

Keeping the Body in Repair

Nature intended that the body should do its own repairing—and it would do so were it not for the fact that most of us live other than a natural life.

Nature didn't intend that we should wear corsets, tight collars or shoes, nor live in badly ventilated and draughty houses, nor eat and drink some of the things that we do, nor ride in street cars when we should walk.

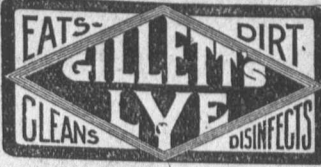
The consequence is that the body when it gets out of order must look for outside help to make the necessary repairs.

For weak stomachs and the indigestion or dyspepsia resulting, and the multitude of diseases following therefrom, no medicine can be more adaptable as a curative agent than DR. PIERCE'S GOLDEN MEDICAL DISCOVERY.

This famous Doctor's prescription has been recommended for over 40 years, and is today just as big a success. Restores a healthy appetite. Cleanses the blood. Strengthens the nerves. Regulates stomach and liver. Demand the original.

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Sold in Liquid or Tablet form by Dealers in Medicines

Send 50 one-cent stamps to pay cost of mailing only on a free copy of Dr. Pierce's Common Sense Medical Adviser, 1008 pages, clothbound. Address Dr. Pierce, Buffalo, N. Y.



Some Economical Women

The most recklessly extravagant woman has a vein of economy somewhere in her composition. Economy is born in a woman. It may not develop in a manner to prove beneficial either to herself or to her husband. Yet there will always be some point at which she will look well to the pennies and think and calculate with the ablest financier. She may be willing to pay \$100 for a gown, but will shop all over town to save ten cents a yard on the lining. She may spend \$5 for a ride in the park, but she will begrudge five cents in car fare when out shopping. She may stint the table at one time and be wildly extravagant at another. Or ruin a whole garment by the desire to finish it cheaply, which desire has remorsefully seized her at the last moment, but there is one thing in which she never economizes. When she loves, she loves with her whole heart. There is no stint—only a giving of all the wealth of her affection. Therefore do not laugh at her little economies; simply remember that a woman can be just made up of those contradictions that seem so ridiculous to the average masculine mind.

The Street Dress of Some Girls

A writer in "Everybody's Column" of the Buffalo News, writes the following earnest and thoughtful appeal to parents and their daughters in regard to the mode of dress adopted by many girls on the street, who also might heed the warning contained.

"Once or twice I have seen articles in the News hinting at the absurd way girls of to-day dress, and I would like to go on record as saying, the dress of to-day can only bring about social evils.

"This is not putting it too strong and the sooner mothers wake up to the danger the better. What we must not forget is that there is a distinct point of morals in the question of how a girl dresses. When we see sweet young girls walking the streets showing their physical charms to all beholders we cannot help but ask: 'Why do their mothers permit them to wear such clothes?'"

"There is no use of our being shocked by evils that threaten, while our young girls forget all modesty, and shamelessly parade the streets, half-dressed. Such dressing deliberately invites disrespect and danger. The young girl herself may not realize this, but it is nothing short of crime for those who are her natural guardians to allow her to dress in such a fashion. Why are not women more earnest in their reforms? Why strain at a gnat and swallow a camel?"

Apple Dealers in Western Canada

The success of apple growing as an industry depends to a great extent on the securing of a good market. It is no uncommon occurrence almost every fall for great quantities of apples to lie about under the trees to rot or to be fed to hogs because no good market is accessible. While the fruit is thus going to waste there are thousands of householders more especially in the Prairie Provinces that are longing for fresh fruit of a sort that can be stored and drawn upon during the winter months. The difficulty of the one class is to reach buyers for the fruit and of the other to find a supply at a moderate price. To bridge the gulf that separates these two classes, and thereby do both an invaluable service; the Dairy and Cold Storage Commissioner has issued a list of the wholesale and retail apple dealers in Manitoba, Saskatchewan, Alberta and sections of New Ontario whose addresses are available. These which number about 275 dealers and firms, with few exceptions are said to be in a position to buy at least one carload of fruit. This information is given in Circular No. 8 of the Dairy and Cold Storage Branch, copies of which may be secured free from the Publications Branch of the Department of Agriculture, at Ottawa.

The Foreign Immigrant

It is human nature to think that no matter what happens to others, we, ourselves, are exempt and that all that is dreadful and unusual is far away and out of our lives. And so those who live in this corner of Ontario pay little heed to the foreign immigrant. We do not see him, consequently we do not realize what his presence in Canada means. If we only wake up and think it over, we shall see that it means tremendous things. Our Government and our people are busily engaged in making our country great and rich and in developing our resources. The foreigner who comes in at the rate of a thousand a day, is neglected and despised and the mad rush for development takes all our attention. But the foreigner bides his time. His day will come. His cradle is always occupied. Our cradles seldom needed and repose in attics. And so, taking the natural increase and the increase of one thousand a day by emigration, there can be only one result. In less than twenty years the foreigner is going to out-vote us! And what will it matter that our country be great and rich and wonderful if we have to give it to the foreigner as an inheritance? There are those who claim that women should not be interested in politics. They also claim that the woman who is interested sufficiently to want a vote is stepping outside her sphere as a wife and a mother. But the intelligent wife and mother knows that every public question has its effects on the home.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Watson*

Checks and Real Money

"Some women never think of checks as real money. I used to give my wife checks for any cash she wanted, and she spent the money so foolishly, without seeming to understand what she was doing, that I tried a plan I read about a while ago.

