

## Success depends largely upon Good Health

In your race for success don't lose sight of the fact that only through good health can you attain success. The tension you must necessarily place upon your nerves, and the sacrifice of proper exercise you have to make at times must be balanced in some way.

### Dr. Pierce's Golden Medical Discovery

is the balancing power—a vitalizing power. It acts on the stomach and organs of digestion and nutrition, thus purifying the blood and giving strength to the nerves, indirectly aiding the liver to perform its very important work. Dr. Pierce's Golden Medical Discovery has been successful for a generation as a tonic and body builder. Sold by medicine dealers in liquid or tablet form—trial box of "Tablets" mailed on receipt of 50 one-cent stamps.

If in failing health write Dr. R. V. Pierce's faculty at Invalids' Hotel, Buffalo, New York.

**DR. PIERCE'S GREAT FAMILY DOCTOR BOOK.** The People's Common Sense Medical Adviser—newly revised up-to-date edition—of 1008 pages, answers hundreds of delicate questions which every woman, single or married, ought to know. Sent FREE in cloth binding to any address on receipt of 50 one-cent stamps, to cover cost of wrapping and mailing only.



**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 300 feet, breadth 38 feet, 6 inches; 20 staterooms and parlors accommodating 1500 passengers. Magnificent Steamer 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 . . . . . 8:00 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.

**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.

<b>SUNRISE</b> , First Patent from Manitoba wheat			
<b>FIVE ROSE</b> do do do	do	do	do
<b>ROYAL HOUSEHOLD</b> do do do	do	do	do
<b>HORTON</b> do do do	do	do	do
<b>HARVEST QUEEN</b> , 2nd Pat. from Man. wheat			
<b>GOLD DUST</b> do do do	do	do	do
<b>RED ROSE</b> , High Grade Blended Flour			
<b>NEW ERA</b> , 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 Kernels, 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

WE ARE DISTRIBUTORS FOR

### SUSQUEHANNA COAL

THIS IS RECOGNIZED AS THE BEST COAL ON THE MARKET TO-DAY

WE GUARANTEE A STRAIGHT GRADE. FOR THIS MONTH WE QUOTE AS FOLLOWS:

Nut Coal \$6 60	Stove Coal \$6 25
Furnace Coal \$6.25	Pea Coal \$5 75

### Planing Mill and Lumber Yards

We have some extra good Cedar Posts.  
4x White Cedar Shingles. 3x Red Cedar Shingles. Metal Shingles.

Established 1870 **GEO CHAMBERS.**

### The Farmer's Wife

In a U. S. Government report it is said: "The farmer's wife is now so occupied with social affairs that she has lost the art of making butter and jam and doing the work of the farm that her grandmother did. This results in a great economic loss to the country."

The farmer's wife in early days got up at half past two, and shined the plows and milked the cows, and put the prunes to stew. The breakfast for the hands she set upon the stroke of four.

And then she'd bake her bread and cake and scrub the kitchen floor. But nowadays the farmer's wife has time to call her own.

"Good gracious!" says the Government, "how idle she has grown!"

The farmer's wife, in days gone by, brought up the calves and lambs, and sacked the oats and fed the shoats and fed the hickory hams.

And when she'd cook three great big meals she cheerfully arose. And with her churn sat down to earn the money for her clothes.

But now she often visits 'round and gossips, like as not.

"My goodness!" says the Government, "how worthless she has got!"

The farmer's wife, some years ago, was wholly free from nerves; Twelve hours a day she'd slave away at putting up preserves.

Six children dangling at her skirts, a seventh on her arm.

She'd gamely set herself to get the mortgage off the farm, But now she sometimes takes a rest, like city women do.

"Great heavens!" cries the Government, "What is she coming to?"

The farmer's wife departed from this vale of toil and tears For happier climes, in those old times, when under thirty years.

The farmer got another mate, he somehow always found.

The ideal wife who toiled through life and rested—underground.

But now sometimes her years add up their full allotted sum, "Great Scott!" exclaims the Government, "how shiftless she's become!"

—James J. Montague, in San Francisco Examiner.

**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 Parneelee'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.

### Co-Operation and Fruit Growing

To outline in more or less detail the principles of co-operation, the more desirable methods to adopt in putting these principles into practice and the objects to be gained in apple growing by their adoption there has been issued from Ottawa a comprehensive bulletin entitled "Co-operation and Fruit Growing."

