

NEURASTHENIA THAT FOLLOWS LA GRIPPE

Rest and a Tonic Is the Proper Treatment Distinguished Medical Authority Says

There is a form of neurasthenia that follows la grippe. Doctors call it "post-grippal" neurasthenia. One of the foremost medical authorities of New York city in a lecture in the international clinics, said: "Broadly speaking, every victim of la grippe will suffer from post-grippal neurasthenia also. Lowering of nervous tone with increased irritability is the most striking effect of the disease, languor of mind and body, disturbed, fitful sleep and vague pains in the head and elsewhere. The treatment calls for rest and a tonic." If you have had la grippe read those symptoms again: Languor of mind and body, disturbed, fitful sleep and vague pains in the head and elsewhere. If you have any or all of them it means that you are still suffering from the effects of la grippe and that you will

not be well and free from danger of relapse until your blood is built up. The treatment, says the distinguished physician quoted above, is rest and a tonic. Dr. Williams' Pink Pills, a non-alcoholic tonic, are particularly suited for building up the blood and strengthening the nerves after an attack of gripe. The rich, red blood expels the lingering germs from the system and transforms despondent gripe victims into cheerful, healthy, happy men and women. If you have had la grippe do not wait for a relapse or for the neurasthenia that so often follows gripe, but get a box of Dr. Williams' Pink Pills now from the nearest drug store and begin the treatment at once. You can get Dr. Williams' Pink Pills from any medicine dealer or by mail, at 50 cents a box or six boxes for \$2.50 from the Dr. Williams Medicine Co., Brockville, Ont.

MARKETS WATFORD		
GRAIN AND SEEDS—		
Wheat, fall, per bush	\$ 85 @ \$ 85	
Oats, per bush	38	38
Barley, per bush	48	50
Beans, per bush	4 00	4 50
Timothy	3 50	4 50
Clover Seed	12 00	16 00
Alsike	10 00	12 00
PROVISIONS—		
Butter, per pound	28	28
Lard	18	18
Eggs, per doz	22	22
Pork	11 00	12 00
Flour, per cwt.	2 50	4 00
Brar per ton	25 00	26 00
Shorts, per ton	26 00	28 00
MISCELLANEOUS—		
Wood	2 00	2 75
Tallow	6	6
Hides	12	12
Wool	24	30
Hay, per ton	12 00	14 00
VEGETABLES AND FRUIT—		
Potatoes, per bag	2 00	2 25
POULTRY—		
Turkeys, dressed	18	21
Turkeys, per lb.	15	17
Chickens, per lb.	10	12
Fowl	7	10
Ducks	11	12
Geese	9	10
LONDON		
Wheat	\$ 85 to \$ 85	
Oats, cwt.	1 30 to 1 34	
Butter	31 to 32	
Eggs	26 to 27	
Pork	13 50 to 13 76	

Toronto, Feb. 29.—Receipts at the Union stockyards to-day were light. A good demand was in evidence for well-finished butcher steers and heifers. There is a good supply of green steers for feeding offering just now, but the demand was low, considering the attractive prices at which they can be bought, as compared with what the same class of cattle will cost in a month or so. Prices held good and steady with yesterday's market owing to the very light run. Sheep and lambs steady. Good veal calves firm. Hogs firm.

To-day's quotations:

Choice heavy steers	7 75 to 8 00
Butcher steers, choice	7 25 to 7 50
do, good	7 00 to 7 20
do, medium	6 00 to 7 10
do, common	5 00 to 5 60
Heifers, good to choice	7 25 to 7 50
do, medium	6 50 to 6 75
Butcher cows, choice	6 50 to 6 85
do, good	5 75 to 6 75
Butcher bulls, choice	6 00 to 7 00
do, good	5 50 to 6 00
do, medium	5 00 to 5 30
Feeders	6 40 to 6 80
do, bulls	4 50 to 5 50
Stockers	6 00 to 6 50
do, medium	5 00 to 6 00
do, light	5 00 to 5 50
Canners	3 50 to 4 25
Cutters	4 25 to 4 50
Milkers, choice, each	60 00 to 85 00
Springers, each	60 00 to 85 00
Calves, veal, choice	9 00 to 11 00
do, medium	7 00 to 8 00
do, common	5 50 to 6 00
Yearling lambs	7 00 to 8 00
Cull lambs	7 00 to 7 25
Spring lambs	10 00 to 10 50
Ewes, light	7 50 to 9 00
Sheep, heavy and bucks	6 50 to 8 00
Hogs fed and watered	9 50
do, f. o. b.	9 15
do, weighed at plant	9 90

Two dollars and fifty cents off all sows. Hog quotations less one-half of one per cent. for Government inspection.

East Buffalo.

