


No Man is Stronger Than His Stomach



A strong man is strong all over. No man can be strong who is suffering from weak stomach with its consequent indigestion, or from some other disease of the stomach and its associated organs, which impairs digestion and nutrition. For when the stomach is weak or diseased there is a loss of the nutrition contained in food, which is the source of all physical strength. When a man "doesn't feel just right," when he doesn't sleep well, has an uncomfortable feeling in the stomach after eating, is languid, nervous, irritable and despondent, he is losing the nutrition needed to make strength.

Such a man should use **Dr. Pierce's Golden Medical Discovery**. It cures diseases of the stomach and other organs of digestion and nutrition. It enriches the blood, invigorates the liver, strengthens the kidneys, nourishes the nerves, and so **GIVES HEALTH AND STRENGTH TO THE WHOLE BODY.**

You can't afford to accept a secret nostrum as a substitute for this non-alcoholic medicine of known composition, not even though the urgent dealer may thereby make a little bigger profit. Ingredients printed on wrapper.

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, Oat Meal, Corn Meal, Wheat Kernels, Flaked Wheat and Barley. All Kinds of Feed, Grain, Seeds and Poultry Food

We carry the following makes of Flour, which are giving the BEST OF SATISFACTION:

Five Roses, Harvest Queen, Mitchell's Best, All made from MANITOBA WHEAT.

Mitchell's Pride of the West, a Blended Flour.

Lambert & Son's Gold Dust, a Blended Flour.

Mustard & Son's Eldorado, a Blended Flour.

Pastry Flour, Low Grade Flour, Bran and Shorts

made by the above named millers and at close prices.

KERWOOD ROLLER MILLS.

OUR FLOURS:

Ladies' Choice, Silver Leaf and Scotch Thistle.

The Best on the Market. All Tried and Proven.

FEED OF ALL KINDS.

Including a Big Shipment of Corn Just Arrived.

Best Attention Given to Gristing and Chopping

HIGHEST PRICE PAID FOR WHEAT.

Thanks for past favors, and we solicit further orders which will receive our prompt and careful attention.

G. A. DUNLOP, Proprietor.

BROCKVILLE MOWERS

The Kind that Stand the Test of Use.

With Three 14 inch Knives	- \$3.75
With Four 16 inch Knives	- \$4.50
With 10 1/2 inch Wheels and four 16 inch Knives	- \$6.00
Curtain Stretchers,	- \$1.25 to \$2.50
Step Ladders	- 75c to \$1.20

Paint Brushes, Scrub Brushes, Window Brushes and all Housecleaning Goods.

The N. B. Howden Est.

BOSTON HARBOR FROZE.

But That Didn't Keep the Britannia From Sailing on Time.

Boston harbor froze over in January of 1844, and the advertised sailing of the Britannia, then in dock, seemed surely to be impossible. But the merchants of Boston would not have it so. They met and voted to cut a way, at their own expense, through the ice, that the steamer might sail practically on time.

The contract for cutting the necessary channels was given to merchants engaged, like Frederick Tudor, in the export of ice, but not ice cut from the harbor. Their task was to cut within the space of three days a channel about ten miles long. For tools they had the best machinery used in cutting fresh water ice, and horsepower was employed. The ice was from six to twelve inches in thickness.

As the Advertiser of Feb. 2, 1844, described the scene: "A great many persons have been attracted to our wharves to witness the operations and the curious spectacle of the whole harbor frozen over, and the ice has been covered by skaters, sleds and even sleighs. Tents and booths were erected upon the ice, and some parts of the harbor bore the appearance of a Russian holiday scene."

On Feb. 3 the work was done, and the Britannia, steaming slowly through the lane of open water, lined on either side by thousands of cheering spectators, made her way to the sea.

THE HOUSE OF COMMONS.

It Has Frequently Expelled Members Legally Qualified to Sit.

The assumption made in more than one daily journal that the house of commons cannot expel a member who is "legally" qualified to sit is not warranted by precedent, the only authority to which the commons bow, says an English writer.

In the eighteenth century the south sea bubble caused many expulsions, although the members' defense had not been heard in the law courts. One of the victims was Chancellor of the Exchequer Aislabie, credited with having bagged £250,000 from the public. In addition to expulsion, he was sent to the Tower and ordered to refund his booty. An Irish peer was expelled for directing a lottery, while for organizing a "charitable association" of shady habits Sir Robert Sutton and two others were shut out in 1730. Steele of the Tatler was prohibited the house for "maliciously insinuating that the Protestant succession in the house of Hanover is in danger under her majesty's administration."

