### TAKE MYADVICE

Don't waste time on inferior salves because they're a few cents cheaper. I have proved Zam-Buk best for Eczema, Piles, Skin Diseases, and Injuries.

As a mother, you owe it to your family to use the best, that's Zam-Buk! 50e box. All Druggists and Stores



### RICHARD BROCK & SON International Machinery AND Engines

All Kinds of Implements furnished on short notice. **Gasoline Engines** suitable for all kinds of work. BAKER AMD CARGILL WINDMILLS LIGHTNING RODS BUGGIES AND CARRIAGES CREAM SEPARATORS

The best goods on the market at the Agent for the Celebrated

STANDARD WIRE FENCE 30 years' experience in auctioneering, Lambton and Middlesex licenses, SATISFACTION GUARANTEED

RICHARD BROCK & SON CORNER HURON AND MAIN STS. WATFORI

#### CHANTRY FARM Shorthorn Cattle and Lincoln Sheep

Wanted to purchase any number of Lincoln or Cotswold rams, one and two years old, registered or good grades, must be shorn not later than April 1st and in good condition for August delivery.

ED. de GEX - KERWOOD, ONT.

Canadian Hair Restores



Restores Grey Hair to original color. Two might use from same bottle, hair of one becomes black, the other blond or other color as they were in youth. Stops Falling Hair, Dandruff, Itching-Cures all Scalp Diseases, Produces New Growth. Satisfaction guaranteed or money back.

Price 75 cents or two for One Dollar (nostage paid.) Not sold in stores, address

Canadian Hair Restorer Co., WINDSOR, ONT.

#### "For God's Sake. Let Me Stay!"

He pleaded with all the intensity his weakened body and soul could master. His voice trembled. Tears lurked in his for two days on the train," he said. "I have been turned out of my boarding house. I have been turned out of a hotel in my own town. The local hospital refused me admission. Nobody wants me, For God's sake, doctor, let me stay."

sake, doctor, let me stay."

This man had been a railway conductor.

He had money to pay for his needs; so he applied to the Muskoka Cottage Sanatorium for treatment of the disease which held his life in its grip—consumption. But those sufferers without money and without friends, what of them? With their hopeless knowledge that people shun them, they believe it futile to seek relief. If their lives are to be sparred they must be sought out and supplied with nourishment, medicine, and treatment. To do this costs money. Will you contribute a trifle to help in this effort to save lives? Please act quickly. Winter has brought keen suffering.

Contributions to the Muskoka Free Hos-

aints

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paint

oday.

SON

Contributions to the Muskoka Free Hospital for Consumptives will be gratefully acknowledged by W. J. Gage, Chairman Executive Committee, 84 Spadina Avenue, or R. Dunbar, Secretary - Treasurer, 347 King Street West, Toronto.

A French botanist claims that plants an hear. Probably they can tell us what the wild waves are saying. The report of a gun a mile away takes we seconds to reach the ears.

Children Cry FOR FLETCHER'S CASTORIA

#### Cruelty in the Country

Custom is the perpetuator of many a cruelty. The farmer, unless he keeps up with the best farm literature, follows his father's methods, needlessly painful though they may be to the farm animals. Think of the millions of swine butchered in the old-fashioned way—seized, "stuck" and then left to stagger around and bleed to death. Men are doing this just as they did it a hundred years ago, in spite of the fact that intelligent and up-to-date farmers first drop the animal by a small bullet rightly placed, destroying all consciousness, and then use the knife. The bleeding is in no way retarded by this plan.

Consider also the cruelty of dehorning cattle, prohibited by law in certain countries, when a little stick of caustic potash used on the week-old calf's head at the spots where the horns would grow, and canter the stages of the sta

at the spots where the horns would grow, and causing almost no pain to the calf, would prevent the horn from growing at all. Moisten the places with your finger dipped in water and then rub with the potash till the skin simply begins to look ried.

Docking the tails of lambs is another Docking the tails of lambs is another form of cruelty that the country is guilty of, probably because tradition says the wool will become less soiled. Wise farmers who have dared experiment by leaving their lambs' tails on, or who have read of some one else who has, know better. Millions of sheep with tails cut off that might better have been left on if their owners were seeking to ascomplish the end for which they cut them off!