East Buffalo, N.Y., Feb. 29.—Cattle—Receipts, 200 head; active and steady. Veals—Receipts, 175 head; active at \$4 to \$11.20. Hogs—Receipts, 5,000 head; active; heavy and mixed, \$9.25 to \$9.30; yorkers, \$9 to \$9.30; pigs, \$8.75 to \$8.85; roughs, \$8.15 to \$8.25; stags, \$5 to \$6.50. Sheep and lambs—Receipts, 4,000 head; sheep active and steady; lambs slow; lambs, \$8 to \$11.65; others unchanged.

Between 4 and 5 o'clock one morning lately fire was discovered in the basement of the home of L. McWatters, Sarnia. Mrs. McWatters and the other people in the house were forced to flee to neighboring houses, tightly clad and with the thermometer registering zero, to escape being smothered by the dense smoke which burst through an opening in the floor from the basement. Sarnia members of Lambtons 149 have a fine dog for a mascot.

CHOP STUFF

B. Co. Lambtons 149 now has over 60 recruits. One hundred and sixty Leamington men have joined the colors in the different branches. At a farm sale in Lobo last week yearling heifers sold at \$80 each, cows averaged \$85 each and sheep \$20. So far the Glencoe Patriotic Association has raised \$3,110.96, and also \$690.29 was contributed by that town to the Trafalgar Day fund. Edward Cassidy a former resident of Wyoming, died at Manley, Sask., lately. He conducted a butcher shop in Wyoming before going west, and his parents were pioneer hotel keepers back in the sixties. Charles Edward (Ted) Code has been successful at Toronto in his preliminary examinations for Ontario Land Surveyor. This is the youngest son of Mr. and Mrs. Richard Code, of Alvington, and the five sons are now all surveyors. Mr. Thos. Core, Wyoming, met with an accident the latter part of last week when in company with his son, Percy, he had his back severely injured by being thrown violently against a manger by the plunging of a young colt which they were endeavoring to "break in." Fears are expressed by farmers that the wheat crop is suffering seriously by the extremes in temperature that have prevailed. A heaving from frost is almost inevitable through scarcity of snow covering, and a pessimistic outlook for the 1916 crop prevails in some districts.

WANT COLUMN.

FOR SALE—a good bicycle. Apply to JOHN LIVINGSTONE, John St., Watford. m3-2t

FOR SALE—Five heifers coming two years old. Apply to RICH. MOORE, JR., Lot 19, Con. 3, N. E. R., Warwick. m3-3t

ALL COAL accounts owing HERB KERSEY must be settled by April 1st, 1916, or interest will be added at 8 per cent m3-3t

WANTED.—Rags, Iron, Bones, Brass and Old Copper. Will collect within eight or nine miles of town. No partners. —W. PHAIR. m3-3t

WANTED.—We want you to pay up your past due account for 1915. Wholesale terms 15 and 30 days.—SWIFT, SONS & CO.

WOOD WANTED.—Eight cords of 20 inch green body maple and two cords of 16 inch dry maple. Apply to MRS. J. LAMBERT, Huron St.

A FEW SETS of teamster's sleighs will be cleared out at cost price if sold at once. Drop around and see them. H. WILLIAMSON, shop on St. Clair Street. f 18-3t

WORN OUT HORSES and fallen animals of any kind bought.—LETT BROS., fur ranchers, lot 18, con. 13, Brooke; Rural phone 4821. Watford P. O. Phone messages at our expense. tf

DWELLING house in Watford to rent. Several dwelling house properties in Watford and some farms in this vicinity for sale. Apply to W. E. FITZGERALD, Barrister, Watford.

SLEIGHTS—Isaac J. Hastings manufactures the same sleighs as offered to the public years ago, and has some for sale at his shop on Warwick street. He makes these sleighs himself and is not now connected with the Hastings Wagon Co. d17tf

Housekeeper Wanted

Working housekeeper wanted in family of one, no washing or ironing. Good wages. Apply to Mrs. Harrison Corey, P. O. Box 305, Petrolia, Ont. m3-2t

Auctioneer

J. F. ELLIOT.

Licensed Auctioneer. For the County of Lambton.

PROMPT attention to all orders, reasonable terms. Orders may be left at the Guide-Advocate office

Fergus A. McNally

LICENSED AUCTIONEER For the County of Lambton.

All sales will have my prompt attention on shortest notice. Terms reasonable. Phone 24, ring 6, INWOOD, ONT. m3-3t

GETTING AN EDUCATION.

After the Age of Thirty is the Time to Start in Earnest. According to the Saturday Evening Post, the best time to get an education—perhaps the only time—is any time after one has passed thirty. The stuff that one learns before twenty is not meant to be remembered. It is only a placing of the chutes and an arrangement of the bins for the permanent contents. From twenty to thirty one is all torn up with courting, marrying and getting a foothold in life. After that is the time for education—from then on until death or senile debility. A man or woman past thirty is exactly at the most favorable period for mastering knowledge, training the mind, forming the taste. Some systematic effort is all that is necessary. Notice the silly and tiresome ways in which enormous numbers of people spend some of their holidays. They know what to do with their working hours, but not with their leisure. Most of them by a little direction and a little systematic effort might develop some special interest. Boys quickly tire of mere aimless and painless play. Naturally they want a method and a goal in it. Having a goal is exactly what gives zest to the game. And having a goal is both easy and delightful. To study anything with interest, from logarithms to caterpillars, gives one fun and profit at the same time. Try it.

