

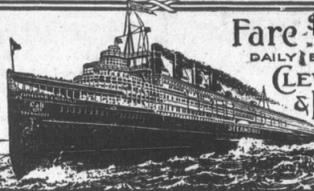
Woman's Danger Signals

Hot flashes—dizziness, fainting spells, headache, bearing-down feeling and ills of a kindred nature—are nature's danger signals. The female disturbance or irregularity back of these calls for help, should have immediate care and attention. Otherwise the delicate female constitution soon breaks down.

Dr. Pierce's Favorite Prescription

For more than 40 years has been lending its health restoring aid to thousands of women year after year throughout its long life. This wonderfully successful remedy imparts strength to the entire system—particularly to the organs distinctly feminine. Nerves are refreshed. The "stale", overworked business woman, the run-down house-wife, and the weary care-worn mother of a family—all will gain strength from this famous prescription which 40 years has demonstrated its effectiveness—in liquid or tablet form.

SOLD BY DEALERS IN MEDICINES.
Write Dr. R. V. Pierce's Specialists at the Invalids' Hotel—Correspondence Strictly Confidential—and no charge.
Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated tiny granules—easy to take as Candy.



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 500 feet, width 95 feet, 6 inches; 21 staterooms and saloons accommodating 1000 passengers. Magnificent Steamers SEEANDBEE, City of Erie and City of Buffalo

Daily—Cleveland and Buffalo—(May 1st to Dec. 1st)
Leave Cleveland 8:30 P. M. Leave Buffalo 8:30 P. M.
Arrive Buffalo 8:30 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 railroads 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	do	do
ROYAL HOUSEHOLD do do do	do	do	do
HORTON do do do	do	do	do
HARVEST QUEEN , 2nd Pat. from Man. wheat			
GOLD DUST do do 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

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.**

Why You Get Sleepy in Church

Do you know why sermons make you sleepy? Because you hypnotize yourself, says a German professor. Have you ever wondered why it is that you do get so sleepy in church that you sometimes think you are going straight off into a Rip Van Winkle slumber? It is because you are too attentive. It isn't because the air is bad, the sermon is stupid, or anything of the kind. The more faithful and zealous you are the sleeper you can get. The reason is that you gaze too hard on the preacher and hypnotize yourself. You are so attentive that you get yourself in an unnatural state and then suddenly you find that you are hopelessly sleepy and cannot remember what you have heard.

"In the early part of the service," the professor says, "there is variety—singing, reading, and so forth—but the sermon itself is utterly unbroken. Your head and body are in one position, your eyes are fastened on one point, all conditions perfectly favorable for self-hypnotism."

Apparently from the trend of the professor's remarks, the only conclusion we can draw is that, as the more attentive one is the less he hears, it would really pay one to give less attention and learn more. The comfort of it all is that the professor proves that it is really not our fault if we cannot remember that text.

Britain's Rising Trade

Mr. Lloyd George was so hopeful of the continuing prosperity of British trade that he refused to increase the figure of taxation altho faced with a deficit of \$30,000,000 at the end of the current fiscal year. This he expressed his confident anticipation would be met by an expanding revenue and a corresponding advance in taxation returns. The month of April has given solid ground for his optimistic outlook, exports having increased by over \$50,000,000 over those of the corresponding month of 1912. Of the increase the chief amount was due to larger exports of manufactured goods. This goes far to discount the constant assertion made in the United States and to a lesser extent in Canada, that Britain is a declining factor.

The Beef Scarcity

The truth about the price of meat is the subject of an important article by Mr. Edward Marshall in The Housewives' League Magazine. Mr. Marshall was commissioned specially to learn the cause of the alarming rise in prices during recent years and to ascertain the effect of the monopolistic control of the market by the great packing companies. He declares that the prime cause of high prices is not manipulation but scarcity. Since 1907 the beef cattle supply has shown a steady decline from 51,566,000 to 36,030,000. In the same period the population has increased by ten millions. Further, the shortage is world wide. Exports from the Atlantic ports to Europe have practically ceased. South America has had a series of droughts, and a variety of epidemic diseases, so the herds in that part of

INDIGESTION FIVE YEARS

Relieved by Vinol.
Strength and even life itself depends upon the nourishment and proper assimilation of food, and unless digestion is good, the whole body suffers. Mrs. L. D. Cook, Vineland, N. J., says: "I was sick five years with indigestion. My stomach seemed to have a heavy load in it, and at other times it seemed to be tied in knots. Nobody knows how I suffered. "I tried a great many doctors and a great many kinds of medicine, but nothing did any good until I took Vinol. It has helped me wonderfully. I am improving fast, feel better and am getting my flesh back again. Vinol has done me a world of good." We know the great power of Vinol, our delicious cod liver and iron tonic without oil, in curing chronic stomach trouble and building up all weakened, run-down persons, and that is why we guarantee to return your money if it does not help you. T. B. Taylor & Sons, Druggists, Watford, Ontario.



LEET FOOT
THE PERFECT SHOE
for SUMMER SPORTS
FOR EVERYBODY
Made in Smart Styles, Suitable For Every Outdoor Occasion
YOUR DEALER HAS THEM
You Might As Well Get THE BEST
CANADIAN CONSOLIDATED RUBBER CO., LIMITED, MONTREAL.

the world are being depleted. The annual consumption of meat in the United States and Canada reaches 162 pounds per head of population, much greater than that of Great Britain, France and Germany. Unless something is done quickly to increase beef production a meat famine is not only a possibility but a probability. In the north the old ranges are being fenced and cultivated. In the south the cattletick has overcome the advantages of a long grazing season. Texas fever and other diseases have thinned the herds. Mr. Marshall declares that the eradication of these various bovine diseases is possible and necessary, if the supply is to get within sight of the demand.

