

Facts in Nature

For centuries it has been known that Nature's most valuable health giving agents for the cure of disease are found in our American forests. Over forty years ago Dr. R. V. Pierce, chief consulting physician to the "Invalids' Hotel and Surgical Institute at Buffalo, N.Y., used the powdered extracts as well as the liquid extracts of native medicinal plants, such as Bloodroot and Queen's root, Golden Seal and Stone root, Cherry bark and Mandrake, for the cure of blood diseases. This prescription as put up in liquid form was called

DR. PIERCE'S
Golden Medical Discovery

and has enjoyed a large sale for all these years in every drug store in the land. You can now obtain the powdered extract in sugar-coated tablet form of your medicine dealer, or send 50c in one-cent postage stamps for trial box to Dr. Pierce's Invalids' Hotel, Buffalo, N.Y., and tablets will be mailed, postage prepaid.

The "Golden Medical Discovery" makes rich, red blood, invigorates the stomach, liver and bowels and through them the whole system. This affection, blotches, boils, pimples and eruptions—result of bad blood—are eradicated by this alternative extract—as thousands have testified.

Send 50 one-cent stamps to pay cost of mailing only on a free copy of Dr. Pierce's Common Sense Medical Advice, 1008 pages, clothbound ADDRESS DR. R. V. PIERCE, BUFFALO, N. Y.

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 AND LUMBER

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.,

to be found in the West.

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.

Established 1870

GEO CHAMBERS.

A NICE DISPLAY OF

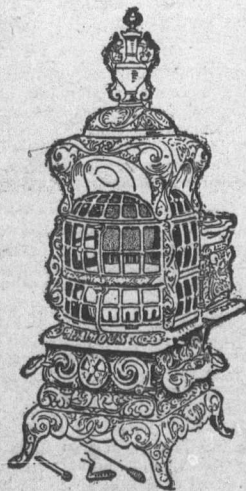
Coal and Wood Heaters

RANGING IN PRICES FROM
THE CHEAP BEDROOM
STOVE TO AN ELEGANT
PARLOR COOK.

SPECIAL PRICE ON HEAT-
ER LIKE CUT, 14 IN.
FIRE POT

.. \$28.00 ..

T. DODDS & SON



The richest acres are the idle ones of the lowlands. Undrained they cost in taxes and breed mosquitoes. The drained they will lift the mortgage on the farm or build the bank account.—Kansas Farmer.

FIGHTING GRAIN SMUT.

German Hot Water Treatment Found Effective in Tests.

In a recent German report on experiments on control of loose smut of barley and wheat with the hot water treatment, the author gives an account of tests made in treating barley and wheat before planting with one or two soakings in tepid water, followed by immersion in water at from 50 to 53 degrees C. for from five to ten minutes.

The results were practically always favorable as regards a lower percentage of infection of the plants when compared with those from untreated seed, while the percentage of germination



Photograph by United States department of agriculture.

LOOSE SMUT OF WHEAT, SHOWING FOUR SMUTTED HEADS AT VARIOUS STAGES OF DEVELOPMENT, AND FOR COMPARISON A SOUND WHEAT HEAD.

tion was but slightly or not at all affected, except in case of the higher temperatures or longer treatments.

Winter wheat steeped for four hours at 25 degrees and then dipped into water for ten minutes at 52 degrees gave a germination of from 98 to 99 per cent and no infection. Summer wheat under similar treatment gave 97 per cent germination and 0.38 per cent infection, while barley gave, respectively, 99 per cent and 0.27 per cent. This seems on the whole the best treatment used. The yield was very little affected by the treatments.

READING FOR THE BEE MAN.

By buying in quantities as much as 50 per cent may be saved on bee supplies.

Ammonia applied to the wound made by a bee sting will usually afford immediate relief.

When working in the apiary it is best to carry along a light box to put all the bits of comb in.

It is a good plan to keep all vegetation down around the hives so that it will not interfere with the flight of the working bees, their hives and the feeding ground.

