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Vegetable Preparation for Assisting the Food and Regulating the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. **NOT NARCOTIC.**

Recipe of Old Dr. SAMUEL PIERCE

Pumpkin Seed -
Aloes -
Sulphur -
Cinnamon -
Sage -
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Molasses -
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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Each Simple Signature of
Chas. H. Fletcher
NEW YORK.

At 6 months old
35 Doses - 35 CENTS

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CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Chas. H. Fletcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

WOMEN AND GOLF

Valuable Hints For Those Learning to Play the Game.

MASTERY OF RULES NEEDED.

Grounding in the Elements an Important Point For the Beginner—To Become Expert One Must Combine Theory With Technical Skill.

Women players of golf, especially beginners, are inclined to swing the club so far around that they are thrown off their balance and the club swings the woman instead of the woman the club, says a writer in the Outlook. This fault can be corrected by keeping a tight grip on the club at all times during the swing, as it is the loosened hold that allows the head of the club to drop too near the ground. In the drive, which requires the fullest swing of any of the strokes except perhaps the brassie shot, the shaft of the club at the top of the swing should not go beyond the horizontal.

There is another point that women players, even experienced ones, are apt to neglect, and that is the rules of the game. There have been many matches in which players have been disqualified through the unconscious disregard or breaking of some rule. A book of general rules can be purchased at any place where golf clubs are sold, and the local or ground rules of each club are printed on the score cards of that club, so there is no excuse for any one being in a state of ignorance.

If there is any short cut to learning golf it is through careful study of the reasons for everything. Once the principles of the strokes are mastered a few months of regular and intelligent practice will make any able-bodied woman a fair player, but years of practice without scientific knowledge of the game will bring very uncertain results. A woman who seriously desires to become a really good player must curb her desire to go out and whack the ball along. Before she ever makes a complete round of the links she should study the peculiarities of each club, how to stand when using it, how to address the ball with it, how to swing it and what to expect of the ball once the stroke is made. After she has mastered these essentials and practiced with each club separately at suitable locations on the links she may piece together all she has learned and play a whole game, but not before.

It is possible and perfectly permissible to wriggle the feet from side to side until they are comfortably and firmly settled. This may seem rather an unimportant suggestion, but it is next to impossible to keep the body from swaying either sideways or forward unless a firm base is established, and if the body sways the accuracy of the stroke is gone.

Women are rather inclined to walk up to the ball and hit it without taking the time to arrange themselves properly. After all, only a fraction of a minute is required to find the best possible position, and the habit once acquired becomes practically automatic.

PREPARING RAW SILK.

The Washing Process Is an Important and Delicate Operation.

Raw silk is of three kinds, known to the trade as organzine, tram and souple. The organzine is used for the warp or woven materials, and the tram for the weft. Before these are dyed and prepared for weaving, the silkworm gum must be washed out by a process called "stripping." The souple silk is used for the manufacturing of the soft fabrics, such as messaline, chiffon, etc., and in order that these materials may retain their softness and pliability and admit of being crushed in the hand without showing any signs of creasing the souple silk must first undergo a process known as softening.

This process is a very delicate operation, and the quality of the silk depends very much upon the care with which the softening is done. In this case the silk is not stripped off the silkworm gum, but is immediately placed in a bath of pure olive oil soap. This bath is made up of about fifty parts of pure water to one of strong liquid soap. The silk is suspended in this bath on wooden rods and is moved back and forth by two operatives, who frequently turn it and keep it in constant motion. The bath is heated to 30 degrees R., and owing to the continuous agitation of the silk in the bath the silkworm gum, while not washed out, is made to permeate uniformly through the silk.

After being treated in this manner for about an hour the silk is removed and placed in another bath of lukewarm water, where it is again treated in the same way. This process continues for about fifteen minutes and is intended only to cleanse the silk. The skeins are then removed from the bath and placed in another consisting of about sixty parts of pure water to one of concentrated sulphuric acid heated to 60 degrees R. Here it is worked back and forth and frequently turned very slowly for about two hours or until it yields very readily to a pressure of the finger. It is then removed and given two thorough washings in cold water. It is then ready for the dyeing.

