

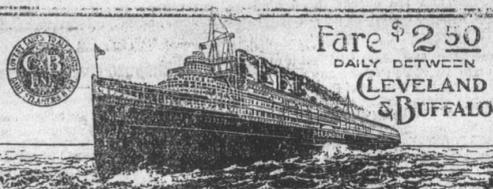
The Stomach Is the Target



Aim to make that strong—and digestion good—and you will keep well! No chain is stronger than its weakest link. No man is stronger than his stomach. With stomach disordered a train of diseases follow.

Dr. Pierce's Golden Medical Discovery

Makes the stomach healthy, the liver active and the blood pure. Made from forest roots, and extracted without the use of alcohol. Sold by druggists, in liquid form at \$1.00 per bottle for over 40 years, giving general satisfaction. If you prefer tablets as modified by R. V. Pierce, M. D., these can be had of medicine dealers or trial box by mail on receipt of 50c in stamps.



Fare \$2.50
DAILY BETWEEN CLEVELAND & BUFFALO

THE GREAT SHIP SEALANDBEE
The largest and most costly passenger steamer on inland waters of the world. In Service July 1st. Length 500 feet, breadth 88 feet, 6 inches, 210 staterooms and parlors accommodating 1500 passengers. Magnificent Steamers SEALANDBEE, City of Erie and City of Buffalo

Daily—Cleveland and Buffalo—(May 1st to Dec. 1st)
Leave Cleveland 8:00 P. M. Leave Buffalo 8:30 P. M.
Arrive Buffalo 6:30 A. M. Arrive Cleveland 6:30 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.

T. H. 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
ROYAL HOUSEHOLD do do do
HORTON do do do
HARVEST QUEEN, 2nd Pat. from Man. wheat
GOLD DUST 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
Crapping and Rolling Done While You Wait
PHONE 39

COAL

IT IS A FACT THAT WE HAVE THE BEST COAL ON THE MARKET TO-DAY.

Orders Solicited and Appreciated
Shingles--3x, 4x.

ALL KINDS OF ASPHALT AND METAL ROOFINGS.

Established 1870 **GEO CHAMBERS.**

SPRING CLEANING.

Now Is the Time to Consider Its Many Problems.

SOME THINGS THAT HELP.

Work Made Easy if Gone About Systematically—Kitchen Closets and Pantry Require First Attention. Sweep Carpets With the Pile.

Begin the work of thoroughly cleaning a room by dusting and rubbing up all the articles of furniture which may easily be removed from the room. Pictures and ornaments should be taken down and dusted and put aside. If the curtains and draperies are not easily removable they should be looped aside or else be covered as well as possible with large squares of muslin, which are kept for this purpose. The heavier pieces of furniture also should be covered.

Where there is no vacuum cleaner the ordinary corn broom will answer very well.

Always sweep with the pile of the carpet, never across or against it. After the room has been thoroughly swept slip a clean flannel cover over the broom and proceed to brush ceiling and walls. The rule is to work from above downward.

After the walls are brushed the wood-work should be gone over with dusters. If there are any finger marks they should be removed first. This may be done very effectively with a cloth dipped in kerosene and then wiped dry. Never use this near fire.

The curtains may be brushed or shaken, and then the windows should be cleaned. Wipe the shades, using a very clean cloth for this work.

The sheets which cover the furniture remaining in the room should now be removed completely and the furniture dusted and rubbed up where necessary. It should not require polishing—that is, if average care is taken of it—oftener than twice during a season. Clean mirrors and the glass doors of book-cases. The chandeliers must not be overlooked. The metal parts may be wiped with a cloth dipped in cotton-seed oil and then wiped dry.

The pictures and ornaments may now be replaced, and then turn your attention to the floor. If this requires a thorough polishing, which is hardly likely, wipe over with a cloth dipped in the crude oil and alcohol mixture, taking precautions, of course, not to run any risk from fire, and then follow this up with a clean, dry cloth, rubbing vigorously. A weighted polisher may be used for this work. This may easily be made at home, using a brick or an old flatiron with a flannel covering. Never use water on a hardwood polished floor. The result will be most disastrous to the finish.