Regarded purely from a mechanical standpoint, the window frame super is perhaps slightly more complex in structure than some others, but in its adaptation to the economical production of fancy honey it is very effective.

Children Cry
FOR FLETCHER'S
CASTORIA

Tempting Her.

Housekeeper (to a book agent who brings the tenth installment of a novel)—I can't take the book. Mr. Melter is dead.

Book Agent—Oh, what a shame! It's right in the most exciting part of the story!

Cracked Eggs.

An egg cracked at one end cannot be boiled successfully as the contents always run out and waste in the water. But cracking the egg at both ends will prevent any waste and the egg will boil as well as if it had been whole.

Accidentally.

"I wonder how so many forest fires catch?" said Mrs. McBride.

"Perhaps they catch accidentally from the mountain ranges," suggested Mr. McBride.

What They All Do.

"Smoking again? I thought you'd cut it out."

"Well, you see, when I've convinced myself that I can cut it out whenever I want to I start smoking again."

PILES.

You will find relief in Zain-Buk! It cures the burning, stinging pain, stops bleeding and brings back the normal state. Why not prove the Zain-Buk cure? Why not prove the Zain-Buk cure?

Zain-Buk

RAPID EATING IS WRONG.

Reasons Why Even Soft Foods Should Be Well Masticated.

When we do not chew our food properly the evil consequences are many and often serious in their effect upon health and even life. In the first place, a person who does not chew his food sufficiently is sure to eat too much. That is especially true in the case of soft foods, which are sometimes literally shoveled into the stomach. Food that needs mastication will generally get a little, even from the worst stunner, although sometimes it gets only enough to make the act of swallowing possible.

Thorough mastication acts in two ways to diminish the amount of food you take. If a proper proportion of the time spent at the table is occupied by the work of mastication, the amount of food taken is naturally less. Furthermore, those who chew properly do not crave food as others do, for they digest what they swallow, and are free from the unnatural hunger that torments the rapid eater.

Mr. Fletcher, the dietitian, has proved that he can maintain a high degree of health and vigor on a much smaller amount of food than most people think they need.

Another real danger to the health of the rapid eater arises from the unbroken lumps of food that pass into the stomach. In some cases the digestive juices struggle with them in vain, and they cause much discomfort, and often serious disorders—perhaps even appendicitis.

Children should be taught to chew their food well, for the healthy condition of the mouth and teeth in later life depends upon their doing so. If the jaw does not grow properly there is not enough room for the teeth. Now, the growth of the jaw depends in large measure on the mastication it is called upon to do. The teeth themselves suffer also. They lose the active circulation of the blood, the stimulation of the gums, and the cleansing of the mouth by the salivary glands that follow upon the act of chewing.

SHILOH
quickly stops coughs, cures colds, and heals the throat and lungs. 11 1/2 25 cents.

Names of Dances.

The position taken by the dancers gives the name to the "quadrille"—literal English for "a little square" in the French tongue. From the French we get also "country dance," which, as a matter of fact, has no reference to rural folk. "Contredanse," which has reference to the position of the couples, opposite each other, is readily corrupted into "country dance." The "polka" is a Polish dance, the name being derived from the Bohemian word "půlka," meaning half, and refers to the half step which occurs in this measure. The "waltz" is German—waltzen, meaning to revolve—the circular motion of the couples easily explaining the connection. The "reel" is suggestively obvious. "Jig" is of course from the French gigue.

Artful.

Housewife—Now, what do you want?

Peddler—I have here a soap for removing stains from paints, carpets, furniture and—but, really, I don't think you need it, for there isn't a stain on your paint nor hall carpet, and if your furniture within is as spick and span—which, no doubt, it is—as everything appears here I have come to the wrong house. Good morning.

Housewife (pleasantly)—Never mind. You may let me have half a dozen cakes. I dare say it will come in handy some day.

Progress of Conversation.

"How old is that young woman?" asked the inquisitive person.

"Oh, eighteen or nineteen, I suppose!" replied Miss Cayenne.

