A HEALTHY OLD AGE

OFTEN THE BEST PART OF LIFE

Providence has allotted us each at least seventy years in which to fulfill our mission in life, and it is generally our own fault if we die prematurely.



Nervous exhaustion invites disease. This statement is the positive truth.

When everything becomes a burden and you cannot walk a few blocks with-

and you cannot walk a few blocks without excessive fatigue, and you break out
into perspiration easily, and your face
flushes, and you grow excited and shaky
at the least provocation and you cannot
bear to be crossed in anything, you are
in danger; your nerves have given out;
you need building up at once ! To build
up woman's nervous system and during
the period of change of life we know of no
better medicine than Lydia E. Pinkham's

up woman's nervous system and during the period of change of life we know of no better medicine than Lydia E. Pinkham's Vegetable Compound. Here is an illustration. Mrs. Mary J. Dabbruz, of 150 Main Street, Winnipeg, Manitoba, writes: Dear Mrs. Pinkham:—
"Lydia E. Pinkham's Vegetable Compound has been a blessing to me through that delicate period known as the change of life. For six years it disturbed my entire system. I had hot flushes, was extremely mervous, became pale and debilitated, very irregular in the monthly flow, and the blood all seemed to be in my head. I had frequent palpitation and throbbing of the heart; in fact, my whole system seemed to be in disorder.
"I received no relief from the suffering incident to this period until I took Lydia E. Pinkham's Vegetable Compound; but I date my relief from the time I took the first bottle. I gradually improved, nature took her course painlessly, and in due time I was a well woman."

Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham daughter-

vites all sick and ailing women to write her for advice. Her great experience is at their service, free of cost.

FARM TO RENT.

City lot 7, con. 4, township of Metcalfe, 100 acres, about 8 acres bush. On the premises there is a frame dwelling house barn, shed, drive house, etc. Good orchard, 3½ miles from Kerwood, handy to school. For particulars apply to WM ROSS,

Executor for Ross Estate, a 30-4t

Alvinston, Ont.

FARM FOR SALE.

Apply to
JOHN HALL,
RIFINAM P.O. or W. S. FULLER,
Watford.

Valuable Farm for Sale.

150 ACRES of lot 24, Con. 5, N. E. R., Warwick mile from the public school house south. Soil clay doam with a good gravel pit on said property. The following buildings are on this farm, viz: a good 1½ story brick dwelling with a cellar, a frame barn 40x00 feet with stone stables under having cement floors, also another barn 32x72 feet, a frame drive shed 24x40 feet, and a frame hog pen, etc. There is also 2 acres of an orchard containing apples, pears, plums, peaches and small fruits. There are 2 good wells, and a living spring and 2 cistern. Will sell 100 acres of said 100 acres, if purchaser prefers The owner, Mr Thomas Pressey, wants to sell on account of Ill-health. For further particulars apply to W. E. FIZZGERALD. W. E FITZGERALD.
Barrister, etc., Watford, Ont.

Desirable Town Residence and Two Lots For Sale.

THE undersigned offers for sale that degrably situated house and two lots, corner Huron and McGregor Sts, Watford. Two story brick residence, furnace, full basement, hard and soft water, every convenience. Fine variety of all kinds of fruit trees, Easy terms of payment. For particulars apply to G. H. WYNNE.

FOR SALE THE east ½ of lot 23, 6 line, S. E. R., Warwick, 50 acres more or less. On the premises there is a frame house, large woodshed, two frame barns, three good well's and windmill, also about 5 or 8 acres of hardwood timber, farm is well fenced and in a good state of cultivation. For particulars apply on the premises to R. J. GLASS, 26-44 Watford, Ont.

Farm For Sale

L COLLIE

OT WEST HALF 23, CON. 3, S. E. R., Warwick, containing 100 acres, all cleared except about 8 acres of hardwood. On the premises are a frame bouse, frame and log barns, 3 good wells and about 300 bearing apple trees. Soil light clay loam, For further particulars apply to

WM. DORMER, Watford.