It has been prepared by Mr. Alex McNeil, Chief of the Fruit Division, who is recognized as one of the foremost authorities of the day on the subject of fruit culture, commerce and co-operation.

In this work of 46 pages the subject is treated from practically every standpoint that interests the Canadian apple grower. Not only are the essentials and methods of co-operation clearly brought out but the advantages being derived through its agency are clearly shown. The aims of co-operation as applied to the fruit industry are enumerated as follows:

(a) To bring fruit products as directly as possible from the producer to the consumer.

(b) To encourage the best methods of production.

(c) To encourage thrift in the fruit grower, and economy, intelligence, enterprise and honesty in the packing, grading and marketing of fruit.

(d) To make it possible for a number of small growers to establish a commercial standing that will be a guarantee for grade marks or contracts.

(e) To act as a credit organization to make advances on products in the process of being sold.

Dealing with the labor problem which confronts every kind of farming it is shown that Nova Scotia growers through their central association in 1911 were able to take care of a crop twice the usual size.

Besides the other great advantages of sure markets and good prices secured for fruit the bulletin cites the savings that are effected in buying supplies. There is given a list of the purchases of one society in which the manager claims to have made a saving of \$15,000 in one year on goods which cost in the aggregate \$75,000 and included packages, spraying equipment and materials, fertilizers, drain tiles, etc.

The work is issued as bulletin No. 38 of the Dairy and Cold Storage Commissioner's series and is for general distribution by the Publication Branch of the Department of Agriculture at Ottawa.

**TO ASTHMA SUFFERERS.** Dr. J. D. Kellogg's Asthma Remedy comes like a helping hand to a sinking swimmer. It gives new life and hope by curing his trouble—something he has come to believe impossible. Its benefit is too evident to be questioned—it is its own best argument—its own best advertisement. If you suffer from asthma get this time-tried remedy and find help like thousands of others.

A new windmill has horizontally arranged vanes, so sheltered by a hood that those which move against the wind do not feel its force, thereby permitting increased size and power.

### The Old And The New

(An Old Dance Song)

Salute your partner, let 'er go;  
Balance all and do-si-do;  
Swing your girl and run away;  
Right and left, on; gents sashay;  
Gents to right, an' swing or cheat;  
On to the next gal and repeat;  
Swing your pard an' swing 'er high;  
Bunch the gals an' circle round;  
Whack your feet until they bound;  
Alman left an' balance all;  
Lift your hoofs an' let 'em fall;  
Back to partner, do-si-do;  
All join hands, an' off you go.

—An Exchange.

Salute your partner, grab her there,  
Snap your fingers. It's a bear!  
Glide an' then your shoulders shrug,  
Do the willow bunny hug.  
Write and wriggle round the hall,  
Hold her tight. Don't let her fall.  
Sinevy, snaky, movements now,  
Be as graceful as a cow;  
Swing arouse one little spot,  
Break off in the turkey trot.  
Now the tango. Now be quick.  
See how high you two can kick.  
Twist and turn and squirm and sway,  
That's what's termed a dance today.

—Detroit Free Press.

**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.

### Telephoning Simplified

To do away with two of the worst irritations of telephoning—the possible missing of an important message if the telephone is left unattended, and the "Line Busy" annoyance—telephone exchanges now often have a message operator. A doctor may be forced to leave his office or his home when there is no person available to answer the telephone during his absence, and by so doing he risks missing a call from some patient. Under the new system he tells the message operator at the telephone exchange that he is to be called, and the message operator, and gives her his number. She has his telephone line switched to her own desk, so that any call for his number rings her bell. If a call comes for the doctor she takes the message, promising to deliver it to him later. All that the doctor has to do on his return to his house or office is to call up the message operator and enquire whether any message has been left for him.

Watford merchants have the goods and meet all price competition.

It is always safe to learn, even from our enemies—seldom safe to instruct, even our friends.

To know how to be silent is more difficult and more profitable than to know how to speak.

It is a great world, and it would be childish to expect to have everything in it to suit ourselves.

What a man will do for politics is astonishing; what politics will do for a man is shocking.

The fellow who doesn't collide with some one's opinion every little while is so busy dodging that he isn't of much force.

