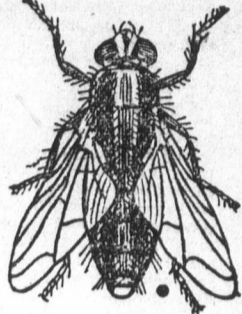


The destruction of the house fly is a public duty. Almost every American State Board of Health is carrying on a crusade against him.

His filthy origin and habits, and the fact that his body is generally laden with disease-producing germs, makes him one of the greatest enemies of the human race.

If the housekeepers of Canada will use

WILSON'S FLY PADS



persistently, this peril would be tremendously reduced.

Watford Flour Mills

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
ROYAL HOUSEHOLD	do do
HORTON	do do
HARVEST QUEEN, 2nd Pat. from Man.	wheat
GOLD DUST	do do
RED ROSE, High Grade Blended Flour	
NEW ERA, Special Pastry Flour	

Get our Prices. They will surprise you. Telephone or leave your order. It will receive prompt attention.

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TRENOUTH & CO.

DEALERS IN

Flour, Oat Meal, Corn Meal, Wheat Kernels, 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.

Tinsmithing of All Kinds

We have secured the services of **Mr. C. H. Butler** who thoroughly understands Heating and Plumbing and will be glad to furnish estimates on anything in this line.

Eavetroughing and Job Work Solicited

The N. B. Howden Est.

COAL

On account of the coal strike, coal is higher in price this year, and is advancing monthly. It will be an impossibility to secure coal this winter. We have received a consignment of a few cars. Don't run the risk of waiting, but

Order Right To-day.

GEO. CHAMBERS.

Established 1870.

EVERYDAY HINTS.

Ways of Making Household Duties Less Laborious.

CARE WHEN HEATING MILK.

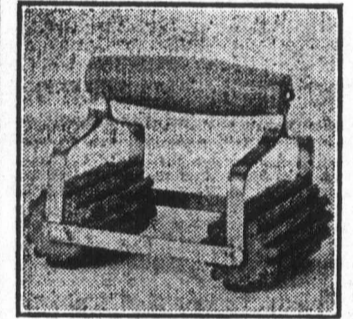
A Simple and Inexpensive Appliance That Will Prove Helpful to the Busy Laundress on Wash Day is a Little Device With Two Wooden Rollers.

It is the little things in life that smooth the pathway of the workaday world, that make the important tasks seem less strenuous, the hard day's work less fatiguing.

If housekeepers would observe more closely the small helps in their department of the great scheme of things they would be very much more apt to take pleasure in their work instead of moaning and complaining about the eternal round of dull monotony which is necessary in the care of a house and home.

Here are a few things that may aid in making the pathway of some woman easier. One of them is to rinse with cold water the utensil in which milk is boiled before putting the milk in it, and there will be no sticking or scorching in the bottom of the pan.

When heating milk, however, care should be taken not to place it over the hottest part of the stove. Set it on one side so it will heat slowly and



NEW CLOTHES WASHER.

come to the boiling point gradually. If you are in a hurry, then put it over the hot part of the stove, but watch it constantly and stir frequently, or before you know it the milk will boil over and not only ruin the stove lids, but will make a very unpleasant odor all through the house.

It is best always to add a pinch of salt to boiled milk.

The busy housekeeper will be glad to learn a quick and easy way to make candles fit into her candlesticks. Should the ends of the candles be too thick for the stick simply dip them in boiling water for a minute. The heat will melt the wax so it can easily be pushed firmly into the candlestick.

For centuries women have bruised their knuckles on the ridges of the washboard, but this is no longer necessary. A convenient little device with two wooden rollers may be rubbed up and down over the clothes and washboard, and the knuckles will not be the least bit shiny, red or distorted after a day's washing.

Watercress a Tonic.

There is no green that is eaten with greater relish in the early spring, when the system craves such herbs as horseradish, watercress and dandelions. Not only is it useful as a tonic, but it makes a most appetizing garnish for meats and fish.