WHEN you think of clothing you think of Swift Bros., who for twenty-two years and more we have been hammering away at the CLOTHING BUSINESS and each and at the CLOTHING BUSINESS and each and every year we are doing better, little improvement here and there, better linings and trimmings, better interior in the way of canwas and enterlings those you cannot see, but the finish and mould of the shoulders as a collar and the way the coat keeps its shape denotes the best of everything. This week we open another big ahipment of imported Tweeds and Suitings direct from the Old Country, Suits from \$14.00 to \$50.00, ready about Monday.—Swift Bros., DIRECT STORKES;

BROOKE COUNCIL.

Alvinston, August 24th, 1907.

petition and for the proposed drain in the 9th con., be laid over until next meeting of

ouncil. -- Carried.

Alexander Mills complained about the Alexander Mills complained about the slowness with which the repairs to 6 7 sideroad drain were being made. Contractor was not pushing the work. It had caused him great loss, his crops for this year being almost runed. Commissioner replied he had urged contractor time and again to finish job, but the delay was owing to the difficulty in procuring and keeping help.

help.
Wm. Shugg avolted for renumeration for 2 sheep killed by dogs, valued by inspector at \$16.00 and James Legg for 3 lambs killed by dogs at \$17.00.

Spearman—Munroe, that Mr. Shugg be paid the sum of \$10.67 and Mr. Legg the sum of \$11.00, being two thirds of loss—Carried.

Carried.

Bourne—Kelly, that council open as a Court of Revision on the Gray drain No. 2 bylaw, the reeve in the chair.—Carried.

Declarations taken before clerk. Three appeals.

appeals.

Andrew Gray, sworn said, I have no objections to drain. We need it. My assessment though is too high.

Alex. M. Leitch, sworn said, drain is needed, but assessment too high.

Joseph Tait, as tenant of lot s w qr 19, con. 3, maintained assessment was too high and in one place drain was wrongly located.

Darvill—Kelly, that the assessment on lot s w qr 19, con. 3, be reduced \$5.00; lot ehf 19 reduced \$5.00; lot 20 reduced \$2.50; and lot n hi 21, \$5.00, that these reductions, amounting to \$17.50 be added to amount payable by township, assessment changed accordingly and court closed. changed accordingly and court closed .-

Bourne-Kelly, that council open as Court of Revision on the Gardiner or 7th concession drain, the reeve in the chair.

Declarations taken. 4 appeals. Stewart Gardiner said drain was costing ar too much.

high, and that work would interfere with his tile drains.

John Tait said drain was no benefit to his

north drain.

Darvill—Monroe, that offer of Mr. Gardiner be accepted, that on payment of \$40 he would abandor all claims for damages,

Carned.

Agreement was then signed by Mr. Gardiner and payment made.

Spearman—Munroe, that the 6.7 con.road drain bylaw; the 14th con. and Kelly drains bylaw; and the bylaw to provide Brooke's share of the cost of improving the Ennis killen and Dawn townline drain be each read a third time and finally passed.—Carried, read and passed.

Reeve reported that owing to the lateness in the season and the difficulty in procuring men and material, the committee had deemed it best to postpone until another year, the building of the new bridge over the Sydenham River in first concession.

Spearman—Bourne, that council do now

Spearman-Bourne, that council do now adjourn to meet in the Village of Inwood on Saturday, the 21st day of September, 1907.

with renewed vitatity, and thus the winter's accumulation of pollution is expelled.

Of course digestson must be improved, and probably the stomach will require sid as well. Ferrozone serves the purpose admirably. Those who use it. enjoy appetite and digestive powers far beyond the ordinary.

That tired feeling is replaced by the buoyant, joyous sensation of health and vigor. Day by day as your strength increases, you teel new energy surging through your veine, and know that a tonic of great merit is at work.

No remedy more nourishing or uplitting, ao treatment so sure to bring lasting health good apirits and contentment. Ferrozone contains just what run-down tolks need; it cures because it supplies more nutriment than you can get in any other way. Free from alcohol and prepared only in chocolate-coated tablets, 50c. per box or six for \$2.50 at all dealers. Be sure you try "Ferrozone.

