

"All is Well That Ends Well"

Along with dyspepsia comes nervousness, sleeplessness and general ill health. Why? Because a disordered stomach does not permit the food to be assimilated and carried to the blood. On the other hand, the blood is charged with poisons which come from this disordered digestion. In turn, the nerves are not fed on good, red blood and we see those symptoms of nervous breakdown. It is not hard work that does it, but poor stomach work. With poor thin blood the body is not protected against the attack of germs of grip-bronchitis-consumption. Fortify the body now with

DR. PIERCE'S Golden Medical Discovery

An alternative extract from native medicinal plants, prescribed in both liquid and tablet form by Dr. R. V. Pierce, over 40 years ago. More than 40 years of experience has proven its superior worth as an invigorating stomach tonic and blood purifier. It invigorates and regulates the stomach, liver and bowels, and through them the whole system. It can now also be had in sugar-coated tablet form of most dealers in medicine. If not, send 50 cents in one-cent stamps for trial box to Dr. Pierce's Invalids' Hotel and Surgical Institute, Buffalo, N.Y.

The Common Sense Medical Adviser

IS A BOOK OF 1008 PAGES HANDSOMELY BOUND IN CLOTH—TREATS PHYSIOLOGY, HYGIENE, ANATOMY, MEDICINE AND IS A COMPLETE HOME PHYSICIAN. Send 50 one-cent stamps to R. V. Pierce, Buffalo, N. Y.

CANADIAN PACIFIC

EXCURSIONS To Manitoba, Saskatchewan, Alberta

HOMESEEKERS
Low Round Trip Rates each Tuesday, March to October inclusive
Winnipeg and Return - \$35.00
Edmonton and Return - 43.00
Other points in proportion
Return Limit two months.

SETTLERS
For settlers traveling with live stock and effects.
SPECIAL TRAINS
Will leave Toronto Each TUESDAY MARCH AND APRIL 10.20 p.m.
Settlers and families without live stock should use
REGULAR TRAINS
Leaving Toronto 10.20 p.m. Daily Through Colonist and Tourist Sleepers

TOURIST SLEEPING CARS
On all excursions. Comfortable berths; fully equipped with bedding, can be secured at moderate rates through local agent.

Home Seekers' Trains Leave Toronto 10.20 p.m. during March, April, September and October, and at 2 p.m. and 10.20 p.m. during May, June, July and August.
Through Trains Toronto to Winnipeg and West

Full particulars from any C.P.R. Agent or write M. G. Murphy, District Passenger Agent, Toronto

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.

TRENOUTH & CO.

DEALERS IN Flour, Oat Meal, Corn Meal, Wheat Kernells, 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 & Sons Eldorado, a Blended Flour.
Pastry Flour, Low Grade Flour, Bran and Shorts made by the above named millers and at close prices.

MONEY SAVED

By Bringing Your Contract to Watford's Planing Mills

Roofings— 1 CAR 3X HASTINGS SHINGLES
1 CAR 4X " "
1 CAR 5X " "

On the Way Leave your Order at once.

PEDLAR METAL GOODS

Make Sure You Get Pedlar. The Pedlar Firm have been making Metal Goods for Over Half a Century. They make the Best Shingles that science and civilization can produce. A LARGE STOCK ON HAND.

Corrugated Iron Metal Ceilings Metal Walls

COAL: DOMESTIC LUMP, FOR SUGAR MAKING, \$5.50 PER TON. NUT, PEA, STOVE AND EGG COAL.

Established 1870 **GEO. CHAMBERS.**

Guide-Advocate Ads. are Business Bringers.

HATCHET PARTY FOR THE 22D

Quaint Old Fashioned Costumes of Colonial Days.

This hatchet party was given by an organization that stands for temperance, but the scheme could be adopted for the 22d. The invitations were issued on hatchet shaped cards and the envelopes fastened with a patriotic seal. Here is the invitation:

"Ye young women of the Y. W. C. A. extend ye invitation to meet ye Hatchet family of ye ancient tyme at ye home of Miss Mary Brown on ye evening of February ye 22d of ye year of our Lord 1912 at 8 of ye clock."

