the colder months.

The best beef is the flesh of a steer about four years old. It should be bright red in color, firm and marbled in appearance from the proper blending of fat and lean, which shows even feeding and that the animal has not been rapidly fattened for killing. There should also be a fair proportion of creamy white fat next the surface.

Lamb and mutton have a larger proportion of fat than beef, and the fat is firmer. The flesh of good mutton is fine grained and of a bright color. The strong mutton flavor so often to be detected in this meat can be virtually eliminated by the careful removal of the pink skin above the fat on the outer surface of the meat. It is here that the little oil cells which hold this flavor abound.

Lamb is smaller and lighter in color than mutton. One distinguishing test between the two is that in lamb, when the bone is broken, as in the case of a leg or chops, it will be found red and rough, while as the animal grows older the blood recedes from the bones, leaving them white and smooth.

Neat Hems.

It is often difficult to make a neat looking hem on a skirt or coat made of very thick cloth, for unless it can be pressed very flat with a heavy iron, and sometimes even then, there will be an unsightly hump or bulge at the point where the material is turned in at the top of the hem and stitched.

A good plan to follow when using thick material for a garment is to turn up the hem perfectly flat, without turning in the top edge in the usual way; then baste a piece of tape the color of the material, or if the color cannot be matched use black on dark material and white on light material over the raw edge of the hem and stitch it in place on both the upper and lower edges.

By basting the tape in place the stitching can be done on the right side of the material, using the basting thread as a guide.

In case of a wide hem where the material has to be laid in little plaits at the top it can be made to lie flat by slashing the hem down from the top for an inch, then lapping the material over, thus making only two thicknesses of material instead of three, as would be the case with a plait.

Silk seam binding can be used instead of tape if you desire, but that does not wear so well as tape and will have to be replaced when worn through.

Coffee Butter Taffy.

Cook two pounds of sugar, one cup and a fourth of water and one-fourth teaspoonful of cream of tartar to 340 degrees F.; remove from the fire, add half a cupful (one-fourth pound of butter cut into small pieces, one-fourth teaspoonful of salt and half a teaspoonful of coffee extract and mix well, but with as little stirring as possible. Pour on to an oiled platter or marble, spread evenly with a palette knife and mark or cut with a knife into squares of about one inch and a half.

Pink Salad Dressing.

Mix ten drops of tabasco sauce, one-fourth teaspoonful each of salt, mustard and paprika, two tablespoonfuls of chili sauce, two tablespoonfuls of finely chopped pimentos, ten drops of onion juice and half a tablespoonful of cider vinegar. When evenly blended add a generous tablespoonful of mayonnaise dressing and beat all together smoothly.

Increased Crop Three-Fold

Clarence Ralf, of Orwell, Ont., writes: "One of my crops the past season was onions, in growing which I learned something. I bought some Homestead Fertilizer from their agent, Chas. Minard, and used it on a part of the crop. Where this was done I had three times the crop that I had where no fertilizer was applied and I got equally good results on my corn."

Homestead Fertilizers are manufactured and sold by the Michigan Carbon Works, Detroit, Michigan, who will send free to any farmer their book on fertilizers with a handsome calendar postage paid. They want agents where they are not now represented. Address, Michigan Carbon Works, Postoffice Drawer 814-A, Detroit, Michigan, asking for terms.

Courts of Love.

"Courts of love" were established in the middle ages, when chivalry was at its height and love the serious occupation of life among the higher class of society. The first "court of love" was established in the south of France in the twelfth century and was composed of knights, poets and ladies, and their decisions on subtle questions connected with affairs of the heart were given with great formality.

The German I and You.

It is surprising when any one takes the trouble to notice how many letters begin with the pronoun "I." To Germans this is egotistical, and their etiquette in letter writing forbids it. It is probably on the same principle that they write I (ich) always with a small letter and you (Sie) with a capital, reversing the English custom.

She Agreed.

Will—The sight of an old schoolmate is—er—well, it might be called both meat and drink.

