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Dread of Asthma makes countless thousands miserable. Night after night the attacks return and even when brief respite is given the mind is still in torment from continual anticipation. Dr. J. D. Kellogg's Asthma Remedy changes all this. Relief comes, and at once, while future attacks are warded off, leaving the afflicted one in a state of peace and happiness he once believed he could never enjoy. Inexpensive and sold almost everywhere.

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QUEER FEELINGS AT MIDDLE AGE

Women Should Know How Lydia E. Pinkham's Vegetable Compound Helps at This Trying Period

Sheboygan, Wisconsin.—"I was run down, tired and nervous. I could not even do my own housework, could not sleep at night, and all kinds of queer thoughts would come to me. Finally I gave up going to the doctor and a friend told me of Lydia E. Pinkham's Vegetable Compound. After the first bottle I could sleep better and I have kept on improving ever since. I have taken seven bottles now and am so happy that I am all over these bad feelings."—Mrs. B. LANSER, 1639 N. 3rd St., Sheboygan, Wisconsin.

For the woman entering middle age Lydia E. Pinkham's Vegetable Compound can be of much benefit. During this time of life certain changes take place which sometimes develop into serious trouble.

Melancholia, nervousness, irritability, headache and dizziness are some of the symptoms. Lydia E. Pinkham's Vegetable Compound is a natural restorative, especially adapted to assist nature in carrying you safely past this time. Why not give it a fair trial?

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SHARPTHORN CATTLE
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BLACK LEGHORNS

Sheep trade looks better. Inquiries starting for fall trade already. Some nice calves coming on, and eggs for sale at a price you can afford to pay.

CHANNY FARM
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GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford station as follows:

GOING WEST
Accommodation, 11.11—8.42 a.m.
Chicago Express, 12.12—12.47 p.m.
Detroit Express, 8.55—6.54 p.m.
(c) Express, 15.15—10.10 p.m.
GOING EAST
Ontario Limited, 8.00—7.48 a.m.
Chicago Express, 6.11—11.22 a.m.
Accommodation, 11.22—5.26 p.m.
(c) Stops to let off passengers from Kingston and east.
C. W. VAIL, Agent, Watford.

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Wedding Cakes a Specialty

Muscular Rheumatism Subdued.

When one is a sufferer from muscular rheumatism he cannot do better than to have the region rubbed with Dr. Thomas' Electric Oil. Let the rubbing be brisk and continue until ease is secured. There is more virtue in a bottle of it than can be fully estimated.

WINDOW AND VERANDAH

Brightened With Flower Boxes and Hanging Baskets.

The Boxes Must Be Strong and Durable—The Soil Should Be Kept Rich and Well Watered—Hints on Arrangement of Plants.

(Contributed by Ontario Department of Agriculture, Toronto.)

Window boxes should be made strong and durable. Each box should be nine or ten inches wide at top and bottom, seven or eight inches deep inside measurements, of a suitable length to fit the window, not over four feet in length, made of one-inch dressed lumber, and when finished, painted a dull green color.

Half-inch holes should be bored about six inches apart through the bottom of the box for drainage purposes. Verandah boxes should be about the same measurements. A large iron screw eye, or iron staple, should be put at each top, outside (front) corner of the window boxes. A strong piece of wire should be attached to these long enough to attach to another screw eye or staple placed in the window frame about a foot higher up than top of box, so that the box can be fastened securely in position. Boxes and barrels may be made more artistic and rustic looking by nailing moss and fungi covered bark, of native trees, on the outside. This not only adds to their attractiveness but also helps to keep the plants moist and cool at the roots in summer time. The bark from Basswood, Elm, Cedar or Birch trees will be found suitable. By the exercise of a little taste and originality, very pretty boxes can be made at slight cost. Verandah boxes and rustic stands can be made in something the same way. One of the prettiest rustic stands I have ever seen was made from the lower half of a sugar barrel, reinforced by a thickness of half-inch board nailed on the bottom of the barrel outside to strengthen it, with three-quarter inch holes bored through for drainage purposes.

Hanging Baskets.
Wire hanging baskets lined with green moss or sphagnum moss are very effective, especially for a sunny position. The clay baskets dry out very quickly and are better suited for a shady position than a sunny one.

The soil for window boxes must be rich in fertilizers if the best results are to be obtained. It is a good plan to put an inch in depth of well rotted barnyard manure, or dry cow manure, near the bottom of each box, before filling it up with the prepared soil. About an inch in depth of soil may be placed in the bottom of the box first, and the fertilizers named spread over it, or about half a pound of bone meal may be used as a substitute for the first named fertilizers. These fertilizers will help sustain plant growth late in the season when the soil has become exhausted. One part sand, one part leaf mould (black soil from the bush) and seven or eight parts of light loamy soil well mixed, with two parts of either of the fertilizers named added, will make a good soil for window boxes, rustic stands, etc.

The best time to fill window boxes is when they are to be placed in position toward the end of May or early in June. The boxes may be set in position and well secured, before they are filled with soil or plants, as they are heavy and difficult to set in position when filled.

Arrangement of Plants.
Tall growing plants should be placed at the back of the box nearest the window. Dwarf plants and trailing plants should then be put around the front and ends of the box. Any space between these in the centre of the box should be filled with medium height plants. It is a good plan to first fill the box nearly level full with soil, then stand the plants on the surface where they are to be placed finally. By doing this the plants can be changed about and rearranged, and a good idea of the arrangement and effect desired can be obtained before finally planting them. For color effect, for instance, too much of any one color, especially the heavier colors, should not be placed in any one part of the box, whether of dwarf or tall plants, as this would not then be a proper balance of color, something that would detract from the effect considerably. By standing the plants on the surface of the soil before planting as mentioned, any change required can be easily made. Use bright colored plants mainly whether of foliage or flowers, and if possible, make use of good sized plants. Boxes filled as described at the time of setting out, will do much better than boxes filled indoors early in the season. Boxes filled very early indoors, often get shabby as soon as they are set out, and sometimes become positively unsightly before the summer season is half over.

