

No man is Stronger Than his Stomach

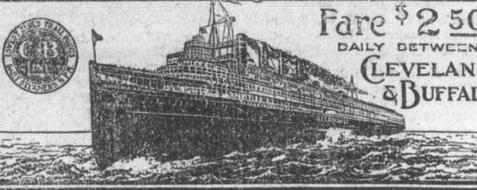
The Medical Adviser by E. V. Pierce, M. D., Buffalo, N. Y. answers hosts of delicate questions about which every man or woman, single or married ought to know. Sent free on receipt of 50 one-cent stamps to pay for wrapping and mailing.

LET the greatest athletes have dyspepsia and his strength will soon fall. One's stamina—forcefulness and strength of mind or muscle depend upon the blood, and the blood in turn, requires a healthy stomach, for the stomach is the laboratory where the food is digested and such elements are taken up—or assimilated—which make blood. In consequence all the organs of the body, such as heart, lungs, liver and kidneys, as well as the nervous system, feel the bad effect if the stomach is deranged.

Dr. Pierce's Golden Medical Discovery

helps the stomach to digest food properly, starts the liver into new activity, removing the poisons from the blood, and the various organs get rich, red blood, instead of being illly nourished. The refreshing influence of this extract of native medicinal plants has been favorably known for over 40 years. Everywhere some neighbor can tell you of the good it has done.

Sold by all medicine dealers in liquid or tablet form or send 50 one-cent stamps to Dr. Pierce, Invalids' Hotel, Buffalo, and a trial box will be mailed you.



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FIVE ROSE do do do	do	do	do
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Flour, Oatmeal, Cornmeal, Wheat Kernells, Flaked Wheat and Barley, All Kinds of Feed, Grain, Seeds and Poultry Food.

We Carry a Full Stock of

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FOR HORSES, CATTLE, SHEEP, HOGS AND POULTRY.

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ALL KINDS OF GRAIN TAKEN IN EXCHANGE
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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.,

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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.

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LAUNDRY MATTERS.

How to Do Up the Season's Fashionable Embroidered Collars and Cuffs. No matter how particular you may be in caring for embroidered collars or centerpieces, they will become soiled. Every housewife should know how to clean these articles, so that she need not resort to the professional cleaner when they become soiled.

Place a half pint of bran in a pan and add the same amount of cold water. Allow it to boil slowly for twenty minutes and then strain through a fine cloth. Add a pint of boiling water and use this mixture to wash fine embroideries and laces for the first time. Squeeze them gently with the hands, and if they are much soiled soap jelly can be added to the mixture. This is made by dissolving pure white soap in boiling water.

If the embroidery is done with colors add salt to the rinsing water, which should be clean and moderately hot. This will set the colors of silks or cottons so that they will not run. It is a wise precaution to immerse colored embroideries in salt water before washing in the bran water.

Embroidered articles should be dried quickly and ironed on the wrong side. First spread the work over a folded blanket covered with clean muslin. When ironed on this the embroidery will stand out in bold relief.

If the dollies or scarfs are fringed at the edges shake them well when quite damp and never iron, or they will become matted.

A REAL WORKSHOP.

What the Kitchen is to the Progressive Housewife.

Many women have a wrong idea of what a kitchen should be. They often seem to think of it as a kind of room where everything should be hidden away and tucked away from sight. This may result in "appearance," but it is not efficiency. A kitchen is the workshop for the preparing of food, and efficiency and convenient placing should rule over mere looks.

The efficient kitchen should be so arranged that it is not necessary to hide all pots and pans under doors and in cupboards away from sight. Did you ever visit a factory or large establishment where the boilers and the caldrons and the belting and the thousand tools were stuck away from sight when not in use? Your kitchen equipment should be so attractive and good that it looks well and doesn't need to be tucked away.

Every time a pot is pushed into a shut closet we increase the dangers of uncleanness, and it takes us twenty unnecessary motions to stoop to place it in a low cupboard and fish it out again. Hang up, place on shelves, put knives in strips of canvas, screw eyes on small pieces; use no closet doors if possible and let your kitchen be a real workshop.

POPULARITY OF LINEN.

Cool and Dainty Are Summer Suits in This Warm Weather Fabric. Despite the popularity of cotton eponge or ratine, linen as a fabric for summer suits has many admirers, who claim that it is cooler than the newer materials. It certainly wrinkles and creases easier than eponge, although the ramie linen is not as soft as an offender in this respect as the French linen or crash.

There are some very effective shades in the new linens this season, so nov-

Zam Buk

is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!

All Druggists and Stores—50c.

thusians. Yellow linen in a shade bordering on leaf green is one of the best liked of the new colors.