YOU CAN'T EARN MONEY WHEN YOU'RE LAID UP

There are a lot of people in this town who cannot afford to be sick. Perhaps none of you feel that you can, but certainly some of you can't, for as soon as you are sick, your wages stop and worry and debts begin to pile up. The sensible thing for you to do, as soon as you feel run-down and worn out, no matter what the cause, is to take something just as quick as you can to build up strength and health. Make yourself more comfortable and provide against serious sickness.

We don't believe there is any other medicine made that will do as much towards saving your health and thus helping you save your money as **REXALL OILIVE OIL EMULSION**. It is a medicine that gets right at the trouble and relieves it by toning the nerves, enriching the blood, and giving new strength and health to the whole body. It doesn't do this by means of alcohol or habit-forming drugs, because it contains none. Its strength and health-giving power is due to pure Olive Oil and the Hypophosphites, long endorsed by successful physicians, the one for its food value, the other for its tonic value. Here, for the first time, they are combined, and the result is a real nerve, blood and body-building medicine—a real strengthener that we are proud to tell you about. You don't need to hesitate in using it, because if it doesn't do all we say it will and satisfy you in every way, it will cost you nothing. If it doesn't make you strong and well again, come back and get your money. It will be given to you without word or question. Sold only at the more than 7,000 Rexall Stores, and in this town only by us. **\$1.00.**

J. W. McLAREN.

Watford The Rexall Store Ontario

There is a Rexall Store in nearly every town and city in the United States, Canada and Great Britain. There is a different Rexall Remedy for nearly every ordinary human ailment—each especially designed for the particular ailment for which it is recommended.

The Rexall Stores are America's Greatest Drug Stores

COLD WEATHER NEEDS

HAMMERS HATCHETS AXES SLEDGES

THE PLUMB AXE

Built for woodmen

An up-to-the-minute stock of Axes, from the inexperienced boy's axe to the best hand-made one for woodmen.

CHEMICAL CLOSETS

\$10.00

Bissell Carpet Sweepers

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The common Buck-Saw, 60c., also the Strathcona, with the X-cut blade 90c. A X-Cut Saw of merit, 5 1/2 ft., with handles, \$1.00. Files of every description.

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CHOPPING AND OAT ROLLING

OUR TWO CHOPPERS AND OAT ROLL are in operation. We can give the Farmer THE BEST SERVICE in the Dominion; THE BEST WORK, as we have the power with which to do it, AT THE LOWEST PRICE.

WATFORD PLANING MILLS

GEORGE CHAMBERS

ESTABLISHED 1870.

Guide-Advocate Ads, are Business Bringers

Elephant Dentistry.

It is not easy to tell when an elephant has got the toothache, but it is best to keep out of his way when you do know it. A London surgeon, who had been for many years in India, says he would sooner risk a railway accident than meet an elephant with toothache.

It appears that toothache affects an elephant in a more severe manner than it does any other animal. Elephants have very sensitive nerves, and a touch of toothache often brings on madness.

Providing you are able to chain down an elephant and draw out the offending tooth, the brute is certain to be affectionate to you afterwards. Here is an instance.

An elephant in Bengal, India, became affected with toothache, but the keepers managed to secure it while a dentist drew a decayed tooth—the cause of the trouble. After a time the elephant seemed to understand that the dentist was trying to do something for his pain, and he gave every evidence of appreciating the attention. When the operation was over he frisked round the dentist like a young lamb.

A WONDERFUL DISCOVERY

An eminent scientist, the other day, gave his opinion that the most wonderful discovery of recent years was the discovery of Zam-Buk. Just think! As soon as a single thin layer of Zam-Buk is applied to a wound or a sore, such injury is insured against blood poison! Not one species of microbe has been found that Zam-Buk does not kill!

Then again. As soon as Zam-Buk is applied to a wound or to a diseased part, the cells beneath the skin's surface are so stimulated that new healthy tissue is quickly formed. This forming of fresh healthy tissue from below is Zam-Buk's secret of healing. The tissue thus formed is worked up to the surface and literally casts off the diseased tissue above it. This is why Zam-Buk cures are permanent.

