

Banish the "Blues!"

If you have that depressed feeling it's more than likely that your blood is out of order—impoverished or poisoned. There is only one thing that will alter your present condition—that's to restore your stomach to normal health and strength. For a weak or diseased stomach cannot make good blood. If your digestion is bad your food will not make the good blood which nourishes body, brain, heart and nerve.

Dr. Pierce's Golden Medical Discovery

helps the stomach to do its work naturally and properly. Stimulates the liver. The system is freed from poison. The blood is purified. Every organ is rejuvenated. Instead of the "Blues," you feel fit and strong, equal to any task or up to any pleasure.

This great remedy has proved its worth year after year for over forty years. Let it prove its worth to you. Sold by medicine dealers in tablet or liquid form or send 50c for trial box by mail.

Send 31 one-cent stamps to pay cost of mailing only on a free copy of Dr. Pierce's Common Sense Medical Adviser, 1008 pages, clothbound, Address Dr. R. V. Pierce, Buffalo.

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 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
- NEW ERA, Special Pastry Flour

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

C. B. MATTHEWS & SON.

MILLERS AND FEED MERCHANTS

TRENOUTH & CO.

DEALERS IN

Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

INTERNATIONAL STOCK FOOD FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

CALDWELL'S MOLASSES MEAL AND THREE DIFFERENT MAKES OF CELEBRATED CALF MEAL.

ALL KINDS OF GRAIN TAKEN IN EXCHANGE

Chopping and Rolling Done While You Wait

PHONE 39

House Furnishings

MASON & RISCH

PIANOS, GRAM-

APONES, STRING

INSTRUMENTS,

MUSIC BOOKS,

SHEET MUSIC,

EDISON RECORDS

Our aim is to keep the latest and most popular goods in our line, and carry the FINEST ASSORTMENT of all lines of FURNITURE for

Parlor, Dining Room, Bedroom, Library or Kitchen.

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

No Big Profits to Pay Here

Our prices are as low as consistent with reliable goods.

Let us show you the new patterns.

NEW & SECOND

HAND SEWING

MACHINES

REPAIRS FOR

STRING

INSTRUMENTS

THE NEW CUR-

TAIN STRETCHER

HARPER BROS.

PHONE 31

FINE FURNITURE

FUNERAL DIRECTORS



The Fashion In Flooring

WITHOUT doubt the floor of today is the hard wood. It is a necessity for the cottage as well as the mansion. It means hygienic living. It means the end of carpet worry and annoyance—the elimination of the greatest germ factories known to modern science. If you are buying, building or laying new floors in the old home, we have flooring facts you should know. Tell us your flooring problems. We can help you.

GEORGE CHAMBERS.

WATFORD PLANING MILLS

CHOP STUFF.

Lambton produced 155,746 barrels of crude petroleum during 1913. The total production in Ontario was 226,165 barrel.

Mrs. Joseph Walker, of Enniskillen, died Wednesday at her home in her 73rd year. She was an old native of Lambton, and is survived by a husband and a grown up family.

After but a few days' illness with pneumonia, Alexander Crothers, one of Glenoe's early residents and a well known and esteemed citizen, passed away on Saturday morning, February 28th.

Mrs. Fred Lawson, wife of the station agent at Wanstead, is ill with diphtheria. Her four small children, together with their father, are staying at the home of their grandparent, Mr. Henry Lawson.

Mr. J. F. Brock, of St. Williams, at one time a faithful employe in Calvert's store at Napier, died suddenly on Monday evening of last week. The deceased was a nephew of Mr. Robt. Brock, of Strathroy.

At the Carnival which was held in St. Andrew's Arena, Sarnia, March 4th, first prize was awarded to Florence and Leo Sedwick, being the best couple skating together. Prize being a Five Dollar box of chocolates.

Charles E. Locke, ex-reeve of Yarmouth, has equipped his farm with hydro. The system he has just installed includes a complete lighting plant, with electric heater. The barns and stables are also wired for lighting. A motor for milking and to be used for other purposes has been installed, and also a water heater for washing pails and cans in connection with the dairy.

Mrs. David McKeven, a farmer's wife, living about one mile and a half east of Parkhill, took her own life by throwing herself into Mud Creek, which runs through the farm they live on, Saturday night. She sent a note to a neighbor saying she was going to take her life, and sent it by one of the children, while her husband was away to a neighbor's. She was found under the ice. No reason is given for her act. She leaves a husband and four small children.