A wholesome dish is made with this green by boiling and serving like spinach with egg dressing. It is also tasty as a salad combined with diced cucumber and French dressing. A savory cream soup is made by chopping finely two bunches of watercress and cooking for five minutes in two tablespoonfuls of butter, then adding two cupfuls of white stock and boiling for five minutes. Thicken with one tablespoonful of butter and two tablespoonfuls of flour cooked together, adding salt and pepper seasoning, and just before serving put in one-half cupful of milk and the yolk of one egg, slightly beaten. Serve with slices of French bread browned in the oven.

Cress may also be used with diced cucumbers and French dressing to stuff tomatoes. The tomatoes should be peeled and placed on a bed of crisp lettuce. Sandwiches of white or whole wheat bread with crusts removed and the greens mixed with French dressing and filled between thin buttered slices and rolled make a tasty luncheon dish.

To Clean Wall Paper.

The only way to clean your wall papers, according to a certain very house proud woman, is also a new way.

Boil a quart of water. Let it get cold. Boil it up again, and when quite boiling shave half a toilet sized cake of pure fine white soap into it. As soon as the soap is dissolved and while the water is still almost but not

quite boiling stir in flour slowly until the whole is a thick paste. Let it cool.

If the mixture is not now the consistency of dough add more flour to make it so. Separate it into pieces convenient to handle. Begin at the top of the wall and work down in long parallel strokes. As the mixture becomes soiled fold in the dirty part and begin again with a clean surface.

A Useful Invention.

A man has invented a stocking with a pocket in it. Now why did not some woman think of that long ago, as she has been using her stockings as a receptacle ever since pockets went out of style.

Lobster Salad.

Boil one or two medium sized lobsters and pick to pieces when cold. To make the dressing for them beat the yolks of two raw eggs with one teaspoonful of salt, a pinch of red pepper, and one tablespoonful of powdered sugar and one teaspoonful of mustard moistened with vinegar. Add gradually one cupful of olive oil. When quite thick whip in the strained juice of one lemon. Beat five minutes before adding two tablespoonfuls of vinegar. Just before serving add to the dressing a quarter of a cupful of sweet cream whipped to a froth, stir all well together, then into the lobster. Line a salad bowl with the crisp heart leaves of lettuce, put in the seasoned meat and cover with a little more whipped cream. If a little more acid is liked four tablespoonfuls of vinegar may be used.

To Keep Milk.

A little carbonate of soda or fifteen grains of carbonate of magnesia put into a quart of milk will preserve it. Scalding by placing it in bottles or jugs in cold water and bringing it to the boil will also keep it. If the bottles are immediately corked when taken out of the boiling water the milk will keep some time, but should be used directly the bottles are uncorked.

For the Glue Bottle.

To save trouble, after opening a bottle of glue or cement rub mutton tallow upon a sound cork before inserting it in the bottle.

This prevents the cork from sticking fast, only to be broken in small bits when an attempt is made to remove it.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Ayer*

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"Marvelous Recovery"

Montreal Man So Ill With Dyspepsia Thought He Would Die.

No more convincing evidence was ever put on paper than the following letter from one of Montreal's well-known citizens, Mr. D. R. Larose, of 338 Joliette street.

"Permit me to write you a few words concerning Dr. Hamilton's Pills. I suffered from dyspepsia and indigestion for five years. I suffered so much that I could hardly attend to my work. I was weak and lost all courage. I enjoyed no rest until I decided to follow your treatment after having read your advertisement in the paper. To my great surprise I immediately began to feel better. I am now using the second box and I feel so well that I want to tell you that I owe this great change to your famous pills. I recommend them to every person who is suffering from dyspepsia. Your grateful servant, D. R. Larose, 338 Joliette st., Montreal, P.Q.

Let all who have weak stomachs, and those who suffer with indigestion, headaches, biliousness, know they can be perfectly cured by Dr. Hamilton's Pills. Successfully used for many years, mild and safe. 25c per box, all dealers, or The Catarhozone Co., Kingston, Ont.

Dr. Hamilton's Pills Cure Dyspepsia

Farmers, Attention

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We keep everything to be found in a first-class Bakery.

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Southern Fruits in Season.

Let Us Serve You.

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STAGE LINES.

WATFORD AND WARWICK STAGE LEAVES
Warwick Village every morning except Sunday, reaching Watford at 11:30 a. m. Returning leaves Watford at 2:45 p. m. Passengers and freight conveyed on reasonable terms.—WIL LIAM EVANS Prop.

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