

ADDRESSED TO WOMEN

IS YOURS A Case of "Nerves?"

Hot flashes, dizziness, fainting spells, backache, headache, bearing-down pains, nervousness—all are symptoms of irregularity and female disturbances and are not beyond relief.


Dr. Pierce's Favorite Prescription

is that of a famous physician unusually experienced in the treating of women's peculiar ailments. For forty years it has been recommended to suffering womanhood. Thousands of women can bear witness to its beneficial qualities. Perhaps its aid is all that is required to restore to you perfect health and strength. Now is the time to act, write Dr. R. V. Pierce's, Buffalo.

I AM NOW CURED

Mrs. Debra K. Rogers, of San Francisco, Calif., writes: "I take pleasure in recommending your wonderful medicine, and wish to say in behalf of your 'Favorite Prescription' and 'Golden Medical Discovery' that through their use I am now cured of the various troubles that a woman is heir to. These remedies cured me when others failed and I therefore resolve to take no other. I thank you for your advice."

YOUR DRUGGIST CAN SUPPLY YOU IN LIQUID OR TABLET FORM



Mrs. ROGERS

Fare \$2.50

DAILY BETWEEN CLEVELAND & BUFFALO



THE GREAT SHIP SEEANDBEE

The largest and most costly passenger steamer on inland waters of the world. In Service July 1st. Length 200 feet, breadth 38 feet, 5 funnels, 10 staterooms and private accommodations, 1500 passengers. Magnificent Steamers SEEANDBEE, City of Erie and City of Buffalo.

Daily—Cleveland and Buffalo—(May 1st to Dec. 1st)

Leave Cleveland 8:00 P. M. Leave Buffalo 6:30 P. M.
 Arrive Buffalo 6:30 A. M. Arrive Cleveland 8:30 A. M.
 (Central Standard Time)

Connections made at Buffalo with trains for all Eastern and Canadian points; at Cleveland for Put-in-Bay, Toledo, Detroit and all points West and Southwest. Tickets reading via any railroad line between Cleveland and Buffalo accepted for transportation on C. & B. line steamers. Ask your ticket agent for tickets via C. & B. line. Send 6 cents postage for handsome booklet.

THE CLEVELAND & BUFFALO TRANSIT CO.
 T. F. Newman, Gen'l Mgr. H. R. Rogers, Traffic Mgr. W. F. Herman, Gen'l Pass. Agent
 Cleveland, Ohio

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	do
ROYAL HOUSEHOLD do do	do	do
HORTON do do	do	do
HARVEST QUEEN, 2nd Pat. from Man. wheat		
GOLD DUST do 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

COAL AND LUMBER

We were never better prepared and equipped to meet the wants of our customers than at the present time. We have one of the most complete stocks of

LUMBER, SHINGLES, BUILDERS' SUPPLIES, ETC.,
 to be found in the West.

All Sizes of Reliable Coal at Lowest Prices

Planing Mill and Factory in Connection

PRICES REASONABLE AND EVERYTHING UP-TO-DATE

Your patronage appreciated and solicited.

Electric Light. Chopping Mill.

Established 1870

GEO. CHAMBERS.

"Staff of Life" Shown to be of Little Use

Professor T. B. Wood, of Cambridge, England, lecturing at the Royal Institution, exposed the pretensions of bread. The "staff of life," he said, "has been masquerading as a valuable food on the strength of the protein it contains, but it has now been discovered that half of that protein is composed of glutamic acid, of which the human system requires but a minute quantity, while the remainder is split up into a dozen or fifteen other products of considerable value to animal life, but which are necessarily found in bread only in almost infinitesimal proportions. In order to obtain sufficient quantities of the latter on a bread dietary, the system would have to cope with a vast amount of waste glutamic acid.

"What we want to encourage people to do," Professor Wood declared, "is not to worry about eating this kind of bread or that kind of bread, but to mix other things with their bread in order to get protein better suited to animal requirements than is this extraordinarily lopsided protein which is derived from bread."

The Holidays

It is peculiar, but nevertheless true that children greet the advent of the holiday season with much the feeling of gratification common to the prisoner who is paroled. To draw a definite line of demarcation between innate aversion of school and aversion justified by school conditions is impossible, yet we cannot help but feel that hereditary influences, if they are as strong a force as represented, are largely responsible for the status of school in the mind of the child.

