

Don't Look Old Before Your Time

WOMAN'S delicate system requires more than ordinary care and attention—more care and attention than it is given by the average woman.

Neglect it and ill soon creep in, and the look of old age, sometimes quickly, sometimes gradually follows.

That backache, so common among women, brings with it the sunken chest, the headache, tired muscles, crows-foot, and soon the youthful body is no more youthful in appearance—and all because of lack of attention.

There is no reason why you should be so unfortunate, when you have at your disposal a remedy such as Dr. Pierce's Favorite Prescription—recommended for over 40 years as a remedy for ailments peculiar to women.

Dr. Pierce's Favorite Prescription

Watford Flour Mills

We have the following brands of Flour always in stock and can give you close prices on any quantity.

Table listing flour brands: SUNRISE, FIVE ROSE, ROYAL HOUSEHOLD, HORTON, HARVEST QUEEN, GOLD DUST, RED ROSE, NEW ERA.

C. B. MATTHEWS & SON. MILLERS AND FEED MERCHANTS

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, Lambert & Son's Gold Dust, Mustard & Sons Eldorado, Pastry Flour, Low Grade Flour, Bran and Shorts



CHI-NAMEL IS A VARNISH FOR WOODWORK



for Introductory Purposes at a Lower Figure than if the Contents were bought from Open Stock.

T. DODDS & SON

MONEY SAVED

By Bringing Your Contract to Watford's Planing Mills

Table showing roofing prices: 1 CAR 3X HASTINGS SHINGLES, 1 CAR 4X, 1 CAR 5X

PEDLAR METAL GOODS

Make Sure You Get Pedlar. The Pedlar Firm have been making Metal Goods for Over Half a Century.

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

GEO. CHAMBERS.

MRS. WILSON'S RECIPES.

A Few of the President, Elect's Favorite Dishes.

Mrs. Woodrow Wilson, wife of the next president of the United States, is, like most southern women, a good cook.

Georgia Indian Pudding.—Place four cupfuls of sweet rich milk into a double boiler. Moisten in a little of the milk four rounded tablespoonfuls of yellow Indian meal and add to the milk when hot, stirring it well.

Waffles.—Into four cupfuls of well sifted flour rub a heaping tablespoonful of butter and salt well. Break three eggs, placing the yolks in one bowl and the whites in another.

Hominy Fritters.—To two cupfuls of cold boiled hominy add a cupful of rich cream and beat. Add two well beaten eggs and two tablespoonfuls of cornstarch with a teaspoonful of baking powder.

THE PARCEL POST.

Advantages Given to the Housewife by Uncle Sam's New Service.

The new parcel post is a great convenience to the housekeeper in town as well as making a market without the aid of the middleman for the farmer.

Take, for instance, a family of two. Allowing that they would consume six eggs a day, says Mrs. Kate Howe in a recent article, they could order a four day supply for a little more than they cost and receive them in perfect condition.

Lingerie Hooks. The lingerie dress of 1913 is simple in effect, though of a rather costly simplicity, as one very soon finds out when



he starts to make or purchase one of these smart and useful costumes. The model illustrated is one of the best types carried out in white mull and cluny lace.

Laid the Specter.

The Story of a Ghost With a Troubled Conscience.

The following well authenticated ghostly happening is recorded in Jessie Adelaide Middleton's "The Grey Ghost Book."

A lady had taken a furnished house in Suffolk, England, from a widow who had lately lost her son. One day she was sitting in the drawing room when the figure of a boy of about thirteen walked across the room, halted opposite a table on which was some china and began to weep bitterly.

"Will you kindly search the table with the china ornaments on it, and if you find sixpence in any of them put it into the poor bag in church? I gave him sixpence to put in the bag the last Sunday he went to church, and instead of putting it in he kept it to spend. He told me about it before he died, but I did not know where he had hidden it."