Below is a list of the receiving dames, dressed in Martha Washington



GEORGE WASHINGTON SUPPER FAVOR.

costumes, consisting of flowered chintz overdresses, with skirts of a plain colored satine, perhaps quilted. The waists will open over a white kerchief, with elbow sleeves. Round caps, with frills of lace, surrounded by a band of ribbon, complete these very becoming dresses:

Johanna Adams Hatchet, Tomazine Jefferson Hatchet, Jamesina Madison Hatchet, Jemima Monroe Hatchet, J. Quinciana Hatchet, Wilhelmina Henrietta Hatchet, Johnetta Tyler Hatchet, Marty Van Buren Hatchet, Jinny Keturah Polk Hatchet, Zacherina Taylor Hatchet and Millerella Fillmore Hatchet.

The Washington design pictured is an appropriate illustration to place on dance or supper favors.

FOR THE DINNER TABLE.

Charming and Simple Designs For 1913 Centerpieces.

Since the centerpiece never entirely goes out new designs always appeal to the woman who embroiders. A novel one that can be developed entirely in white or in natural colors and in various stitches has a wreath design of heads of wheat in full bloom, interlaced with a graceful ribbon effect.

The edge of this centerpiece is especially new, as the scallop is drawn in overlapping lines that give the effect of a box plaited edge, with every other group resembling an inverted box plait. An easy treatment for this pattern is to outline and darn the ribbon work, make the wheat heads solid embroidery and do the foliage in combination satin stitch and seeding. The edge is buttonholed.

Another more elegant is a design with a simple grouped scallop kept quite shallow and buttonholed in white mercerized cotton and a circle formed of three conventionalized flowerpots holding trees, alternating with conventionalized baskets of flowers, the groups connected by two detached straight lines with three embroidered dots between. This is somewhat on Biedermaier lines, but is developed stylishly in white.

A handsome centerpiece for color work has azaleas and foliage worked into wreath effect and shaded like the natural flowers. The edges are slightly padded with chain stitch, all turns over more heavily padded, and the surface is covered in Kensington stitch. The leaves may be outlined and half of one side seeded if solid embroidery seems too much work. The shading can be done from colored designs if the natural blossoms cannot be obtained.

Wholesome Peanut Brittle. Shell and remove the brown skins from a quart of roasted peanuts. Roll the nuts until they are thoroughly broken; sift, saving the finer parts to use for rolling as you use flour with the

cookies. Puff a pound of sugar into a clean saucepan. Stand it over a brisk fire, stir and shake until the sugar is thoroughly melted. You must not add water or any other material. When it has melted and looks like golden syrup take it from the fire and stir in quickly as many rolled peanuts as the sugar will hold. Cover the board with the fine peanuts, turn out the hot mixture, sprinkle over more peanuts and roll into a very thin sheet. This must be done quickly or the mixture will harden. With a long knife mark the brittle into squares, wait a moment until it cools, then loosen it from the board, break it into squares and put it away. The rough, unsightly pieces may be put aside to use at once.

Ireland To-day

Perhaps the most striking evidence of the change in the relationship of Ireland to the other divisions of the United Kingdom has been provided by the special Irish number of The London Times, published on St. Patrick's Day. While it is, of course, impossible to endow a newspaper with a separate individuality, apart from the person or persons who control its policy for the time being, the attitude of the great London daily is a significant sign of the times. This special Irish supplement is wholly sympathetic in its tone, and is pervaded by a sentiment that can only be regarded as the presage of a new era in the history of the United Kingdom.

That a change has come over the whole condition of Ireland is undoubted, and has nowhere been better revealed than in the marked decrease in the volume of emigration. With the reassertion of the national spirit has come a marked improvement in agriculture and industry, which is not wholly attributable to the improved political outlook. Behind the demand for a greater measure of Home Rule there has been a real awakening to the necessity for internal development. Towards that end both public and private measures and organizations have contributed.

