

FOR A BRIGHT AND CHEERFUL KITCHEN



BLACK KNIGHT STOVE POLISH

A PASTE No WASTE No DUST No RUST

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

THIS month is not the month for building, but it is the time to get ready. Come into our office. It is nice and comfortable and let us talk it over. It costs money to talk to lawyers, but it costs nothing to talk to us. Get our ideas and prices.

WE CAN SAVE YOU MONEY

Our planing mill is modern—right up to the minute. We have spent no end of money to give you the best.

Tie Up To The **WATFORD PLANING MILLS**
CHOPPING. ELECTRIC LIGHT.

GEO. CHAMBERS

We Do All Kinds of Printing.

THE POTATO HABIT.

Now There's a Shortage in the Popular Tuber.

And now word comes that there is a potato shortage of 92,000,000 bushels, and it would seem as if we are to be deprived of still another cheap and nourishing staple.

But it may be sincerely said that the average American table has seen the potato too often and in too many unattractive forms. "Fried potatoes" is an omnipresent Americanism, which is to blame for much of our national dyspepsia.

Potatoes by chemical analysis show (boiled):

Protein 2.5
Carbohydrate 20.9
Fat1
Water 75.5

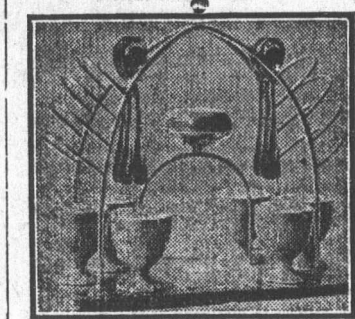
This, of course, puts them into the "starchy" class, along with white bread, rice, macaroni, hominy and many of the cereals. It is true that many times we have committed the sin of having "three starches" at the same meal. Investigators insist that women eat too many starchy foods. When combined with a quantity of the usual white bread, it is true that the average meal is too high in starch value and still more true it is that our usual manner of peeling the potato before using robs it of its chief value—that of its mineral salt. Baked potatoes are the best and most economical way of serving the tuber.

Even if there is a potato shortage its place can be taken by more extensive use of rice as a "vegetable" and by using hominy, spaghetti and parsnips, which nearly duplicate its qualities, in its place.

Neat and Very Convenient.

The woman who likes dainty, attractive table service will appreciate the newest invention for serving eggs and toast at the first meal of the day.

The egg rack pictured is of bright nickel ware, and the six egg cups, as



EGG SERVICE AND TOAST RACK.

well as the salt bowl, are of blue ware not unlike the old "willow patterns." Attached to the rack is a glass dish to hold toast. The present high cost of eggs brings them into the luxury class, and consequently they require a fitting setting. (No attempt at a pun intended.)

Shiloh
The family remedy for Coughs and Colds. Small dose. Small bottle. Best since 1870.

The Breakfast Apple.

There is an interesting device to make the preparation of the breakfast apple easy. To begin with, there is a little circular board on which the apple is placed. Then there is a circular band of steel, with three or four cross-pieces of metal, sharp on the lower edge, fastened at each end to the steel circle and bisecting each other in the middle. The big circle is placed outside the apple, which is now on the little board, and then is pushed down to the board. The crosspieces cut the apple into segments, each just the right size to pare and eat or to eat unpared if you have a taste for apple skin.

Blue and White Dainty.

A small square cushion, which should be especially nice for a guest room, is covered with blue silk, and over this a fillet lace cover of white is drawn. This dainty little bit of blue and white is then supplied with blue and white headed pins, neatly arranged, all ready for the guest's use.

THIS is a HOME DYE that ANYONE can use



DYOLA

The Guaranteed "ONE DYE" for All Kinds of Cloth.
Clean, Simple, No Chance of Mistake. TRY IT! Send for Free Color Card and Booklet.
The Johnson-Richardson Co. Limited, Montreal

PICTURES FOR THE DOGS.

A Cinematograph Show Only Interested the Animals in Spots.

A moving picture show was recently given in London to determine what effect a cinematograph picture had on the intelligence of animals. A series of motion pictures was reeled off in a darkened room before an audience of prize dogs. First some pictures of a dog show were run through. The dogs walked up and had a look at it and turned away, obviously bored and uninterested. Evidently the subject was too familiar.