Bertha—Yes; that's what you men usually do in the circumstances.

"Eh?"

"Meet and drink."

It is too late to blame it on the other fellow when you make a mistake.

There is no more effective vermifuge on the market than Miller's Worm Powders. They will not only clear the stomach and bowels of worms, but will prove a very serviceable medicine for children in regulating the infantile system and maintaining it in a healthy condition. There is nothing in their composition that will injure the most delicate stomach when directions are followed, and they can be given to children in full assurance that they will utterly destroy all worms. m

Even the community that needs shaking up would draw the line at an earthquake.

Make yourself agreeable to a man Alonzo and he will want to borrow money from you. Make yourself agreeable to a woman and she will want to marry you.

If one be troubled with corns and warts, he will find in Holloway's Corn Cure an application that will entirely relieve suffering. m

You can't judge a women by her looks when she looks as if she didn't know you were looking.

A lot of people waste their valuable time in trying to get rid of the useless things they don't want.

A man always thinks down deep in his heart that a woman is sensible if she refuses him—and usually he is right

The world likes to be amused; therefore all the world loves a lover.

WHY HESITATE?

An Offer that Involves No Risk for Those Who Accept It.

We are so positive our remedy will completely relieve constipation, no matter how chronic it may be, that we offer to furnish it free of all cost if it fails.

Constipation is caused by weakness of the nerves and muscles of the large intestines or descending colon. To expect a cure you must therefore tone up and strengthen those organs and restore them to healthier activity.

We want you to try Rexall Orderlies on our guarantee. They are eaten like candy, and are particularly ideal for children. They act directly on the nerves and muscles of the bowels. They have a neutral action on the other organs or glands. They do not purge or cause any inconvenience whatever. They will positively overcome chronic or habitual constipation and the myriads of associate or dependent chronic ailments. Try Rexall Orderlies at our risk. Two sizes, 10c. and 25c. Sold only at our store—The Rexall Store.

J. W. McLaren, Watford.

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BRONCHITIS CATARRH COLDS

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ESTABLISHED 1879

A simple, safe and effective treatment for bronchial troubles, avoiding drugs. Vaporized Cresolene stops the paroxysms of Whooping Cough and relieves Spasmodic Croup at once. It is a BOON to sufferers from Asthma. The air carrying the antiseptic vapor, inspired with every breath, makes breathing easy; soothes the sore throat and stops the cough, assuring restful nights. It is invaluable to mothers with young children. Send postal for descriptive booklet.

ALL DRUGGISTS.

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GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows

GOING WEST		
Accommodation, 27	.....	8 44 a.m.
Accommodation, 29	.....	2 45 a.m.
Chicago Express, 5	.....	9 27 p.m.
GOING EAST		
Ontario Limited, 46	.....	7 46 a.m
Accommodation, 28	.....	12 03 p.m.
New York Express, 2	....	3 00 p.m.
Accommodation, 30	.....	5 16 p.m.

C. VAIL, Agent Watford

STAGE LINES.

WATFORD AND WARWICK STAGE LEAVES Warwick Village every morning except Sunday, reaching Watford at 11.30 a.m. Returning leaves Watford at 3.45 p.m. Passengers and freight conveyed on reasonable terms, C. BARNES, Pro

WATFORD AND ARKONA STAGE LEAVES Arkona at 7.45 a.m. Wisbeach at 8.45 a.m. Returning leaves Watford at 3.45 p.m. Passengers and freight conveyed on reasonable terms.—WILLIAM EVANS Prop.

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Family Herald and Weekly Star with premium	$1 85
Weekly Mail-Empire with premium	1 85
Weekly Farmers Sun	1 85
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Northern Messenger	1 40
Weekly Montreal Witness	1 85
Hamilton Spectator	1 85
Weekly Farmer's Advocate	2 35
Daily News	2 50
Daily Star	2 50
Daily World	4 00
Mail and Empire	4 00
Morning London Free Press	4 00
Evening London Free Press	3 00
Daily London Advertiser	3 00