HAVE YOU A SKIN RASH?

Zam-Buk Will End It.
For skin rashes, eruptions, eczema, etc., either in adults or children, there is nothing known to science which equals Zam-Buk in the quickness and certainty of its curative power. Mr. Raymond Webber, of Allanburg, Ont., writes: "I have tried Zam-Buk for many ailments, and every time have found it successful. Some time ago I had a bad rash all over my body. I tried home-made salves, herb salves, and various home-made preparations, and these proved of no use, but when I tried Zam-Buk I was cured in a quarter of the time that I had been experimenting in vain with other preparations. "On another occasion I had one of my fingers crushed, and in that case also Zam-Buk was the only remedy I used. It healed the wound splendidly. "My boy had boils, and once again it brought about a complete cure. We have also used it as a household balm, for the injuries and skin diseases which are common to every person, and can say that in our experience there is nothing to equal Zam-Buk." Zam-Buk owes its unique healing power to certain herbal extracts it contains. Unlike most ointments it contains no poisonous coloring matter, no animal fat, but is purely herbal. For eczema, piles, blood poison, abscesses, ulcers, cuts, burns, and all skin injuries and diseases it is without equal and should be in every home. 50c. box all druggists and stores. Use also Zam-Buk Soap, 25c. tablet.

AID NAVIGATION IN DETROIT RIVER

Ottawa, May 20.—One of the most important items in the supplementary estimates brought down to-day is that of \$57,000 for the commencement of the construction of a channel on the Canadian side of Fighting Island in the Detroit River. "To complete this work will cost \$300,000, it is estimated," said Mr. Wilcox to-night. "The United States has spent \$11,000,000 on the Detroit River, but this is the first undertaking of Canada. There is more freight passing up and down the Detroit River than on any river in the world. The channel on the American side of the island is the most dangerous of any navigable portion of the lakes, for of 110 accidents on the lakes last year 70 per cent. occurred there. It is proposed to open up a channel on the Canadian side so that up-bound vessels will use one channel and down-bound the other."

Miller's Worm Powders act so thoroughly that stomachic and intestinal worms are literally ground up and pass from the child without being noticed and without inconvenience to the sufferer. They are painless and perfect in action, and at all times will be found a healthy medicine, strengthening the infantile stomach and maintaining it in vigorous operation, so that, besides being an effective vermifuge, they are tonic and health-giving in their effects. The metric system is being urged for India by various industrial and commercial organizations. A congress of university students, representing 46 nations is to be held in San Francisco in 1915. More than 9,000,000 fewer tons of coal were mined in the United Kingdom last year than the year before.

Prices of Staple Skins

Below is a comparison of average prices of skins for the years 1882 and 1910, showing the great increase in value in 29 years. The figures are culled from the government report on fur-farming in Canada.

	1882	1910
Lynx.....	\$ 4 87	\$38 85
Red Fox.....	3 11	16 35
Mink.....	73	6 34
Muskrat.....	15	87
Opossum.....	16	1 95
Stone Marten.....	1 43	6 66
Black Fox.....	632 70	2828 00
Sea-otter.....	584 00	1703 33

A powder puff which folds and clasps until it resembles a purse is a novelty for feminine use.

Children Cry FOR FLETCHER'S CASTORIA

MEDICAL.

JAMES NEWELL, PH. B., M.D.
L. B. C. F., 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.

DENTAL.

GEORGE HICKS.

D.D.S., TRINITY UNIVERSITY, L.D.S., ROYAL College of Dental Surgeons, Post graduate in Bridge and Crown work. Orthodontia and Porcelain 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.

G. N. HOWDEN,
D.D.S., L.D.S.

GRADUATE of the Royal College of Dental Surgeons, 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. McILLICUDDY
Veterinary Surgeon,

HONOR GRADUATE ONTARIO VETERINARY College. Dentistry a 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. VAIL, Agent Watford.

STAGE LINES.

WATFORD AND WARWICK STAGE LEAVES
Watford Village every morning except Sunday, reaching Watford at 11:30 a.m. Returning leaves Watford at 3:45 p.m. Passengers and freight conveyed on reasonable terms. C. BARNES, Prop.

WATFORD AND ARKONA STAGE LEAVES
Arkona at 7:45 a.m. Watford at 8:45 a.m. Returning leaves Watford at 3:45 p.m. Passengers and freight conveyed on reasonable terms.—WILLIAM EVANS Prop.

OUR CLUBBING LIST.

THE GUIDE-ADVOCATE AND

Family Herald and Weekly Star with premium.....	\$1 85
Weekly Mail-Empire with premium.....	1 85
Weekly Farmers Sun.....	1 85
Weekly London Free Press.....	1 85
Weekly London Advertiser.....	1 65
Weekly Globe.....	1 85
Northern Messenger.....	1 40
Weekly Montreal Witness.....	1 85
Hamilton Spectator.....	1 85
Weekly Farmer's Advocate.....	2 35
Daily News.....	2 50
Daily Star.....	2 50
Daily World.....	4 00
Mail and Empire.....	4 00
Morning London Free Press.....	4 00
Evening London Free Press.....	3 00
Daily London Advertiser.....	3 00