

Why Women Have Nerves

The "blues"—anxiety—sleeplessness—and warnings of pain and distress are sent by the nerves like flying messengers throughout body and limbs. Such feelings may or may not be accompanied by headache or headache or bearing down. The local disorders and inflammation, if there is any, should be treated with Dr. Pierce's Lotion Tablets. Then the nervous system and the entire womanly make-up feel the tonic effect of

DR. PIERCE'S FAVORITE PRESCRIPTION

when taken systematically and for any period of time. It is not a "cure-all," but has given uniform satisfaction for over forty years, being designed for the single purpose of curing woman's peculiar ailments.

Sold in liquid form or tablets by druggists—or send 50 one-cent stamps for a box of Dr. Pierce's Favorite Prescription Tablets. Ad. Dr. R.V. Pierce, Buffalo, N.Y.

Every woman ought to possess The Favorite Common Sense Medical Adjuvant by R.V. Pierce, M.D., 1008 pages. It answers questions of sex—gives mothers help to care for their children and themselves. It's the emergency doctor in your own home. Send 50 one-cent stamps to Dr. Pierce as above.



The Great Ship SEEANDBEE

The largest and most costly passenger steamer on inland waters of the world—FOR DAILY SERVICE BETWEEN CLEVELAND AND BUFFALO FARE, \$2.50

Actual dimensions: Length, 500 feet; Breadth, 98 feet, 6 inches. Steel construction—double bottom and water tight compartments, ensuring maximum safety—20 staterooms and 24 parlors—accommodating 1500 passengers—equalling in sleeping capacity largest hotels of the country—government permit for about 6000 passengers—the population of a good sized town. Main Saloon; Palm Garden; Smoking Lounge; Observation Room; Dining-Room and Buffet all in highest type of decorative art. Greater in cost; larger in all proportions; richer in all appointments than any steamer on inland waters of the world. Write for Booklet. The Cleveland & Buffalo Boat Co. Cleveland, Ohio Season Opens May 1st; Closes Dec. 1st

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
Chopping and Rolling Done While You Wait
PHONE 39

SASH AND DOOR FACTORY

Planing Mills and Lumber Yards

OUR PRICE LOWER THAN THE LOWEST
Our Aim "To Please."
Our Policy "Fair Treatment to All."

ROOFINGS

CORRUGATED IRON
CARRO CRIMP ROOFING
GEORGE SHINGLES
RED CEDAR SHINGLES
WHITE CEDAR SHINGLES
READY ROOFINGS

METAL CEILINGS AND WALLS
METAL CULVERTS

SEE OUR PRICES

COAL—Orders Taken For Summer Delivery

Established 1870 **GEO CHAMBERS.**

HORSE SUGGESTIONS.

Horses are very fond of a variety, and fussing always pays in the better condition and greater usefulness of the horse.

Never whip a horse when he shies. It will increase his fear. Confidence in his driver will do much to overcome fear of objects.

It is just as necessary to fit a collar to a horse as it is to fit a shoe to the foot.

A man cannot work on boiled turnips alone; neither can a horse work on a diet of straw and fodder.

It costs a good deal of money to buy a satisfactory team. In most cases this can be avoided by the farmer raising his own.

Always the your team or put them in a barn when you go to town. It is much cheaper than having to buy a new harness and wagon.

The horse that is all the time being tapped with the whip never knows what his master means by it and comes to think he means just nothing.

THE MARKET TYPE OF HOG.

Points to Note When Selecting Sows For Breeding Purposes.

In selecting a brood sow there are certain points which are so generally accepted that they may offer a guide to the beginner or to the breeder who would improve his herd. Perhaps the demands of the packer will serve as a good guide in this matter. The experience of the packer has taught him that a certain type of hog is most profitable for him because it will produce the largest amount of salable pork with the smallest amount of waste. Any hog that varies from this type is confronted with a variation in price when he goes to the market.

The head should be medium in length, with a full jaw, which must not be heavy or baggy; the neck must be short and full; the shoulders well set and in line with the side; the chest full, well let down and wide between the legs; the back rounded; the lower line should be straight and the ribs well sprung, but not round. There should be plenty of meat on the loin, the sides should be straight and the flank low. Too many breeders overlook the importance of the flank. A low, deep flank means a deep side and middling and means a correspondingly good side and ham. The flank is one of the indexes of a quiet disposition, easy feeding and early maturing qualities, and a hog which has a good flank and a good head will generally be found to possess these.



Baron Masher, Jr., 185,922, whose portrait is shown herewith, was champion Berkshire boar at the Wisconsin state fair of 1912. This fine animal weighed over 900 pounds when the picture was taken. Baron Masher, Jr., is descended from a long line of prize winners and boasts the bluest blood of Berkshire aristocracy. He is owned by George E. Kelly, Mineral Point, Wis.

Depth of body is more essential than length, although both are desirable. The sow which combines depth, length, a good top line, low, broad flank and stands on good feet and legs will generally prove to be an excellent brood sow, and if she possesses the breed character her progeny will be in demand and may develop into prize winners. There has been for a long time an impression that one could not secure too much ham on a hog of any one of the lard type breeds. This, however, is erroneous. The surplus ham, which has a baggy appearance, is so much waste material, and any surplus that can be bred into a hog should go into quality. In measuring a hog the distance from the root of the tail to the center of the forehead over the back should be about the same as the measurements about the heart and about the flank. If one should have in mind a box of oblong shape from which the corners have been rounded off he would have a good idea of the proper type for the individual hog.