Before cleaning a bedroom remove the bedding and if it is possible put it out to air. After straightening closets and drawers cover the large pieces of furniture as was done in the library. Remove the mattress cover and spread a sheet of muslin over the bed. Take up the small rugs. With a light stick or a rattan carpet beater beat the mattress. The sheet which covers it should be moistened to hold down the dust. Both sides must be beaten. If the mattress can be beaten out of doors it should be done.

In the kitchen the closets and pantry will require first attention. The shelves should be thoroughly washed and allowed to dry before the utensils are replaced. This is a good time to take note of the contents of jars and boxes making a list of those supplies which are running low.

The walls around sink and range may require washing, as they are more apt to become soiled than the other parts of the room.

The range should be given a thorough polishing once in two weeks. This will be found quite often enough, provided a little care is taken of it day by day.

The Guest Book.
Among the old customs that have been revived is that of having a special book in the home in which is inscribed the name of each guest who spends a night or more under one's roof, and some people even put down

Zam Buk

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

At Druggists and Stores—50c.

Those who take a meal there and those who call.

The guest may inscribe his name himself, thereby leaving his autograph, or the host or hostess, if preferred, may write it himself or herself, so that the writing will be uniform throughout the book.

Books designed especially for this purpose may be found in the stationery shops, bound inexpensively in cloth or leather. But if one desires to spend a little more money and make the guest book quite original and a thing of beauty one may have a hand tooled cover, hammered brass or copper hinges and even a key to make it look like the ancient ones that were used in olden times.

For Hanging Pictures.
When a wall is so soft that it will not hold a picture nail mix a little plaster of paris in a taceup, enlarge the hole to a fair size and insert the plaster and, a minute after, the nail and let it dry. The nail will be perfectly secure after it has dried.

Cleaning Windows.
If windows are cleaned with vinegar and water they will be brighter and stay clean longer than if cleaned with water alone. Polish in the usual way with soft linen cloth.

THE INTERNATIONAL GAME.

Tennis is Played Practically All Over the Earth.

If baseball is Uncle Sam's national game and cricket is John Bull's, tennis is certainly the international game. It is played everywhere on the face of the globe, almost from pole to pole and from far east to near west.

The United States and Canada are dotted with tennis clubs from ocean to ocean and honeycombed with courts. Every country in Europe has its host of tennis players, from Russia down to the tip of Italy. Every sport loving foreigner in India is a tennis devotee and many of the natives. At the last tournament in Singapore there were 500 entries, and the standard of play was very high. Tennis is played in the Malay states, in the Straits Settlements, in Siam, in Indo-China, all over Australia, New Zealand and Tasmania, as well as in many of the tiny islands of Polynesia, in the principal cities of China and Japan and their suburbs and in Egypt, under the shadow of the pyramids.

There are plenty of places in the world where an athletic American couldn't get up a nine to play baseball or a patriotic Britisher couldn't find a cricket crease or bat, but if there is another lover of sport within halting distance and the place is at all civilized he can be pretty sure of finding a tennis court and an opponent worthy of his racket. —New York World.

METALS AND MICROBES.

In Some Instances Contact Means Death to the Germs.

Experiment seems to show that there are certain metals which are capable of destroying microbes that come in contact with them.

The microbes experimented with were cultivated for the purpose in jelly spread on a plate, and pieces of metal were dropped upon the jelly while it was still moist.

Any metal that had the property of arresting the development of the microbes destroyed them, not only just under the place where it lay, but for a narrow space around it. The width of this space varied both with the kind of metal and the kind of microbe.

Pure gold, when freshly cleaned and burnished, had no effect upon the microbes. Pure nickel and platinum and a few other metals also failed to affect the organisms. But cadmium, copper, brass, zinc and silver destroyed them, the first named metal especially acting quickly and effectively.