#### GIVE THAT PUNY CHILD THIS GUARANTEED REMEDY

If your child is under-weight, listless alling, liable to get sick easily, it needs a medicine to build its weight and strength. For this purpose there is nothing else we know of that we can so strongly endorse as Rexall Olive Oil Emulsion. The remarkable success of this splendid medicine is due to the fact that the cantains investigated that they can be the splendid medicine is due to the fact that it contains ingredients that tone the nerves, enrich the blood and furnish to the entire system the strength, weight and health-building substauces it needs. And, it does all this without injuring the stomach. In fact, Rexall Olive Oil Emulsion is not only pleasant to take, but even the most sensitive stomach is benefited by it, and the digestion improved. On the other hand, it contains no alcohol or habit-forming drugs, which most parents object to giving their children. It does its good work by taking hold of the weakness and builds the body up to its natural strength, at the same time making it strong to resist disease.

up to its natural strength, at the same time making it strong to resist disease. If Rexall Olive Oil Emulsion doesn't build your child up, teed the stunted, puny muscles, and make the little one lively, strong, well, and full of the animal spirits children are meant by nature to have, come back and tell us and get your money back. We don't want you to lose a cent. We think this is no more than fair, and it leaves you no cause to hesitate. For old people also—for convalescents—for all who are nervous, tired-out, run-down, no matter vous, tired-out, run-down, no matter what the cause—we offer Rexall Olive Oil Emulsion with the same guarantee of entire satisfaction or money back. Sold

only at the Rexall Stores, and in this town only by us. \$1.00.

J. W. McLAREN, Watford,

#### A Man Eats 54 Tons of Food

(New York World) An English scientist with a passion for statistics has been computing the amount of food that the average man eats in a lifetime. He asserts that in the process of attaining his three-score years and ten he eats about fifty-four tons of solid foods

he eats about fifty-four tons of solid foods and fifty-three tons of liquid.

He will have eaten 12,000 eggs, 400 pounds of cheese, about four tons of fish, and, could it have been all baked at once, a loaf of bread equal in size to an ordinary family hotel.

But think of the vegetables devoured. Our scientist says a train three miles long would be required to bring a life's supply to the average man.

Spare the children from suffering from worms by using Miller's Worm Powders, the most effective vermifuge that can be got with which to combat these insidious foes of the young and helpless. There is nothing that excels this preparation as a worm destroyer, and when its qualities become known in a household no other will be used. The medicine acts by itself, requiring no purgative to assist it, and so thoroughly that nothing more is desired.

#### Electric Line, Stratford to Grand Bend

Toronto, March 26.—The route of the London, Grand Bend and Stratford Rail-way Company, which is now seeking incorporation by the Legislature, proposes a service through the principal municipalities lying between London and Lake Huron. The projected line traverses the townships of London, Lobo, East and West Williams, McGillivray to the city of Stratford, through the townships of Stephen and Usborne in Huron county, the townships of Hibbert, Fullarton, Biddulph, Blanshard and Downie in Perth County.

The capital of the company is to be \$2,000,000, with bonding powers of \$35,000 per mile.

Powers are sought to generate electricity and sell the surplus under the pro-

per mile.

Powers are sought to generate electricity and sell the surplus under the provisions of the power commission act.

The company also seeks connection with the street railway services of London and Stratford. There is a clause in the bill giving the right to operate over the tracks of the London Street Railway and the London and Port Stanley Railway and the Stratford Street Railway to the centre of these cities upon conditions to be determined by the Ontario Railway Board.

#### "NEARLY DROVE ME WILD, UNTIL I TOOK KEPHALDOL

Mr. Thomas Cooper, Ludley, Sussex, England, wa "almost frantic with Neuralgia, when he first took a KEPHAL-DOL Tablet.

'I am nearly 74 years of age and have suffered with Neuralgia nearly all my life. A friend told me about KEPHAL-DOL and I had my people get me a 2s. package. I took two tablets as soon as I got them and quickly received relief. It was joy." was joy."

was joy."
So great became the tame of KEPH-ALDOL Tablets abroad that there reputation spread to this country. The demand for KEPHALDOL grew so rapidly that arrangements were made to establish a Canadian office and supply all the druggists. These wonderful Tablets, the prescription of Vienna's famous nerve specialist, Herr Doctor Stohr, have brought welcome relief to hundreds suffering from Neuralgia and Headaches, the ravages of La Grippe, Rheumatism, Sciatica and Lumbago, Pain in the back, and in fact any pain.

If you cannot get the 50c tubes at your druggist's, write Kephaldol Limited, 31 Latour Street, Montreal.

#### In Short Hand

I. O. U. we all know well What these three letters mean;
P. P. C., they indicate
That no more we'll be seen.
R. S. V. P. briefly ask

That a reply be sent;
E. O. E. the merchants use
To safeguard their intent.

Dr. just before the name
Means he can make a pill
Dr. just behind the name
Means that he owes a bill. D. D. tells in letters large
That he knows divine law

D. D. also lets us know That he a tooth can draw A. M. means master of arts Or the sun's morning trail.
P. M. means the afternoon
And one who handles mail.

X means sometimes a cross-road Or value out of sight;
Oft to the world it proclaims
His name he cannot write.