Mrs. Abraham Van Sickle, of Petrolia, was found dead in her bed Wednesday morning, by her daughter, Mrs. E. Aiken, who lives across the street. Dr. Duffield, who was called, declares that death was due to an attack of apoplexy during the preceding night. She had been down town the previous day. She is survived by two daughters, Mrs. E. Aiken, of Petrolia, and Mrs. Allan McPhee, of Enniskillen. Interment will be made on Friday afternoon.

A REAL NERVE AND BODY-BUILDING MEDICINE

We believe Rexall Olive Oil Emulsion is the best remedy made for toning the nerves, enriching the blood, building up wasted tissues, renewing health, strength and energy—the best medicine you can use if you are run-down, tired out, nervous and debilitated, no matter what the cause. It doesn't depend for its good effect upon alcohol or habit-forming drugs, because it contains none. It may not make you feel better in a few hours, but it will make you feel better, we are sure, just as soon as the tonic and food properties it contains have a chance to get into the blood and, through the blood into the rest of the system. Pure Olive Oil and the Hypophosphites have long been endorsed by successful physicians, but here, for the first time, they are combined into one preparation which, as a nerve-food and a builder of strength and health, we believe, has no equal. If you don't feel well, begin taking Rexall Olive Oil Emulsion today, and build your health and strengthen your system against more serious illness. To convalescents, old people, puny children and all others who are weak run-down or ailing, we offer Rexall Olive Oil Emulsion with our personal promise that, if it doesn't make you well and strong, it will cost you no thing. If we didn't have the utmost faith in it, we wouldn't offer it with this guarantee, nor even recommend it to your friends, and thank us for having recommended it to you. Sold only at the more than 7,000 Rexall Stores, and it this town only by us. \$1.00.

J. W. McLAREN, Watford.

Dry Town Landmark

(From the Philadelphia Public Ledger.) Scene: A street in Atlanta, Ga., a prohibition state.

Time: Sunday noon. Enter two men carrying grips and other accoutrements of the traveler. They approach a uniformed policeman who is on duty.

First traveler—Officer, we are two strangers from New York. We've just got off the train and we are tired and dry—awful dry. Now, we don't want to get you into any trouble; all we're looking for is a drink, and we thought you might tip us off as to where we can get one.

Policeman—Do you see that building down the street away—the one with two spires on it and that a crowd of people is coming out of?

Second traveler—Why, yes, we can see it, but it's a church.

Policeman—Well, that is the only place in town in which you can't get a drink.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

The High Cost of Living: A Remedy

A remedy for the high cost of living? What is it? It is very simple. Develop the courage to defy current opinion, to say no to the artificialities, the vanities, the inane vieings, the despotic demands of society, to curb the monster pleasure-madness of its will and to live within one's means. The story of the heroism of the common householder who "earns a little" and has the courage, the manliness and the uprightness "to spend a little less," has yet to be written. It will form far more inspiring reading than the tales of kings and armies, because it tells of victories over man's greatest foe, self. Victories won away, from the gaze of men with none to approve and applaud but man's inner self.

If we had but this courage to live within our means, the question of the high cost of living would be all but solved, and other questions as well. It would be solved in two ways. We would cut out the luxuries we could not afford and thus have plenty for the necessities, and we would pay for what we got and thus give to others their own and enable them to get the necessities. We think the high cost of living has reached an acute stage simply because our incomes have not increased at the same rate as our desires and our tastes. These desires and tastes are extravagant and make demands beyond the power of our ability to buy. Our pride, our vanity, our cowardice, impel us to purchase what we cannot afford, and our atrophied sense of right enables us to get along without paying what we owe. It is perfectly appalling the extent to which our own community is honeycombed by this very thing. Men and women, married and single, boys and girls, get things to gratify their unchecked desires, and bother little about the whence of the money with which they are to be paid. Duebills, judgment summons, garnisheed wages, follow on with monotonous regularity. Cash is paid on luxuries, pleasures and entertainment,—where no credit is given,—while unpaid debts of long standing are passed unheeded. Right in this town unheeded, unpaid debts are becoming an industrial menace.