A Few Dots on Man.

Council met pursuant to adjournment.

Members all present.

Minntes of previous meeting rad, and
on motion of Mr. Munroe, seconded by Mr.

Spearman, were approved.

Petition received signed by W. H. Richardson and 18 others asking for a new drain
on Blind Line, between concessions 9 and
10, from the point where a proposed new
drain is marked to cross 3, 4 sideroad to
lot No. 9.

Spearman-Bourne, that action on this

Franz Lehrbass said charges were too

land, and did not want to be cut off from

past or present, remove the culverts com-plained of and repair ditch in front of his lot so as to remove cause for damages. Carried.

W. G. WILLOUGHBY, Clerk.

REGAIN NOW THE STRENGTH YOU LACK!

Winter Leaves Us Miserable, Ailing' BUILD UP NOW.

During the winter the system gets sluggish. The blood, polluted with impurities, deadens the nervous system and dulls the actions of both liver and kidneys; the foulness of the system increases and when spring comes we are limp and useless.

Spring 'system cleaning' is a duty; the body sewers must be flushed out and waste matter removed—otherwise weakness and nervousnoss will surely follow.

Begin by enriching the blood. Make it pure and nutritious by taking Ferrozone, it's the greatest blood former known to medical science.

medical science.
Ferrozone makes the liver fairly sing with new life, makes the kidneys dance with renewed vitality, and thus the winter's accumulation of pollution is ex-

DOCTORS IN TURN FAILED BUT ZAMBUK CURED:

Magistrate F. Rasmussen, writing from his residence, 211 Marquette St., Montreal, says:

"I take genuine pleasure in informing you of the great good I have derived from Zam-Buk.
For many years I was troubled with a serious eruption of the skin, which was both unsightly
and painful. Not one, but several doctors in turn were consulted, but I was unable to get any
permanent relief. Some time back I noticed a report from a Justice of the Peace who had been cured of a
conrolle skin disease by Zam-Buk, and I determined to give this balm a trial. After a thoroughly fair test, I
can say I am delighted with it. While everything else I tried—salves, embrocations, washes, soaps and
doctor's prescriptions failed absolutely to relieve my pain, three boxesof Zam-Buk have worked a complete cure.
In my opinion this balm should be even more widely known than it is, and in the hope that my experience will
lead other sufferers to try this herbal healer, I have no objection to you publishing this letter. Yours truly,
(Signod) F. RASMUSSEN, Justice of the Peace,
mmer eczema, rashes, sunburn patches, children's heat sores or bables' chaling sores, cuts, burns, bruisse, insect bites and
ings and all skin injuries and diseases yield to Zam-Buk. All stores and medicine vendors sell at 50c a box, or post free from
m. Buk Co., Toronto,

6 boxes for \$2.50. (C. B. Fulford, Limited)

When he is little the big girls kiss him, but when he is old the little girls kiss

If he is poor, he is a bad manager; if he is rich he is dishonest.

If he needs credit, he can't get it; if he is prosperous everyone wants to do him a

fayor.

If he's in politics it's for pie; if he's out of politics you can't place him, and he's no good for his country.

If he doesn't give to charity he's a stingy cuss,; if he does it is for show.

If he is actively religious, he is a hypocrite; if he takes no interest in religion, he is a hardened sinner.

he is a hardened sinner.

If he shows affection, he is a soft specimen fif he seems to care for no one he is cold-blooded.

cold-blooded.

If he dies young, there was a great future ahead of him; if he lives to an old age, he has missed his calling.

The Road is Rocky. Man Loves to travel if travel it.

STATE OF OHIO, CITY OF TOLEDO, 1 88. LUCAS COUNTY.

Frank J. Cheney makes oath that he is ignor partner of the firm of F. J. Cheney & co., doing business in the City of Toledo,
Co., doing business in the City of Toledo,
County and State, aforesaid, and that said
firm will pay the sum of ONE HUNDRED
DOLLARS for any and every case of
Caterra that cannot be cured by the use of
Hall's Catarra Cure.