PROVED ITS WORTH.

Dramatic Test That Was Made With a Bullet Proof Shirt.

"A well known war correspondent, who is a personal friend of mine," writes a correspondent of the Manchester Guardian, "tells an amusing story. While in Paris at the beginning of the war in 1914 a French inventor persuaded him to obtain an opportunity for demonstrating the usefulness of a thin chain armor shirt, which he claimed would resist any bullet or bayonet. "A sample shirt had been hung up and fired at with satisfactory results, but it was with a certain journalistic skepticism that my friend attended the official demonstration at Hendon later. Anyway, to oblige the inventor he put on one of the shirts to show its comfort and flexibility. It was then that the French inventor achieved a dramatic effect, for he whipped out a Webley automatic and blazed away straight at my friend's chest. "He is still alive to tell the tale," adds the correspondent. "Before he had recovered breath a war office official grasped him warmly by the hand. "Sir," he said, "you are a brave man!" "My friend disappeared with becoming modesty. He had gone where he could get a stiff brandy and soda!"

Logical.

"What seems to be the matter, sir?" asked the clerk in the hotel. "Were you expecting some one?" "I should say I was," said the man angrily. "My wife was to meet me here at 2 o'clock. I just got here, and now it's 4 o'clock, and she isn't here yet. Never knew a woman to be on time anyway."

A Dickens Character.

Smike, Charles Dickens' character in Nicholas Nickleby, seems to have been drawn from the life. Said the author in a letter apropos of that novel: "The casualty of those Yorkshire schoolmasters cannot be easily exaggerated. I have kept down strong truth and thrown as much comicality over it as I could rather than disgust the weary reader with its fouler aspects."

How Cripple Creek Got Its Name.

It was the cattlemen who gave Cripple Creek its name. There are a dozen traditions, but the best authenticated is the story of a cowboy whose broncho balked at the jumping of a rivulet, balked and stumbled and fell, breaking a leg for itself and one for its rider. There was no surgeon nearer than Colorado Springs, and the rough anatomical carpentry of his mates made a cripple for life of the unlucky range rider, wherefore he named the rivulet Cripple creek, and the rivulet named the region.—Exchange.

A Bloodsucking Earthworm.

South Africa is the home of a species of earthworm, a creature closely related to our common angleworm, which is not only a giant among the denizens of the soil, but which is reputed to have a taste for human blood. There are two species of this uncanny wiggler—one of a dark red color and the other almost black. They are larger than one's finger and from three to four inches in length.

A Clever Woman.

"I never deceive my wife." "You deserve credit for that." "No. The credit belongs to her." "How so?" "I am utterly unable to spin a yarn she can't see through."

10-Specials-10

Ladies' Suits, made in Watford, up to date in every particular \$22.50, \$25.00 and \$27.50.—Swift's.

Two Cases of Linens, bought a year ago, now worth from 20 to 40 per cent more. Table Linens, Naps, Towelling and Towels.—Swift's.

Two cases of Men's Shirts, fancy and white, all colored goods are washed and fast shading, no fade, with single or double cuffs, with and without collars. Price \$1.00 to \$2.00.—Swift's.

Three cases of all that is new in Young Men's and Boys' Suits, the new, nifty styles, special bloomer pants, also new styles for your first long trousers \$4.50 to \$12.50.—Swift's.

Men's Rubber Coats, the English kind that give satisfaction. Heavy double textures, no better garments sold in Canada, we are not taking in too much territory, it's a fact. Prices \$7.50, \$10.00 and \$12.50.—Swift's.

OTHER FIVE NEXT WEEK

SWIFT, SONS & CO.

DIRECT IMPORTERS

Watford's Busy Store

After Stock Taking Specials

Some Odd Lines in Women's Shoes.

Dongola Blucher, felt lined	\$2.00
Dongola Button	\$2.50
Dongola Blucher	\$2.00
Patent Blucher	\$3.00
Felt Slippers from 25c pair to	\$1.25
Girls' Dongola Button, sizes 11 to 2 at	\$2.10
Girls' Gunmetal Button, sizes 11 to 2, at	\$2.25
Girls' Calf School Shoe at	\$1.90
Boys' Calf Shoe (every day)	\$2.00
Boys' Box Calf Blucher	\$2.75
Men's Calf Blucher, tan or black (military)	\$3.40
Men's Gun Metal Blucher	\$3.50
Men's Gun Metal Button (military)	\$4.25

Rubbers, all sizes and shapes at old prices.

Our stock of Wall Paper for the coming season is complete and shows some distinctive new patterns. Call and see them.

P. DODDS & SON