The herd boar should be the best that money can buy. This does not mean that he should be secured at an exorbi-

tant price, but it does mean that his qualities should be such as are needed in the herd and should be the best of their kind and that a few dollars should not stand in the way of his purchase if he is exactly the right animal.

Salting the Butter.

In salting the mass should be spread out thinly and the salt sprinkled over evenly, because it is impossible to work the salt through all of the butter if the salt is thrown all in one place. Streaked or mottled butter is often caused by uneven salting. After salting the butter should be allowed to stand for five or six hours and then worked again.

Edible Flowers of Butter Trees.

By far the most remarkable of edible flowers is that culled from the butter tree of India. The blossoms of this singular tree are the chief means of subsistence with the Bhils and other Indian hill tribes. An average tree yields from 200 to 350 pounds of pulpy, bell shaped flowers that, when they drop off during March and April, the hot months of the Indian year, are eagerly gathered by the natives. They have when fresh a peculiar and luscious taste, but the fragrance of them is not pleasant and is best and most briefly described as "mousy." Usually they are cured in the sun, shrivel to one-fourth of their size and then resemble nothing so much as raisins. The natives prepare them for food by boiling or using them in sweetmeats—Suburban Life Magazine.

The Potato.

Whoever may have introduced the potato into England, according to Dr. Doran's "Table Traits," it was not known in North America in 1580, when Raleigh's colonists there are said to have sent it over to us. But the Spanish "batata," or sweet potato, from which the vegetable derives its name, was brought to Ireland many years before by Captain Hawkins from Santa Fe, in South America. This is probably the potato of Shakespeare's time. "Let the sky rain potatoes. I will remain here!" cries Sir John Falstaff, embracing Mrs. Ford.—London Telegraph.

Knew What He Was Doing.

Tom—You spend altogether too much money on that girl. Don't you know girls always accept everything a man gives them and then marry the fellow who saves his money? Jack—Sure I do. That's the reason I'm blowing in mine.—Boston Transcript.

Her Ear For Music.

"What is that tune your daughter is playing?"
"Which daughter?" asked Mrs. Cumro. "If it is the older girl it's Liszt's Hungarian rhapsody, and if it's the younger one it's exercise 27."—Washington Star.

The truest mark of being born with great qualities is being born without envy.—Rochefoucauld.

SHILOH

quickly stops coughs, cures colds, and heals the throat and lungs. 25 cents.

Does Beauty Bring Happiness?

Does beauty bring happiness? One of the most beautiful women in the world thinks that by itself it cannot, but says that every woman has a charm—for some man.

"Every woman is charming in some way to somebody," she says. "Beauty of itself cannot bring happiness; frequently it is a snark to the woman who possesses it. One cannot be beautiful forever, and love that centres only round a woman's beauty turns to hate when she grows old."

"I have known ugly women who charmed men by their grace of manner, their high intelligence, their kindness of heart. You may say that is little consolation to the woman hungry for beauty, but I know how little of a man's heart the woman has who holds him by beauty alone."

Nothing is better than a good wife and nothing much worse than a bad one.

Mrs. Randall—Those two women don't speak any more; each claimed to have the smartest child in town.
Mrs. Dart—Which was right?
Mrs. Randall—Neither of them—I have.—New York Globe.

CAUSE OF ASTHMA.—No one can say with certainty exactly what causes the establishing of asthmatic conditions. Dust from the street, from flowers, from grain and various other irritants may set up a trouble impossible to irradiate except through a sure preparation such as Dr. J. D. Kellogg's Asthma Remedy. Uncertainty may exist as to cause, but there can be no uncertainty regarding a remedy which has freed a generation of asthmatic victims from this scourge of the bronchial tubes. It is sold everywhere.

Whooping Cough

SPASMODIC CROUP ASTHMA COUGHS
BRONCHITIS CATARRH COLDS

Vapo-Resolene
ESTABLISHED 1879
A simple, safe and effective treatment for bronchial troubles, avoiding drugs. Vapo-Resolene stops the paroxysms of Whooping Cough and relieves Spasmodic Croup at once. It is a HOON to soothe the throat. The air carrying the anesthetic vapor, inspired with every breath, makes breathing easy; soothes the sore throat and stops the cough, assuring restful nights. It is invaluable to mothers with young children. Send postal for descriptive booklet.

ALL DRUGGISTS.
Try CRESOLENE ANTI-SEPTIC THROAT TABLETS for the irritated throat. They are simple, effective and antiseptic. Of your druggist or from us, 10c. in stamps.
Vapo-Resolene Co.
62 Cortland St., N.Y.
Looming Miles Building
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L. R. C. P., M. B., M. A., England
Watford, Ont.

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Watford, Ont.
OFFICE—MAIN STREET, formerly occupied by Dr. McLesly. Residence Front St. East.

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GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows

GOING WEST	
Accommodation, 27	8 44 a.m.
Accommodation, 29	2 44 p.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
Warwick 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. G. LARNES, Prop.

WATFORD AND ARKONA STAGE LEAVES
Arkona at 7.45 a.m., Wisbeach 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

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Samples of WALL PAPER on Hand.
When you have look in his line let him figure on it.