White linen, however, is always the standby of the conservative woman and the pretty dress illustrated is of white linen. It is well adapted for street wear because the linen of which it is made is not transparent and the simple bands of Cluny lace are put on with tailored effect.

The Color Note. Whatever the fabric or fashion of your blouse, it should have on it somewhere a touch of color, for the all white blouse, it seems, is not in the running.

The Handy Washer Skate. A new boon to the bachelor girl and tourist is seen in the shops. It is called a "washer skate" and is a small, hardwood roller fitted with a handle. A pair of these can be used at one time or the single one, which will act as a miniature washboard, with much better results.

Stockings placed in a bowl, children's small pieces or a soiled waist can be easily rubbed clean with this simple device. It is also particularly good for lingerie, stocks and the small trifles we all wear in summer.

Waists Fasten in Front. Every one must be happy that it is fashionable to have waists button in the front.

The cotton crape waists are the success of the hour and crepe de chine waists are more popular than ever. Roman pearl buttons in all shades are used and lend a fancy touch quite in keeping with the fabric of these waists.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Ayer*

Careful About Breathing.

Breathing exercises are beneficial to persons who get little exercise, but it is not best to take them early in the morning. After six or eight hours of sleep the circulation and body activities are slow. It takes two or three hours at least for the body to regain its normal rate of action. Now, if a person spends ten minutes in breathing exercises he is giving his system that much more work getting started. It takes his body longer to get into shape for the day's work and leaves it in a poorer condition to do that work. If you need exercise take it after your body has been in running order several hours.

"This Indenture."

The phrase "this indenture," which appears so often in legal papers, is of curious origin. In the early days parchment was used for legal documents because it was cheaper than paper. The leaves were not cut evenly, but scalloped but "this indenture" still remains.

By Special Permit.

"Here! What does this mean?" shouted Whooply, as he found his youngest riding a broomstick over the top of the piano.

"This is all right. Mammy said if I'd stay in I could play on the piano."

Nerve.

Lady—Why do you give me this bit of paper?
Tramp—Madam, I do not like to criticize your soup, but it is not like mother used to make. Allow me to give you her recipe.

Economy.

Wife—I have decided, as you say we must curtail our expenses this year, not to give Ida a new hat, but to pass on mine to her. Husband—And you? Wife—Oh, I must have a new one, of course.

Values Palace at \$17,500,000.

A comprehensive valuation of Buckingham Palace and its contents just completed by a west end firm is given at \$17,500,000. The value of one room is estimated at \$2,500,000.

For years Mother Graves' Worm Exterminator has ranked as the most effective preparation manufactured, and it always maintains its reputation.

Fall Fair Dates

The Western District Fair Association have fixed the following dates for the fairs of that circuit:

Strathroy.....	Sept. 15-17
Petrolia.....	Sept. 18-20
Forest.....	Sept. 24-25
Parkhill.....	Sept. 25-26
Wyoming.....	Sept. 26-27
Bridgen.....	Sept. 30
Alvinston.....	Oct. 2-3
WATFORD.....	OCT. 7-8

Children Cry FOR FLETCHER'S CASTORIA

The man who does not think it worth while to ask for your trade, evidently doesn't place much value on it. Patronize the man who advertises.

COUNTY OF LAMBTON

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, 4, Edward VII, Chap. 23, and amendments.

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

HENRY INGRAM,
Treasurer County of Lambton.

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GOOD LOCAL AGENT

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OLD AND RELIABLE FONTHILL NURSERIES

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

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

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

FORMERLY OF SARNA GENERAL HOSPITAL and Western Hospital of Toronto.

OFFICE—Main Street, in office formerly occupied by Dr. Gibson.

FARM FOR SALE

LOT 17, CON. 2, WARWICK, S.E.R., 100 acres, about 5 acres bush, balance seeded down to timothy, small orchard, 1/2 storey frame house, 2 good barns, plenty hard and soft water, pump and new steel windmill, 1/4 mile from school, 2 1/2 miles to Watford Churches and P. O. on good gravel road. Further particulars apply to
JAMES MCCLURE,
1613-3m Hartshorn, Alberta.

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows

GOING WEST
Accommodation, 27 9:44 a.m.
Accommodation, 29 2 45 a.m.
Chicago Express, 5 9 27 p.m.

GOING EAST
Ontario Limited, 46 7 43 a.m.
Accommodation, 28 12 03 p.m.
New York Express, 2 3 00 p.m.
Accommodation, 30 5 16 p.m.

C. VALL, Agent Watford



WHITE LINEN TRIMMED WITH CLUNY, so artistic that they have won many converts from the ranks of eponge en-

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