But perhaps the oddest reason for closing the doors of the house of commons upon a man is to be found in the case of Mr. Asgill, whose sin was that of writing a treatise "On the Possibility of Avoiding Death"—Philadelphia Ledger.

An Odd Incident of War.

In the Philippines portion of his book "The Memories of Two Wars" General Funston tells of a unique instance at the siege of Malabon: "Company L was firing a few volleys, and one of the men, having just discharged his piece, felt a second blow against his shoulder, it being almost as hard as the kick of the gun. Upon trying to reload it was found that the breech of the piece could not be opened, and it was laid aside to be examined by daylight, which was done in the presence of a number of us officers. Upon forcing the breech open it was found that the base of the copper shell of the cartridge that had been fired just before the weapon had been disabled had been shot away, while mixed all up in the breech mechanism we found the remains of the steel jacket and the lead filling of a Mauser bullet. There was a very pronounced dent on the muzzle of the piece. What had happened was that while the man had the gun extended in the firing position a bullet had gone down the muzzle. This weapon is now in the Army Ordnance museum in Washington."

The Wettins of England.

If the king of England were to renounce the throne and resolve to become an ordinary citizen he would be called George Wettin. How does the name Wettin come to be the king's surname? This is the answer:

Queen Victoria married Albert, duke of Saxe-Coburg-Gotha, of the senior branch of the house of Saxony. The family name by which this house, dating from the middle of the tenth century, came to be known afterwards was Wettin, and this was and is the surname of both branches—the Ernestine and Albertine—of the house of Saxony. The name comes from the castle of Wettin, near Magdeburg, which claimed Wittkind as the founder of the race.—London Answers.

Preaching and Practice.

The college instructor should take pains to practice what he preaches. One member of a class in English composition brought his theme to the professor after recitation hour in order that the professor might read a marginal correction which he had written

Zam-Buk

is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food!

All Druggists and Grocers—5c.

and which the pupil had been entirely unable to make out.

"Why," explained the professor, "that says, 'Write more plainly!'"—Youth's Companion.

An Eye to Business.

"I want to marry you," said the rising young author bluntly.

"Why?" coyly asked the great heiress, preparing to listen to his impassioned confession.

"Well," he replied, "it would be a great advertisement for me."

Human foresight often leaves its proudest possessor only a choice of evils.—Colton.

Gave Him Something.

"Accused of begging!" exclaimed a magistrate. "Why, you are the very man who was begging at my door yesterday!"

"Yes," assented the vagrant, with a sneer, "and you didn't give me anything."

"Well, I'll give you something now. Fourteen days!"

Probably Lost His Case.

Lawyer—My client painted a picture of this young lady, your honor, and she claiming it does not do her justice. Judge—Does not do her justice, did you say?

"Yes, your honor, and she was foolish enough to think she could get it by bringing the case before you."

There is more Catarrh in this section of the county than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies and by constantly failing to cure with local treatment, pronouncing it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for list of testimonials. Address: F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

CURE THAT COLD

This is Quickly and Pleasantly Accomplished If You Use

Catarrhazone

Catarrhazone will relieve colds almost instantly and in a few hours will cure completely. If it is old-standing asthma or bronchitis its quick and curative results will astonish you.

Catarrhazone is little drops of healing medicine carried by air to the sore and diseased parts. You breathe them through the Catarrhazone Inhaler, and they spread throughout all the air passages.

It is sense as well as healing, because Catarrhazone is a germ killer, a healer and restorer of weak tissues, because it is so prompt and certain in its results, better than any other remedy for diseases of the throat, lungs and bronchial tubes, and it is neither alcohol, morphia or cocaine—all dangerous.

Tens of thousands have used Catarrhazone without reporting a single case of failure to cure diseases of the throat and lungs and nasal passages.

Remember, CATARRHAZONE is taken in air, and is little drops of healing for the throat, nasal passages, or lungs. It always does cure—is guaranteed.

Price 25c, 50c, and \$1.00 at all druggists or by mail, post paid, from The Catarrhazone Co., Buffalo, N.Y., and Kingston, Canada.