"Paying Through the Nose." "Paying through the nose" is to be indirectly swindled in a transaction or to pay an exorbitant price for a thing in consideration of long credit.

At this instant he bores me with some trick. "Henry VIII." I, I, 132. One that hath gulled you, that hath bored you, sir.—"Life of T. Cromwell," 1622, II, II, 103.

And Howell in his "Instruction For Forren Travell" (1650), page 59, "had known divers Dutch gentlemen grossly gild by this cheat (the selling of forged manuscripts to young travelers in Italy), and some English boys also through the nose this way by paying excessive prices for them."—London Notes and Queries.

Coughing in Lieu of Oratory.

A singular fashion which prevailed among the preachers of Cromwell's time was that of coughing or hemming in the middle of a sentence in order to attract the attention of the congregation. The necessity of continually attracting the attention of the listeners could not have argued well for the brilliancy of the sermons.

Strange Bequests. In his will Stephen Swain of the parish of St. Olive, Southwark, gave to John Abbott and Mary, his wife, sixpence each "to buy for each of them a halter, for fear the sheriffs should not be provided," and John Aylett Stow left the sum of 5 guineas for the purchase of the picture of a viper biting the hand of his rescuer to be presented to an eminent K. C. as a reminder of "his ingratitude and insolence."—London Mail.

Altogether Different.

"After all, life is a good deal like Wall street." "In what way?" "It is all a gamble, you know." "But that doesn't make it like Wall street. In life almost every one has a chance."—Chicago Record-Herald.

Two Phases.

"I detest that Mrs. Jones. She always tells what all her clothes cost." "Well, I detest Mrs. Brown. She never will tell what she pays for anything."—Detroit Free Press.

A Pinero Club Epigram.

"An epigram from Sir Arthur Pinero: "Indian clubs are good for the liver. London clubs are not."—London Standard.

The father's virtue is the child's best inheritance.—Chinese Proverb.

Dr. Morse's Indian Root Pills

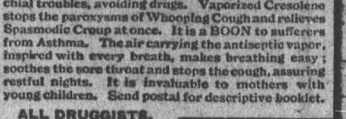
are made according to a formula in use nearly a century ago among the Indians, and learned from them by Dr. Morse. Though repeated attempts have been made, by physicians and chemists, it has been found impossible to improve the formula of the pills.

Cleanse the System

The jar a man receives when he slips on a banana peel usually breaks one of the commandments.

Whooping Cough

SPASMODIC CROUP ASTHMA BRONCHITIS CATARRH COLIC



A simple, safe and effective treatment for bronchial troubles, avoiding drugs. Vaporized Creosote stops the paroxysms of Whooping Cough and relieves Spasmodic Croup attacks.

MEDICAL.

JAMES NEWELL, PH. B., M.D. L. R. C. P., M. B., M. A. England Watford, Ont.

R. G. KELLY, M. D. Watford, Ont. OFFICE—MAIN STREET, formerly occupied by Dr. McLeay. Residence Front St. East.

THOS. A. BRANDON, M. D., WATFORD, ONT.

FORMERLY OF SARINA 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.

C. N. HOWDEN, D.D.S., L.D.S. GRADUATE of the Royal College of Dental Surgeons, of Ontario, and of the University of Toronto.

Veterinary Surgeon.

J. McGILLICUDDY Veterinary Surgeon, HONOR GRADUATE ONTARIO VETERINARY College. Dentistry a Speciality. All diseases of domestic Animals treated on scientific principles.

GRAND TRUNK RAILWAY SYSTEM

Table with columns for GOING WEST, GOING EAST, and times for various routes like Accommodation, Chicago Express, Ontario Limited, New York Express.

STAGE LINES.

WATFORD AND WARWICK STAGE LEAVES Watford every morning except Sunday, reaching Watford at 11.30 a.m. Returning leaves Watford at 3.45 p.m.

OUR CLUBBING LIST.

Table listing clubbing rates: 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.