"How do you know?"

"She declines to converse on any but the most abstruse metaphysical subjects. We don't usually begin to talk about plays and novels till a few years later, and it takes more than a decade to bring us around to a sprightly discussion of the latest dances."

A PILL FOR ALL SEASONS.—Winter and summer, in any latitude, whether in torrid zone or Arctic temperature, Parmelee's Vegetable Pills can be depended upon to do their work. The dyspeptic will find them a friend always and should carry them with him everywhere. They are made to withstand any climate and are warranted to keep their freshness and strength. They do not grow stale, a quality not possessed in many pills now on the market.

After falling in love many a man tries to crawl out.

First Step Toward Clean
Currency

The question of preventing infection from bank notes has been engaging the attention of Hon. W. T. White, Minister of Finance, and a new method for the sterilization of bank notes is being tested.

The new Bank Act provides that the Treasury Board may make regulations providing for the disinfection and sterilization by the several banks of bank notes and Dominion notes, which have come into the bank's possession, before a re-issue of such notes to the public. After the close of the session the Minister of Finance with a view to ascertaining whether bacteria likely to injuriously affect the public health were to be found on the notes, instructed the officers of the laboratory of the Department of Agriculture to make an examination of notes chosen at random from a number which had been returned by one of the banks as being unfit for further circulation.

The finding of the laboratory is, in brief, that there is a possible danger of conveying infection by means of soiled bank notes, but that the degree of danger is an unknown quantity, and is lessened in proportion to the time elapsing between the inspection of the note and contact with a susceptible person.

The Department of Finance now proposes to have some experiments made with formaldehyde gas. This method has been adopted, apparently with success, in the United States. One of the leading banks in Boston informs the department that it has been advised by experts that the process kills all pathogenic germs, and is a thorough disinfectant. The mode adopted is simple. A small receptacle containing the disinfectant, which is very powerful, is placed every day at the close of business in the vault where the bills are kept.

The Finance Department will subject soiled notes to this treatment, and have the bills immediately turned over for examination to the bacteriological laboratory.

If the danger of infection is lessened by the experiments being made the Hon. W. T. White will deserve the gratitude of many people.

STRANGLER WITH ASTHMA is the only expression that seems to convey what is endured from an attack of this trouble. The relief from Dr. J. D. Kellogg's Asthma Remedy is beyond measure. Where all was suffering there comes comfort and rest. Breathing becomes normal and the bronchial tubes completely clear. This unequalled remedy is worth many times its price to all who use it.

Postmaster McKellar, of Forest, has received a letter from Vancouver asking for information about Jas. Webster, said to be at one time in the vicinity of Forest. His relatives are anxious to locate him.

Son—"Dad, when you put a hen on eggs to hatch them, do you say she is 'sitting' or 'setting'?" A hen can't sit, can she?"

Dad—"Don't bother about little things like that. What concerns me most is to know when she cackles whether she has laid or lied!"

Few housewives know that when cutting warm bread or cake, the knife blade should be heated.

Dr. Morse's
Indian Root Pills

are just the right medicine for the children. When they are constipated—when their kidneys are out of order—when over-indulgence in some favorite food gives them indigestion—Dr. Morse's Indian Root Pills will quickly and surely put them right. Purely vegetable, they neither sicken, weaken or gripe, like harsh purgatives. Guard your children's health by always keeping a box of Dr. Morse's Indian Root Pills in the house. They are

Keep the Children Well

W. C. BROWNE & SON
FUNERAL DIRECTORS
—AND—
LICENSED EMBALMERS
Twenty Years' Experience.

Night and Day Calls promptly attended to. Phone 21
Residence Above Store, Main Street.

STAGE LINES.

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

WATFORD AND ARKONA STAGE LEAVES Watford at 7:45 a. m. Returns at 8:45 a. m. Returns leaves Watford at 2:45 p. m. Passengers and freight conveyed on reasonable terms. WILLIAM EVANS Prop.