OSTEOPATHY

DR. T. V. ANDERSON

GRADUATE OF AMERICAN SCHOOL OF OSTEOPATHY, Kirksville, Missouri, visits Watford twice a week. Anyone desiring treatment address 167 Front St., Sarnia.

FARM FOR SALE

94 1/2 ACRES, BEING EAST PART OF LOT 10, 144 Con. 12, Township of Brooks. The land is good rich soil. There is a fair orchard and about ten acres of bush. On the premises are a good brick house, good outbuildings, and a never-failing supply of water. Possession given at any time. For further particulars apply on the premises.

AMES GRIFFITH, 1m
Brooks, May 10th, 1910.

W. C. BROWNE & SON

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Special Train leave Toronto 2.00 p.m. on

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Second class tickets from Ontario stations to principal Northwest points at

LOW ROUND-TRIP RATES

Winnipeg and return \$34.00; Edmonton and return \$42.00, and to other points in proportion. Tickets good for return within 60 days from going date.

TOURIST SLEEPING CARS

through to Edmonton, the Saskatoon, also to Winnipeg and Calgary via Main Line on all excursions. Comfortable berths, fully equipped with bedding, can be secured at moderate rates through local agents.

Early application must be made.

ASK FOR HOMESEEKERS' PAMPHLET containing rates and full information.

Apply to nearest C.P.R. Agent or

M. C. MURPHY, Dist. Pass. Agt., Toronto.

ONLY DIRECT LINE NO CHANGE OF GARS

J. H. HUME, Agent, WATFORD

Working Hours.

(From the Washington Star.)

"No man ought to be asked to work more than eight hours a day," said the reformer.

"Look here," replied Farmer Cornstossel, "of course, you're entitled to your opinion, but you mustn't come around us farmers in the busy season with a proposition to make every day a half holiday."

Apparatus that brings moving-picture photography within the reach of the amateur has been invented by a Parisian.

Gold and aluminum have been combined in a new alloy of beautiful color, adaptable for many uses in the jewelry trade.

The politest man in the world lives in Port Madison, Wisconsin. He was run down by a motor, and when he got up he apologized for being in the way.

Have you tried Holloway's Corn Cure? It is no equal for removing those troublesome excrescences as many have testified who have tried it.

In describing a recent bowling match in Skagway the Alaskan says one of the players "had a hard load to carry." The majority of papers mention such things in police court reports and not in connection with bowling, where bowling is on regulation alleys instead of before bars.

French postoffice clerks accused of loafing while at work were found to be keeping snails in their desks and training them to race against each other. It was all right to keep the snails, but was it not a mistake to teach them to race? Some of the clerks must have acquired a habit of emulation and a spirit of competition that will entirely unfit them for their life-work.

MILD IN THEIR ACTION.—Parmelee's Vegetable Pills are very mild in their action. They do not cause griping in the stomach or cause disturbances there as so many pills do. Therefore, the most delicate can take them without fear of unpleasant results. They can, too, be administered to children without incurring the penalties which follow the use of pills not so carefully prepared.

A woman and her house were burned up recently in Springfield, Mass., through ignorance of the two common facts that gasoline left open will quickly fill a closed room with a highly explosive gas and that rubbing silk may cause a spark. The woman left a silk waist soaking in gasoline in a bowl in a bathroom to clean it. After a time she went back to the room and began rubbing the silk between her hands, causing a spark, which ignited the vapor gas and blew up the place.—Insurance Bulletin.

A school concert, of all things! Four little girls were dressed to represent the word "star," and each had one letter of that word pinned on to her snowy-white dress. Each letter began the verse of a touching little song. "Now, my dears," said the mistress, "form yourself in position, and wait until the curtain goes up." The little girls did as they were told, and while the piano played the accompaniment the curtain went up. Instead of applause to greet the little girls howls from the audience met them. "Rats!" was the word they spelt, not "star."—Cassels Weekly.

SHINE

ORNACE

Guaranteed McClary's to fuel—to cut out fuss and bother heat your house and comfortably best weather. We the "Sunshine" save enough to itself quicker by other you can y.

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Latest Designs by No Agents. Home and Save Expenses.

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Incorporated 1829

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Minimum Cost.

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\$1000 each last.

DEC. 31, 1911.

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17 Watford

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Brethren Invited.

J. H. Hume, R. Sec.

C. Ranger.