All educational efforts of recent years have been directed with a view toward making school life attractive to the pupil, for only those lessons learned under pleasant auspices can be of the utmost value in after-life. Despite the strides that have been made in the direction of popular education we still have a preponderating majority of boys and girls who spend countless hours in anticipating the arrival of the next holiday season and in forgetting what they have learned when the vacation does arrive. Our school system is not much at fault. It is merely the assertion of youth's aversion to discipline and restraint.

The Humble Hen

Honour the humble hen and her illustrious husband. Quietly, clucking over thoughts that man cannot fathom, she goes softly about the barnyard or chicken yard, thankfully assimilating the various bits of nutrition or gravel that attract her attention. In the proper season she betakes herself to her nest and there exercises to the full the instinct that prompts her to bring into being those fluffy little objects that go about shouting "peep" and pecking vainly at everything in sight, "just like mother."

When the boarding house table calls for its Sunday sacrifice, it is the hen who offers herself as a balm to the palates of the homeless. When the dark maw of the cold storage warehouse opens, it is the hen who furnishes the eggs to fill that emptiness, and her eggs that rest in mute, inglorious certainty within that darkness, knowing if they know anything at all, that whatever their age, they will once more appear to the world in the guise of freshness and bring a price undreamed of even in the glory of their youth.

Man owes much to the hen. Were there no hens, no man would be hen-pecked. He might even have to be duckpecked. And think of the ignominy and discomfort of that! Were there no hens, the man whose garden falls would have to find some other excuse than that most convenient one of the neighbors poultry. Were there no hens, the sufferings of the victims of hen fever could never be assuaged. Were there no hens how could the children have chickenpox and thereby escape for a few days the thralldom of the schoolroom?

From early youth to old age the hen is the companion or the occasional food or a bane or a figure of speech for mankind. She may not be the mother of henlady's, but she is a mighty figure in our daily life. She is worthy of praise and protection, care and comfort.

Honour the humble hen—and her illustrious husband.

The excesses of our youth are drafts upon our old age, payable with interest about thirty years after date.

The man who makes hay when the sun shines doesn't have to borrow his neighbor's umbrella when it rains.

Variations in the Test

Frequent experiments have shown that one single test of a cow's milk is not reliable as an indication of what percentage of fat her milk normally contains. A great many well known causes affect the test, also some causes that are unknown at present even by the closest students. This "variation in the test" is one of the puzzles of the cow's individuality and because of these puzzling variations it is advisable to take composite samples at intervals so as to ascertain the average test.

Some recent painstaking investigations at one of the dairy research stations in England with seven cows for two days, even covering such details as a separate test of eleven successive pints, three times a day, from the four quarters of the udder, show that while the average test with the cows giving thirty pounds of milk per day was 3.6 per cent, the variation was all the way from only six tenths of one per cent up to nine and a half per cent of fat.

This is clear proof of how misleading one single test may be. If the real earning capacity of each individual cow is to be computed, it must be on the basis of her annual production of milk and fat less the cost of feed; regular weighing and testing give that knowledge which every factory patron should have of each cow he keeps.—Department of Agriculture.

Every man who inherits wealth has a long start of those who begin life with their muscles and brains.

Have you noticed that when a man is always cheerful and helpful, nobody ever thinks it necessary to ask him if he is a Christian.

The most glad thing in the world is that few of us fall very low; the saddest that, with much capabilities, we seldom rise high.

Perseverance and tact are the two great qualities for all men who would mount, but especially for those who have to step out of the crowd.

Such is the destiny of great men that their superior genius always exposes them to be the butt of the envenomed darts of calumny and envy.

Constant application to pleasure takes away from the enjoyment, or rather turns it into the nature of a very burdensome and laborious business.

It is a great thing to have a big brain, a fertile imagination, grand ideals, but the man with these, bereft of a good backbone is sure to serve no useful end.

CASTORIA
 For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

Religion Up-to-date

O Lord, I come to Thee in prayer once more;
 But pardon that I do not kneel before
 Thy gracious presence—for my knees are sore
 With too much walking. In my chair
 I'll sit at ease, and humbly bow my head.