They woke up, however, when an elephant came splashing into a pool of water and appeared to be walking into the room. A massive bulldog made a dash for the screen. With his head up and ears pricked, he got ready to attack, and the whole audience harked and bayed in blood-curdling discord. Pictures of birds also irritated them, but when other animals were shown they quickly recognized that they were not looking at the real thing and in a few seconds quieted down completely.

The general result of the experiment seemed to be that dogs do not understand still pictures, but that they appreciate motion, though it very largely depends upon the nature of the thing moving.—Pearson's Weekly.

SALT A-PLenty IN PERU.

A Natural Factory That is Operated on an Automatic Plan.

About a hundred miles north of Lima, near the town of Huacho, is one of the great curiosities of nature, a salt factory on an automatic plan.

When the tide comes in it fills a lot of shallow basins, and the water is prevented from flowing back into the sea by closing the gates. The atmosphere is so dry that the water evaporates rapidly and leaves a sediment of salt in an almost pure state, which is scraped up, packed into sacks and shipped to market.

Within the coast a little farther the percolation of sea water through the porous rocks into pits and hollows has caused immense deposits of salt to accumulate. The salt is taken out in blocks six or eight inches square and sold in that form. As soon as the salt is excavated the water comes in again and in a year or two has solidified and is ready for the market.

Wells driven into the sand disclose strongly impregnated water at a depth of twenty-five feet, which seems to be a great deal heavier than the sea water, and is drawn off into vats for evaporation.

Children Cry FOR FLETCHER'S CASTORIA

Great In Little Things.

George Washington's surveying done 150 years ago with the comparatively simple instruments of the day has been checked up by government surveyors of today and found perfect. Experts in other lines might check up other works and qualities of his—his patriotism, his common sense, his foresight, his persistence—and find pretty nearly the same degree of excellence. Washington was only nineteen years old when he ran his lines through the forests and over the hills of Lord Fairfax's estate in Virginia. But the youth was father to the man—Baltimore Sun.

Gigantic Neptune.
Neptune, owing to its remoteness, shines as an eighth magnitude star. Its diameter is 35,000 miles, or a little more than Uranus. Its mean distance from the sun is 2,746,000,000 miles. It has one satellite, which revolves at a distance of 220,000 miles, or about the same distance as our moon. However, of the planet itself we know very little, but it seems probable that it is little more than a globe of very heavy gas.

Unfair.

Office Seeker—Is there anything else in the job you speak of besides the salary? Political Boss—There's a little work on the side. Office Seeker—Ah, I knew there was some string to it!—Kansas City Star.

Hence His Sadness.

"You are going to the wedding, Jean Pierre, and you look so sad!"
"I should think so. It is my own marriage."—Paris Rire.

The highest culture is to speak no ill.—Robert Browning.

A Pill for Brain Workers.—The man who works with his brains is more liable to derangement of the digestive system than the man who works with his hands, because the one calls upon his nervous energy while the other applies only his muscular strength. Brain fog begets irregularities of the stomach and liver, and the best remedy that can be used is Parmelee's Vegetable Pills. They are specially compounded for such cases and all those who use them can certify to their superior power.

Whooping Cough

SPASMODIC CROUP ASTHMA COUGHS
BRONCHITIS CATARRH COLDS

Vapo-Cresolene

ESTABLISHED 1878
A simple, safe and effective treatment for bronchial troubles, avoiding drugs. Vapo-Cresolene stops the paroxysms of Whooping Cough and relieves Spasmodic Croup at once. It is a BOON to sufferers from Asthma. Their air carrying the antiseptic vapor, inspired with every breath, makes breathing easy; soothes the sore throat and stops the cough, assuring peaceful nights. It is invaluable to mothers with young children. Send postal for descriptive booklet.

ALL DRUGGISTS.

Try CRESOLENE ANTISEPTIC THROAT TABLETS for the irritated throat. They are simple, effective and antiseptic. Of your druggist or from us, free in stamps.

Vapo-Cresolene Co.

62 Cortlandt St., N.Y.

Learning Mill Building

Watford, Can.

A. D. HONE & SON

Painters, Decorators

Good Work.

Prompt Attention.

Reasonable Prices.

Estimates Furnished.

Satisfaction Guaranteed

A. D. Hone : Clarence Hone
RESIDENCE :
ST. CLAIR ST. WATFORD

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

Children Cry FOR FLETCHER'S CASTORIA