"Last week she wanted one of those new wraps that cost so much and look so little. There was one that just suited her, she said, and it only cost \$125. I hated to part with the \$125, of course, but I couldn't refuse her. But, instead of giving her a check, I got 125 Yankee silver dollars at the bank and brought them home.

"Here's the money for that dinkus thing you want," I said, and counted out the 125 silver dollars.

"She looked at them, paralyzed for a moment.

"Do you mean to say," she asked, "that it takes all that money to buy that little wrap?"

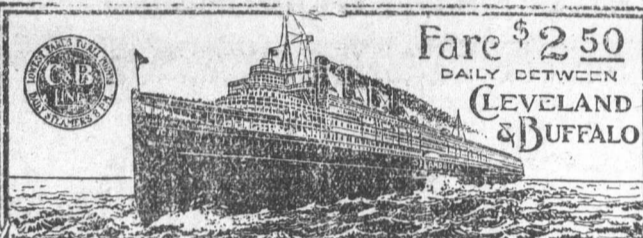
"I assured her that it did.

"Well, then," said she, "I won't spend it for such a trifling thing! You put it right in the bank, John Henry Black!"

"We had quite a talk about money after that," said the junior partner, as he unlocked his desk, "and I guess that there'll be a vision of round silver dollars in every purchase my wife makes. She's a mighty sensible woman after all, though she's young."

Now and Then

The high cost of living's the cost of high living. Just ask yourself what your ideas are today with regard to table service compared with ten or twenty years ago, and that apart from the cost of food requirements. There was a time when a porterhouse steak was something to consider on a bill of fare, and when fricassee chicken denoted an event of importance in family life. To-day these things are as common as potatoes and buttermilk in the lives of our fathers. The children of this age are beginning where the fathers left off and there is not enough to go around. That is the whole thing in a nutshell. As to extravagance, we can all see it in the other fellow, but we raise our eyebrows when it is suggested that we might live more simply than we do. What with amusements, automobiles, railway gadding and the other besetting extravagances of this age we are in a fair way to putting ourselves on the back street for a fresh start, which is about what happens all around every twenty years or so.



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Daily—Cleveland and Buffalo—(May 1st to Dec. 1st)

Leave Cleveland	8:00 P. M.	Leave Buffalo	8:00 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 valid via any railroad line 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.

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HORTON	do	do	do
HARVEST QUEEN, 2nd Pat. from Man. wheat			
GOLD DUST	do	do	do
RED ROSE, High Grade Blended Flour			
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Get our Prices. They will surprise you. Telephone or leave your order. It will receive prompt attention.

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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

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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.



COUNTY OF LAMBTON

Treasurer's Notice as to Lands Liable For Sale For Taxes A. D. 1913.

TAKE NOTICE that the list of lands in the County of Lambton liable for sale for arrears of taxes by the Treasurer of the County, has been prepared by me and that copies thereof may be had in the office of the Treasurer of the County of Lambton.

AND FURTHER TAKE NOTICE that the list of lands liable for sale as aforesaid is now being published in the Ontario Gazette in the issues thereof bearing dates the 5th, 12th, 19th and 26th days of July, A. D. 1913.

AND FURTHER TAKE NOTICE that in default of payment of the taxes in arrears upon the lands specified in said list together with the costs chargeable thereon as set forth in said list so being published in the Ontario Gazette before the day fixed for sale of such lands, being the 8th day of October A. D. 1913, the said lands will be sold for taxes pursuant to the terms of the advertisement in the Ontario Gazette.

AND FURTHER TAKE NOTICE that this publication is made pursuant to "The Assessment Act, 4 Edward VII, Chap. 23, and amendments.

Dated at Sarnia this 5th day of July A. D. 1913.

HENRY INGRAM,
Treasurer County of Lambton.

WANTED

GOOD LOCAL AGENT
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OLD AND RELIABLE
FONTHILL NURSERIES

SPLENDID LIST OF FRUIT AND ORNAMENTAL STOCK FOR FALL DELIVERY, 1913, AND SPRING DELIVERY, 1914.

START AT ONCE AND SECURE EXCLUSIVE TERRITORY. WE SUPPLY HANDSOME FREE OUTFIT AND PAY HIGHEST COMMISSIONS.

WRITE FOR FREE PARTICULARS.
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L. R. C. P., 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 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

FARM FOR SALE

LOT 17, CON. 2, WARWICK, S.E.R., 100 1/2 acres, about 5 acres bush. Balance seeded down to timothy, small orchard, 1/2 storey frame house, 2 good barns, plenty hard and soft water, pump and new steel windmill, 1/2 mile from school, 1/2 miles to Watford Churches and P. O. on good gravel road. Further particulars apply to JAMES McCLECKIE, Hartshorn, Alberta.

ALBERTA FARM FOR SALE

ONE HUNDRED AND SIXTY ACRES on the Lacomb Branch of the C. P. R.—North East Quarter Section 24, Township 40, Range 24, West of 4th Meridian; 35 acres been cropped; good frame house; large log stable; good spring of water; partly fenced with wire; good soil; railway within quarter of mile; three miles to Clive elevator. Price: Three Thousand Dollars. Fifteen hundred down, balance arranged. Apply to J. S. KELLY, AK, WATFORD, 25-26

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 7:43 a.m.
Accommodation, 28 12:03 p.m.
New York Express, 2 3:00 p.m.
Accommodation, 30 5:16 p.m.

[C. VALL, Agent Watford]