I've labored in Thy vineyard, Thou dost know
 I've sold ten tickets to the minstrel show,
 I've called on fifteen strangers in our town
 Their contributions to our church put down.

I've baked a pot of beans for Wednesday's tea,
 An "Old Time Supper" it is going to be.

I've dressed three dollies for our annual Fair,
 And made a cake which we will raffle there,
 Now, with Thy boundless wisdom, so sublime,
 Thou knowest that these duties all take time.

I have no time to fight my spirit's foes,
 I have no time to mend my husband's clothes,
 My children roam the streets from morn till night,
 I have no time to teach them to do right.
 But Thou, O Lord, considering my cares,
 Will give them righteousness and heed my prayers.

Bless the bean supper and the minstrel show,
 And put it in the hearts of all to go.
 Induce all visitors to patronize
 The men who in our program advertise.
 Because, I chased those merchants till they hid,
 When they would see me coming—yes! they did.

Increase the contributions to our Fair,
 And bless the people who assemble there,
 Bless Thou the grab-bag and the gypsy tent,
 The flower table and the cake that's sent,
 May our whist club be to Thy service blest.

The dancing party gayer than the rest,
 And when Thou hast bestowed these blessings—then,
 We pray that Thou wilt bless our souls,
 —Amen.

Sore Feet.
 CHAFED PLACES.
 BLISTERS, &c.

Are your feet hot, sore and blistered? If so, try Zam-Buk.


As soon as Zam-Buk is applied it cools and soothes injured smarting skin and tissue.

Its rich, refined herbal essences penetrate the skin; its antiseptic properties prevent all danger of festering or inflammation from cuts or sores; and its healing essences build up new healthy tissue.

For stings, sunburn, cuts, burns, bruises, etc.—just as effective.

Mothers find it invaluable for baby's sores!

All Druggists and Stores—50c. box.



Zam-Buk

COUNTY OF LAMBDON

Treasurer's Notice as to Lands Liable For Sale For Taxes A. D. 1913.

TAKE NOTICE that the list of lands in the County of Lambton liable for sale for arrears of taxes by the Treasurer of the County, has been prepared by me and that copies thereof may be had in the office of the Treasurer of the County of Lambton.

AND FURTHER TAKE NOTICE that the list of lands liable for sale as aforesaid is now being published in the Ontario Gazette in the issues thereof bearing dates the 5th, 12th, 19th and 26th days of July, A. D., 1913.

AND FURTHER TAKE NOTICE that in default of payment of the taxes in arrears upon the lands specified in said list together with the costs chargeable thereon as set forth in said list so being published in the Ontario Gazette before the day fixed for sale of such lands, being the 8th day of October A. D. 1913, the said lands will be sold for taxes pursuant to the terms of the advertisement in the Ontario Gazette.

AND FURTHER TAKE NOTICE that this publication is made pursuant to "The Assessment Act A. Edward VII, Chap. 23, and amendments.

Dated at Sarnia this 5th day of July A. D. 1913.

HENRY INGRAM,
 jyl11-13t Treasurer County of Lambton.

WANTED

GOOD LOCAL AGENT
 AT ONCE TO REPRESENT THE

OLD AND RELIABLE FONTHILL NURSERIES

SPLENDID LIST OF FRUIT AND ORNAMENTAL STOCK FOR FALL DELIVERY, 1913, AND SPRING DELIVERY, 1914.

START AT ONCE AND SECURE EXCLUSIVE TERRITORY. WE SUPPLY HANDSOME FREE OUTFIT AND PAY HIGHEST COMMISSIONS.

WRITE FOR FREE PARTICULARS.

STONE & WELLINGTON
 Toronto - Ontario

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MEDICAL.

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

OFFICE—Main St., next door to Merchants Bank, Residence—Front street, one block east from Main street

R. G. KELLY, M. D.
 Watford, Ont.

OFFICE—MAIN STREET, formerly occupied by Dr. McLeay, Residence Front St. East.

THOS. A. BRANDON, M. D.,
 WATFORD, ONT.

FORMERLY OF SARNIA GENERAL HOSPITAL and Western Hospital of Toronto.
 OFFICE—Main Street, in office formerly occupied by Dr. Gibson.