Within the opening years of the twentieth century many instrumentalities have been established for the encouragement of Irish agriculture and manufactures. What has been already done, The Times says, "amounts truly to an almost incredible revolution; nor is the work entirely finished." While agriculture and its various subsidiaries, such as horse, cattle and pig raising, have been highly profitable, the expansion in manufactures has been still more encouraging. This material advancement has been accompanied by a remarkable resurrection of the literary and artistic spirit of Ireland. In Wales a similar renaissance of national sentiment is observable, and the resultant social and intellectual revival may well furnish the inspiration that will add a new page in the great volume of human history.

Jealousy is the offspring of distrust. The more birthdays a woman has the less they count.

Treat people kindly and you will find them easier to work.

Many a man has married in haste and paid alimony at leisure.

Honesty never looks better to a man than when it comes home to roost.

A sentimental girl is lost at a wedding without a dainty handkerchief.

Everything comes to him who waits. He'll even get the earth when he dies.

TRIAL IS INEXPENSIVE. To those who suffer from dyspepsia, indigestion, rheumatism or any ailment arising from derangement of the digestive system, a recommended, should the sufferer be unacquainted with them. The trial will be inexpensive and the result will be another customer for this excellent medicine. So effective is their action that many cures can certainly be traced to their use where other pills have proved ineffective.

There is such a thing as becoming so wise to all con games that you will pass up a real gold brick.

With woman suffrage becoming general, candidates will need to devise a new line of campaign "bunk."

Bad Blood

is the direct and inevitable result of irregular or constipated bowels and clogged-up kidneys and skin. The undigested food and other waste matter which is allowed to accumulate poisons the blood and the whole system. Dr. Morse's Indian Root Pills act directly on the bowels, regulating them—on the kidneys, giving them ease and strength to properly filter the blood—and on the skin, opening up the pores. For pure blood and good health take

Dr. Morse's Indian Root Pills

Asthma Catarrh WHOOPING COUGHS SPASMODIC CROUP BRONCHITIS COUGHS COLDS



ESTABLISHED 1878
A simple, safe and effective treatment for bronchial troubles, without doing the stomach with drugs. Used with success for thirty years. The air carrying the antiseptic vapor, inspired with every breath, makes breathing easy, soothes the sore throat, and stops the cough, assuring restful nights. Cresolene is invaluable to mothers with young children and a BOON to sufferers from Asthma. Send us postal for descriptive booklet.

ALL DRUGGISTS.
TRY CRESOLENE ANTISEPTIC THROAT TABLETS for throat and throat. They are simple, effective and antiseptic. Of your druggist or from us, Inc. in stamps.
Vapo Cresolene Co.
402 Central St., N.Y.
Lecoming Miles Building Montreal, Can.



MEDICAL.

JAMES NEWELL, PH. B., M.D.
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.

DENTAL.

GEORGE HICKS.

D.D.S., TRINITY UNIVERSITY, L.D.S., ROYAL College of Dental Surgeons, Post graduate in Bridge and Crown work, Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth.
OFFICE—Over Thompson's Confectionery, MAIN ST., WATFORD.
At Queen's Hotel, Arkona, 1st and 3rd Thursdays of each month.

G. N. HOWDEN,

D.D.S., L.D.S.

GRADUATE of the Royal College of Dental Surgeons, of Ontario, and of the University of Toronto. Only the Latest and Most Approved Appliances and Methods used. Special attention to Crowns and Bridge Work. Office—Over Dr. Kelly's Surgery, MAIN STREET, WATFORD.

Veterinary Surgeon.

J. MCGILLICUDDY

Veterinary Surgeon,

HONOR GRADUATE ONTARIO VETERINARY College, Dentistry a Specialty. All diseases of domestic Animals treated on scientific principles. Office—One door south of the Guide-Advocate office. Residence—Main Street, one door north of Dr. Brandon's office.

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 46 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

STAGE LINES.

WATFORD AND WARWICK STAGE LEAVES Watford 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. C. BARNES, Prop.

WATFORD AND ARKONA STAGE LEAVES Arkona at 7.45 a.m., Watford 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 85
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