It has been observed that the metals that affected the microbes were those that are readily attacked by chemical reagents, while those that resist such reagents, like gold, had no effect. From this fact it has been concluded that the action upon the organisms is due to a solution of the metals taking place in the jelly.—Barner's Weekly.

Countless have been the cures worked by Holloway's Corn Cure. It has a power of its own not found in other preparations.

An Insect Injurious to Cattle Raising

Cattle raisers in almost all parts of Canada are familiar with the small lumps that appear on the backs of their animals during the winter months and from which white grubs or maggots emerge at later date. Many theories exist as to the exact life history of the insect, known as the warble fly, of which the white grub is the larva. The opinion generally held that the eggs are laid on the backs of the cattle, and when hatched work their way beneath the skin, is proved by careful investigation to be incorrect. Dr. Seymour Hadwin, 1st Assistant Pathologist of the Health of Animals Branch of the Dominion Department of Agriculture, who has studied the subject, claims that the eggs are not laid on the back but on the legs of the cattle. This appears to bear out the theory that the newly hatched insects are licked by the animals and thus taken into the system and ultimately find their way to the backs where they develop beneath the skin.

The matter of chief importance to the cattle raiser is not the exact course taken by the insect within the body of the cattle beast but rather the economic effect of the grubs upon the business of cattle raising. To throw light on this phase of the subject Dr. Hadwin has written a bulletin, which is numbered 16 of the Health of Animals Branch, dealing with the economic aspect of warble flies. In this it is shown that enormous losses occur each year through damage to hides caused by these insects. Tanners consulted on the subject claim that during the "grubby season" extending from January to July, from 25 to 75 per cent. of hides are warbled and that about 20 per cent. of Canadian hides are more or less damaged. The extent of damage is variously estimated by 16 large tanners to be from about 50 cents to \$1.00 per hide; the estimate of one Ontario tanner was 10 per cent. which is equal to \$180,000 per annum. The author observes that the man who undoubtedly loses is the farmer; the tanner does not want warbled hides at any price and several of them testify that they buy hides only during the season when hides are not grubby. He estimates the annual loss to be between 25 and 30 per cent. This bulletin of twenty pages, which is the first to have been issued on the subject in Canada, is helpfully illustrated. Copies will be mailed in response to applications made for it to Publications Branch of the Department of Agriculture at Ottawa.

A THOROUGH PILL.—To clear the stomach and bowels of impurities and irritants is necessary when their action is irregular. The pills that will do this work thoroughly are Parmelee's Vegetable Pills, which are mild in action but mighty in results. They purge painlessly and effectively, and work a permanent cure. They can be used without fear by the most delicately constituted, as there are no painful effects preceding their gentle operation.

"Now, gents," said a Yankee at dinner, "guess I'll show you something that not a critter in this room ever seed afore, and not a critter livin' ever will see again. D'ye bet?" The bet was made and the Yankee took a nut off the dessert plate, and cracking it, held up the kernel between his finger and thumb. "Now, gents, I calc'late none of y'er ever seed that kernel afore, and I (swallowing it) 'I guess you'll never see it again. Please fork out."

THE OIL OF THE PEOPLE.—Many oils have come and gone, but Dr. Thomas' Electric Oil continues to maintain its position and increase its sphere of usefulness each year. Its sterling qualities have brought to the front and kept it there, and it can truly be called the oil of the people. Thousands have benefited by it and would use no other preparation.

Recently a well-known farmer's son went as apprentice to a local draper. A lady came into the shop and asked the new hand for a length of silk. He promptly laid a selection before her on the counter. She demurred at the price, and the young man became a little confused. After the lady had gone, the draper said, "John, you should have explained to the lady that owing to the blight amongst the silkworms cocoons are very scarce." A few days later another lady requested John's services for a dozen knots of tape. This time the farmer's son was equal to the occasion. "You see, madame," he said, "there is a great scarcity of tapeworms this year so prices have advanced." John had no more trouble with that customer.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Little*

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 SARINIA GENERAL HOSPITAL and Western Hospital of Toronto.
OFFICE—Main Street, in office formerly occupied by Dr. Gilbeon.