Only the other day Mr. Marsh, of 101 Delormier Ave., Montreal, called upon the Zam-Buk Company and told them that for over twenty-five years he had been a martyr to eczema. His hands were at one time so covered with sores that he had to sleep in gloves. Four years ago Zam-Buk was introduced to him, and in a few months it cured him. To-day—over three years after his cure of a disease he had for twenty-five years—he is still cured, and has had no trace of any return of the eczema!

All druggists sell Zam-Buk at 50c. box, or we will send free trial box if you send this advertisement and a 1c. stamp (to pay return postage). Address Zam-Buk Co., Toronto.

The Truly Reticent Woman.

Speak of a reticent woman and most people picture to themselves a woman who doesn't talk much. But the truly reticent woman—the woman who makes reticence an art—is not at all silent. She talks with apparently the greatest candor, so that people go away from her saying what a frank, genial woman she is. And no one ever suspects, unless he or she is phenomenally clever, that the genial conversationalist had all sorts of unspoken things in her mind.

False Alarm.

Mrs. Noowed—Oh, John, our cook is going to leave us in the morning.

Mr. Noowed—What—makes you think so?

"Why she's been sitting on the kitchen floor with a bottle in her hand, singing. And when I asked her what was the matter, she threw the bottle at me and said, 'We won't go home until morning!'"

Requisite on the Farm.—Every farmer and stock-raiser should keep a supply of Dr. Thomas' Electric Oil on hand, not only as a ready remedy for ills in the family, but because it is a horse and cattle medicine of great potency. As a substitute for sweet oil for horses and cattle affected by colic it far surpasses anything that can be administered. m

Farmers Attention

WE HANDLE

COOKSHUTT IMPLEMENTS
MELOTTE CREAM SEPARATORS
KEMP MANURE SPREADERS
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BUGGIES, WAGONS
GASOLINE ENGINES
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— AND —
EVERYTHING NEEDED ON THE FARM

Call and let us talk matters over.

CAMERON & GRAHAM
OPPOSITE HOWDENS' GROCERY.

ASTHMA COUGHS

WHOOPING COUGH SPASMODIC CROUP
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Vapo-Cresolene

Est. 1879

A simple, safe and effective treatment avoiding drugs. Used with success for 35 years.

The air carrying the antiseptic vapor, inhaled with every breath, makes breathing easy, soothes the sore throat, and stops the cough, assuring restful nights.

Cresolene is invaluable to mothers with young children and a boon to sufferers from Asthma.

Send us postal for descriptive booklet sold by our agents
VAPO-CRESOLENE CO.
Leeming Miles Bldg., Montreal

Commissioner's Report

The report of the Dairy and Cold Storage Commission for the fiscal year ending March 31st, 1914, has just been issued.

The report deals with the progress of dairying, the expanding home market, the export trade, the importation of New Zealand butter and the work of the Finch and Bromie dairy station of the Extension and of the Division of Cold Storage.

In the appendices, of which there are eight, the reports of the chiefs of the various divisions are given. These include many details illustrative not only of their work but of the progress being made in dairying, marketing, storing and shipping of fruit.

This report, which is issued as Sessional Paper No. 15a, is a volume of 112 pages. Copies are available upon application to the Publications Branch, Department of Agriculture, Ottawa.

A Boon for the Billious.

The liver is a very sensitive organ and easily deranged. When this occurs there is undue secretion of bile and the acid liquid flows into the stomach and sours it. It is a most distressing ailment, and many are prone to it. In this condition a man finds the best remedy in **Parmelee's Vegetable Pills**, which are warranted to speedily correct the disorder. There is no better medicine in the entire list of pill preparations.

Growing sugar beets has been found to be a paying proposition. Jos. Alexander took 20 tons 340 pounds of one and a ton, quarter acre. He received \$5.00 a ton, and is perfectly satisfied with the result. His largest beet weighed 12 1/2 lbs.—**Parmelee's Advertiser.**

Corns cause much suffering, but Holloway's Corn Cure offers a speedy, sure, and satisfactory relief.

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