FRANK J. CHENEY

FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

A. W. GLEASON, (SEAL) (SEAL) Notary Public.
Hall's Catarrh Cure is taken internally,
and acts directly on the blood and mucus
surfaces of the system. Send for testimon-

F. J. CHENEY & CO., Toledo, O. Sold by all druggists 75c.

Take Hall's Family Pills for constipation.

NEGLECTED CHILDREN.

The annual report of the superintendent of neglected and dependent children, for Ontario has just been issued. The reports show that during the year 1906, a larger number of children have been saved from evil surroundings, and placed in footer house then in an practice years. The superintendent Mr. J. J. Kelso says in part of his report:—"It is hard to remove the impression that the Children's Aid Society exists solely for the purpose of taking children from their parents" yet he points out a perusal, of the reports of different societies throughout the proof different societies throughout of different societies throughout the pro-vince, shows that a large part of the work is done with the intention of trying to im-prove the condition of children of ne-glected parents in their own home. When after repeated warnings, the advices of officers of the Children's Aid societies is disregarded, then as a last resort appli-cation is made for the guardianship of the cation is made for the guardianship of the children, and they are placed in foster homes. During the year 380 children were placed for the first time in foster homes, by the Aid societies. In addition to the children placed for the first time, there were 325 replacements. These were all children whose foster homes were unsatisfactory, or who had themselves proven unsatisfactory to their foster parents. Nearly 4000 children are now on record. Only six deaths occurred, five being infants. All of these children are regular-Only six deaths occurred, five being infants. All of these children are regularly visited by thoroughly qualified visitors, who bring to bear upon their work, sympathy, experience, and an ardent desire for the best interests of the children. Mr. John Wilkinson, Box 185 Sarnia, is agent for this county. He states that there are over 80 wards in Lambton, and wishes to be informed of any children the wishes to be informed of any children the ociety can help in any way. Write him.

HOME-MADE MEDICINE

Said to Relieve Kidney Trouble and Rheumatism One ounce Fluid Extract Dande-

One ounce Fluid Extract Dandelion;
One ounce Compound Salatone;
Four ounces Compound Syrup Sarsaparilla;
Mixed and taken in teaspoonful doses after meals and at bedtime, is stated by a prominent physician to give most excellent results in kidney or urinary afflictions, and also in rheumatism and sciatica. The mixture opens the clogged pores of the kidneys, thus assisting them in their work of filtering all waste and poisonous matter from the blood, and expels these in the urine. To allow this poisonous matter to remain means that it will settle in the muscular tissues or joints, and cause the untold misery known as rheumatism.

The mixture is composed of harmless vegetable ingredients which can be purchased at any good drug store, and mixed at home.

Anyone suffering from any of these afflictions will no doubt be pleased to learn of so simple and highly recommended remedy.

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Every article of Furniture shown here has something besides a handsome appearance to recommned it—and that is strength and durability. A visit to our warerooms will please and interest you-perhaps profit you. Our Dining Room Furniture is a delight to those who admire good furniture.

Furniture Dealer

Funeral Director



This is the mark of a BLENDED FLOURthe best Bread, Cake and Pastry Flour -- the best all round flour in the world.

Just try it once. Look for this trademark on every bag or barrel you buy. All fine Blended Flours — milled of Ontario Fall and Manitoba Spring wheats—have it.

"Made in Ontario"

Western Fair

The Exhibition the People all Like to Attend

EXHIBITORS AND VISITORS FIND IT PROFITABLE TO GO

KNABENSHUE'S AIRSHIP daily, and a full list of Attractions, with plenty of Music. Fireworks after programme each evening concluding with that grand display, "THE SIECE OF CIBRALTER"

REDUCED RATES ON ALL RAILROADS

Send to the Secretary for Prize Lists, Programmes and all information

W. J. REID, President. A. M. HUNT, Secretary. London, Sept. 6 to 14