P. S. means I've more to write, On this all women dote. N. B. means remember well About that which I wrote. Though it be slang, 23 Means get out, skip, skidoo;

And following its advice
That's what I now will do.
.—Birmingham Age-Herald

#### CASTORIA For Infants and Children. The Kind You Have Always Bought

Bears the

Free Gravel

Ottawa, March 26.-The railway con mittee room of the Commons was crowd ed this afternoon when a general Western Ontario delegation of 150 impressed upon Hon. Robert Rogers the very practical value of J. E. Armstrong's plan for providing the municipalities with gravel dredged from the St. Clair River at Point Edward.

Speakers representing Lambton Essex

Edward.

Speakers representing Lambton, Essex and Kent all indorsed the scheme, and Hon. Robert Rogers replied that he was now having an engineer go to Point Edward to investigate, and that if the report was what was likely to be shown, according to what he had heard, he would co-operate in every possible way to give the people what was justly theirs.

A Pill that proves its Value.-Those of weak stomach will find strength in Par-melee's Vegetable Pills, because they serve to maintain the healthful action of the stomach and the liver, irregularities in which are most distressing. Dyspep-tics are well acquainted with them and value them at their proper worth. They have afforded relief when other preparations have failed, and have effected cures in ailments of long standing where other medicines were found unavailing.

Chatham, March 26.-With the head severed from the body and floating about in the railway ditch and the body horrib-ly mangled and lying between the rails ae remains of a man were found on the Pere Marquette Railway to-day. It is believed that the victim is James Sturgis, of Dover township. An inquest will be



#### Smiling

## When the weather suits you or not, Try smiling. When your coffee isn't hot

Try smiling. When your neighbor don't do right Or your relatives all fight, Sure it's hard, but then you might Try smiling.

But it cannot make them worse-Just smiling.
And it seems to help your case, Brightens up a gloomy place; Then it sort of rests your face— Just smiling.

#### How Paper is Made

The paper which the reader holds, and on which the Guide-Advocate and thousands of other newspapers are printed, is made of wood. It is reduced by grinding, but some is pulped by chemical process. The letter leaves a longer fiber, which can be noticed, and is made so for the purpose of adding resistance or nontearing quality to the finished product. All this is of particular interest now that the newspaper industry of the nation is beginning to "worry" about the future wood pulp supply, and experiments are planned to introduce new classes of timber into the manufacture of paper.

The larger publications of the cities which have a circulation of 60,000 copies of 16 pages each will consume per issue all the pulp made from four acres of average pulp wood. This will give the

erage pulp wood. This will give the reader an idea of the drain on this sup-

Attacked by Asthma.—The first fear-ful sensation is of suffocation, which hour by hour becomes more desperate and hopeless. To such a case the relief afforded by Dr. J. D. Kellogg's Asthma Remedy seems nothing less than miraculous. Its help is quickly apparent and soon the dreadful attack is mastered. The asthmatic who has found out the dependability of this sterling remedy will never be without it. It is sold every-

#### When Flannigan was Fired

Pat Flannigan, who worked in the Boston navy yards, broke the rules of that establishment every day by sneaking off to a retired spot and smoking his pipe after lunch. He knew that, if he should be detected in this breach of discipline, his dismissal would follow automatically, but his love of tobacco got the best of him.

One afternoon, when his pipe was

got the best of him.

One afternoon, when his pipe was blazing, and the clouds of smoke encircled his head, the captain in command of the yard discovered him.

Pat knew his job was gone, but he paid no attention to the commandant.

"Well, my man," demanded the captain "what have you to say !"

ain, "what have you to say !"

Pat said nothing.

"Do you know who I am?" inquired the captain, wrathfully.

Flannigan, puffing steadily on his pipe, made no response.
"I am the commandant of this yard!" thundered the officer.

Pat turned his head slowly, and looked

Court Lorne, No. 17 C.O.F.

up at him.
"Shure," he said approvingly; "you've got a good job. Hold on to it."

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

#### What Home Science Means

Plenty of people say a lot of funny things about Home Science, called also Home Economics and Domestic Science. They are trightened by a name and dodge behind a belief that it is all a dry, theoretical rigmarole about germs and some-thing called food-values. This is what Home Science really means. It means the "thought-out" way of doing the work of the home. It does not mean taking the taste out of the dinner. It means keeping the taste, getting all the nourish-ment and cutting down the cost and the labor. And it not only means it, it does it. It is a case of brains versus habits—mostly old and often bad habits.

#### Courtesy in Letter Writing In writing a business letter asking for

In writing a business letter asking for some particular information did you ever neglect to reply after receiving it, thanking your informant for his trouble? "Nine times out of ten," says a leading business man, "the writer of such a letter forgets to acknowledge the receipt of the information, and by so doing he is committing one of the worst offenses in committing one of the worst offenses in business etiquette. Many times the re-quest for information calls for consider-able trouble, and very often the writer even fails to enclose a stamp for reply."