In the spring a young man's fancy gets a hump that he will have to get busy or there won't be any summer clothes for him.

Ottawa, May 27.—Premier Borden left the capital this afternoon for Grand Pre, N. S., to go to the bedside of his aged mother, who is very seriously ill. It is feared that her death is only a question of a few days. During the Premier's absence Hon. Robert Rogers is acting Prime Minister.

A laborer who fell off a building and fractured his ribs was awarded £25 compensation by the Court. But his solicitor kept £15 for professional services.

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### ORANGE CELEBRATION

Thirty Thousand Orangemen Expected to Visit Sarnia July 12th

The Orangemen of Sarnia are arranging for one of the most imposing demonstrations on the 12th of July next, ever held in Western Ontario. Members of the various lodges throughout Western Ontario, also from Michigan, will be there and the Sarnia lodges are figuring on giving the brethren the time of their lives. It is estimated that 30,000 Orangemen will visit Sarnia on that day.

The program that is being arranged will furnish continuous entertainment for the visitors. Interesting features in the program will be competitions for liberal prizes for both brass and pipe and drum bands.

### Gas Well Struck at Oil Springs

The deep well which was being sunk at Oil Springs, after being put down at a depth of nineteen hundred feet, met with an accident and had to be abandoned. About the time the accident happened a vein of gas was struck which when tested gave a flow of 135,800 feet per day, and the directors of the deep well company will apply for a franchise to lay mains and supply gas to the village. The striking of gas at this unprecedented depth has greatly encouraged the directors, and a new well will be put down about fifty rods east of the spot selected for the first test. Work will soon be commenced and with ordinary luck the well should be down in the latter part of July or August.

Nearly all the alcohol made in Russia, which is derived almost wholly from potatoes, is used in the manufacture of intoxicants.

### CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Hooper*

### MEDICAL.

**JAMES NEWELL, PH. B., M.D.**

L. R. O. F., M. B. E. 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. Gibson.

### DENTAL.

**GEORGE HICKS,**

D.D.S., DENTISTRY UNIVERSITY, L.D.S., ROYAL College of Dental Surgeons, Post graduate in Bridge and Crown work, Orthodontia and Prosthetic work. The best methods employed to preserve the natural teeth.  
OFFICE—Over Thompson's Confectionery, MAIN ST., Watford.  
At Queen's Hotel, Arkona, 1st and 3rd Thursdays of each month.

**C. N. HOWDEN,**

D.D.S., I.D.S.

GRADUATE of the Royal College of Dental Surgeons of Ontario, and of the University of Toronto. Only the Latest and Most Approved Appliances and Methods used. Special attention to Crowns and Bridge Work. Office—Over Dr. Kelly's Surgery, MAIN STREET.—WATFORD

### Veterinary Surgeon.

**J. MCGILLICUDDY**

Veterinary Surgeon,

HONOR GRADUATE ONTARIO VETERINARY College, Duntlavy's Specialty. All diseases of domestic Animals treated on scientific principles. Office—One door south of the Guide-Advocate office Residence—Main Street one door north of Dr. Brandon's office.

### GRAND TRUNK RAILWAY SYSTEM

#### TIME TABLE.

Trains leave Watford Station as follows

GOING WEST

Accommodation, 27 . . . . . 8 44 a.m.

Accommodation, 29 . . . . . 2 45 a.m.

Chicago Express, 5 . . . . . 9 27 p.m.

GOING EAST

Ontario Limited, 46 . . . . . 7 46 a.m.

Accommodation, 28 . . . . . 12 03 p.m.

New York Express, 2 . . . . . 3 00 p.m.

Accommodation, 30 . . . . . 5 16 p.m.

C. VAL, Agent Watford

### STAGE LINES.

**WATFORD AND WARWICK STAGE LEAVES**

Warwick Village every morning except Sunday, reaching Watford at 11.30 a.m., returning leaves Watford at 8.45 p.m. Passengers and freight conveyed on reasonable terms, C. BARNES, Prop.

**WATFORD AND ARKONA STAGE LEAVES**

Arkona at 7.45 a.m., Wabesch at 8.45 a.m., returning leaves Watford at 8.45 p.m., Passengers and freight conveyed on reasonable terms, WILIAM SYDNEY PROP.