Care of Boxes.
Window boxes, etc., require copious and frequent waterings every day, or at least every second day, especially during hot weather. The soil should be well soaked with water when watering the boxes. Toward the end of the season, in July and August, some liquid fertilizer may be given the plants.—The late Wm. Hunt, O. A. College, Guelph.

E. G. Bennett, of Missouri, says: "When you sell grain you wholesale the fertility of your soil; when you sell butter-fat you retail water, feed and sunshine."

GROWING SWEET PEAS

Getting the Very Best From This Beautiful Flower.

Location and Soil Suggested—Early Sowing Desirable—Good Support and Frequent Picking Necessary.

(Contributed by Ontario Department of Agriculture, Toronto.)

Location.—An open, sunny position in the garden suits them very well. Close up to a building or near to a close board fence facing the south is not a good place for them as the intense heat of the sun induces attacks of insect pests. An east, west, or north exposure close to a fence is not so objectionable, except perhaps a direct northern exposure. Near to an open wire fence or trellis fence is not objectionable.

Soil.—A deep, fairly rich loamy soil is best. If the ground is poor or gravelly or heavy clay, dig a trench the length required from 12 to 15 inches deep and about 10 inches wide. Place about two inches in depth of well-rooted barnyard manure or cow manure in the bottom of the trench, then fill the trench up with well enriched loamy soil. Deep digging is necessary for sweet peas even in good soil. Never sow sweet peas twice in succession in the same soil; a part of the soil at least should be renewed every year. Prepare trench or ground for sweet peas the previous fall if possible.

When to Sow.—Sow as early in the spring as the ground can be worked. The seed may be sown in lukewarm water before sowing for six or eight hours to hasten germination.

How to Sow.—Make a drill about two inches in depth. Sow the seed about two inches apart. Cover with nearly two inches of fine soil. (The Spencer type of Sweet Peas is the best kind to sow.)

Thinning.—Thin the plants when about six inches in height to three or four inches apart.

Support.—Wide meshed chicken wire five feet in height, maple brushwood or coarse twine may be used for support. Netting made of coarse twine makes an ideal support, better than wire, as the plants cling to it better than to wire.

Watering.—Water thoroughly in very dry weather. Draw a drill a few inches deep and about four inches from the row on each side. Pour water into these until the ground is thoroughly soaked. Watering in this way once every week or ten days is far more beneficial than frequent light surface waterings. Sprinkle the foliage with water under pressure from a fine sprinkler every day in hot dry weather to keep down insects, such as green aphids and red spider. Sprinkle the under side of the foliage especially. Tobacco and soap solutions are also good for insect pests.

Picking Bloom.—Keep all the sprays of bloom picked off every second day to prevent seed from forming. If seed is allowed to form, the bloom will be inferior and the flowering season of short duration.

Fertilizers.—A watering once or twice with liquid manure solution towards the end of August will help to keep the plants vigorous and productive late in the season.—The late Wm. Hunt, O. A. College, Guelph.

FORD, the car with a magneto, never held up for weak storage battery.—R. Morningstar. 17f-1f

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This Handsome Free Booklet tells just why Simplex gets every bit of the Cream for you. Send for it.—It's worth looking over for the money saving pointers it contains.
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FINE POINTS IN ENGLISH

The man had just informed the Pullman agent that he wanted a Pullman berth.

"Upper or lower?" asked the agent. "What's the difference?" asked the man.

"A difference of fifty cents in this case," replied the agent. "The lower is higher than the upper. The higher price is for the lower. If you want it lower you'll have to go higher. We sell the upper lower than the lower. In other words, the higher the lower. Most people don't like the upper, although it is lower, on account of it being higher. When you occupy an upper, you have to get up to go to bed, and get down when you get up. You can have the lower if you pay higher. The upper is lower than the lower because it is higher. If you are willing to go higher, it will be lower."

But the poor man had fainted.

RHEUMATISM?

If you are a Sufferer, Heed This Advice

Collinwood, Ont.—"It is with pleasure that I write this note of commendation. I suffered with muscular rheumatism for three years and have been completely cured of same by taking a few packages of Dr. Pierce's Auriferous Tablets and Dr. Pierce's Golden Medical Discovery.

Every after doctors' medicines failed to do any good. I am now free from all signs of rheumatism for which I most heartily thank Dr. Pierce and his wonderful medicines." Mrs. Kerwood Cook, Box 464.

Send 10c to Dr. Pierce's Laboratory in Bridgeburg, Ont., for trial pkg. of any of Dr. Pierce's remedies and write for free confidential medical advice.

HAVE YOU A COUGH?

This is of Vital Interest to You
Woodstock, Ont.—"My husband always speaks a good word for Dr. Pierce's Golden Medical Discovery, and we both feel that he owes his present good health to this splendid medicine. Bronchial pneumonia, as a child, left him with chronic bronchial trouble and it just kept getting worse every year even though he doctored and tried every remedy recommended to him. Some nights he would cough so hard I used to be afraid he might die before morning. Last fall his mother advised him to try the 'Golden Medical Discovery' and from the first few doses he improved. It is just a year now and he seems to be entirely cured of all bronchial ailments." Mrs. S. M. Greer, 27 Sydenham St.

Get the Discovery to-day at any medicine dealers, tablets or liquid.

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