A well-known racehorse owner said to veterinary surgeon :"How is it you haven't called on me

"Oh," said the vet, "I never ask a gentleman for money."

"Indeed! Then how d'you get on if he don't pay?"

"Why, after a certain time I conclude he's not a gentleman, and then I ask him"

Wise mothers who know the virtues of Mother Graves' Worm Exterminator al-ways have it at hand, because it proves

men of average weight are qual to a ton. Sixty thousand dollars a day is the stimate of the loss due to the recent strike at Dublin, Ireland.

A Fernie man was fined for creating a disturbance at a christening. Generally it is the principal member of the cast who makes the disturbance on such

A Friend Indeed

Constipation is the bane of old age—harsh cathartics aggra-vate, avoid them and use Cham-berlains Tablets, the mildest and

CHAMBERLAIN'S

MEDICAL

JAMES NEWELL. PH. B., M. Q L. R. C. P., M B. M. A. England Watford, Ont.

OFFICE-Main St., next door to Mercha R. G. KELLY. M. D.

Wattord, Ont.: OFFICE—MAIN STREET, formerly observed Dr. McLeay. Residence Front St. East

THOS. A. BRANDON, M. D. WATFORD, ONT. P ORMERLY OF SARNIA GENERAL HOSPITAL
and Western Hospital of Toronto.

OFFICE-Main Street, in office formerly seems

DENTAL.

#### GEORGE HICKS,

D.D.S., Thinity University, L.D.S., ROY, oliege of Dental Sur, cone, Post graduate ridge and Crown work, Orthedontia and Poscets ork. The best methods employed to preserve \$\frac{3}{2}\$ patural teeth,
OFFICE—Over Thompson's Confectionery, MAIS
ST. Wasterd. At Queen's Hotel, Arkena, is and 3rd Thursday

#### C. N. HOWDEN D. D. S. L. D. S.

BADUATE of the Royal College of Dendal Size geons, of Ontario, and the University Toronto, Only the Leves and Most Approved Apparances and Methods need, Special attention to Owen and Bridge Work. Office—Over Dr. Kelly's Surgers, MAIN STREEZ. WATFORD



B Smith, C. R. 1 H. Hume R. Sec., J. E. Collier, F. Sec.

CRAND TRUNK FALLY AV

### TIME TABLE

Drains leave Watford Station as follows Accommodation, 109 ... 8 44 a.m. Accommodation, 111 ... 2 45 a.m. Chicago Express, 1 ... 9 174 p.m.

New York Express, [6 ... 11 01 a.m. Accommodation, 110 ... 12 03 p.m. 18 New York Express, 2 ... 3 00 p.m. 28 Accommodation, 112 ... 5 16 p.m. 18 C. VAIL, Agent, Watford

GOING BAST



MUNN & CO. 361Broadway, New York Branch Office, 625 F St., Washington, D. C. Steps are being taken to secure a Carnegie library for Glencoe. The Carnegie Library Corporation has granted the town council's request for \$5,000, provided the town makes a yearly expenditure of \$500. A site for the library can be purchased. The entire matter will likely be submitted to the ratepayers to yote unon.

o vote upon. The Reeve, tax collector, and other officials of Tisdale township are charged with serious mishaudling of tunds.

Children Cry FOR FLETCHER'S CASTORIA

Medic is a stomach, liv the stomach to kidneys to act—th corpuscles are incre

instead of logy, dilates the stomachies and is a most satisfactory a The refreshing influence of this en favorably known for over can tell you of the good it has Sold by all medicine dealers in la stamps to Dr. Pierce, Buffalo,

### Watford

We have the following b give you close prices on any qu SUNRISE, First Pa FIVE ROSE ROYAL HOUSEHO HORTON HARVEST QUEEN

GOLD DUST RED ROSE, High G NEW ERA, Specia Get our Prices. They will a It will receive prompt attention.

C. B. MAT 

### TRENO

Flour, Oatmeal, C Flaked Wheat a Feed, Grain, Se

We Car INTERNATIO FOR HORSES, CATTI

CALDWELL'S AND THREE DIFFERENT

ALL KINDS OF GI Chapping and Ro

## House

most popu carry the MASON & RISCH lines of Fi Parlor, PIANOS, GRAM-

APONES, STRING INSTRUMENTS, Value ar MUSIC BOOKS, are noted

SHEET MUSIC,

EDISON RECORDS with relia

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## FINE FURNITURE

WITHOUT doubt th necessity for the co hygienie living. annoyance the el known to modern laying new floors i

should know. Tell GEOI WATFOR.