When they have overbought the patience and the indulgence of one merchant, they go to another, but in the meantime deny themselves nothing. When is this thing going to end? Where is it going to lead? When are we going to hear it denounced in the same unmeasured terms as some other things that could be mentioned? Put the breaks on our extravagance and pay our debts, and the problem of the high cost of living will practically be solved.

New York Physician Rises To Defend Water Drinking

By Dr. W. F. Varcoe, of New York. Dr. Gagey, the French specialist in appendicitis, is quoted in this paper as asserting that almost all of his appendicitis patients were water drinkers, from which he deduces the theory that wine is a safer beverage than water.

My observation has led me to believe, on the contrary, that free water drinkers seldom if ever have appendicitis. Most of those afflicted with that disease have not drunk enough water, but too much wine, beer and whiskey.

Pure water, or distilled water well aerated is certainly better than wine, especially the cheap wines of artificial manufacture, which are very injurious to the system. Constipation is the most frequent cause of appendicitis, and one or two glasses of water before retiring and one-half hot before breakfast will cure many cases of that torpid condition. Water gives an internal bath; it dilutes the fluids in which the cells of the body are bathed; it increases assimilation, metabolism and disintegration; it is the medium by which nutritive material is conveyed to the tissues and waste matter conveyed out of the body.

The kidneys and other secreting and excreting glands and organs perform their functions much better when water is used freely. Water will increase the volume of the blood, at least temporarily, and increase the circulation of the blood in the lungs, securing thereby greater absorption of oxygen, through which, uric acid, urates, oxalates and other products of imperfect oxidation are diminished or made to disappear, thus aiding in the cure of such conditions as rheumatism and fevers. Bilioussness is usually relieved by the free use of water, from six to ten glasses daily. When water is withheld the body becomes like a stagnant pool. The person who uses water freely lives a more highly vitalized and functionally active life.

Nothing can ever take the place of water as a beverage. As a general rule it should be used more freely both internally and externally.

SHILOH quickly stops coughs, cures colds, and heals the throat and lungs. 25 cents.

KEPHALDOL

The positive, safe cure for Headache and Neuralgia.

Sufferers from these torturing ailments will welcome the coming to Canada of the well-known European remedy, Dr. Stohr's Kephaldol.

Hitherto the use of most so-called remedies has been attended with the gravest danger on account of their injurious effect on the heart and other organs. Kephaldol may be taken with absolute safety.

In thousands of cases Kephaldol acts instantaneously—acts where other remedies have proved useless. Yet its use is never attended by any ill aftereffects. It has been recognized as a perfectly harmless remedy by the medical profession, who have made regular and prolonged trials of it in their clinics, on thousands of patients.

If you would get quick and safe relief from those distressing pains and aches, get a 50c tube of Kephaldol tablets from your druggist to-day, and never be without a supply. Kephaldol Limited, 31, Latour St., Montreal.

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LOVELL'S BAKERY

BREAD—That is good from the outside crust to the inside crumb.

CAKES—Always fresh and clean.

CHOCOLATES and BON BONS—We are leaders in this line.

OYSTERS—Shipped direct to us. Always select.

WEDDING CAKES—Always please.

A TRIAL WILL MAKE YOU A REGULAR CUSTOMER.

LOVELL'S BAKERY

ATTENTION!

You can stand at ease if you buy your shoes from

S. B. Howden, The Shoe Man.]

I have received a shipment of fall goods which for style and quality can't be beat.

Ladies' Cushion Sole Shoe, with rubber heels, only \$3.50

Men's Cushion Sole Shoe, only \$4.50

Just see them and you will buy. No old stock, all fresh new goods.

The Banner Shoe for Ladies. Call and examine them

REPAIRING A SPECIALTY

CASH OR TRADE

S. B. HOWDEN

OUR CLUBBING LIST.

THE GUIDE-ADVOCATE AND

Family Herald and Weekly Star \$1 85

Weekly Mail-Empire with premium 1 85

Weekly Farmers Sun 1 85

Weekly London Free Press 1 85

Weekly London Advertiser 1 65

Saturday Globe 2 00

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

Daily Globe 4 00

Scientific American 4 75

Mail and Empire 4 00

Morning London Free Press 4 00

Evening London Free Press 3 00

Morning London Advertiser 4 00

Evening London Advertiser 3 00