

Loss of Hair
 for what you use if
 Hair Tonic does not
 grow of your hair.
 experiences with hair
 that has done most to
 dense is Rexall "93"
 We have such well-
 in it that we want
 our risk. If it does
 in every particular,
 what you use to the
 day treatment.
 93" Hair Tonic does
 andruff, relieve scalp
 the hair from falling;
 new growth of hair,
 and ask us to return
 paid for it, and we will
 it back to you. You
 nothing, promise any-
 ything back, or in any
 yourself. Isn't that fair?
 and to reason that we
 such a liberal offer
 truly believe that
 Hair Tonic will do all
 —that it will do all
 any other remedy?
 rying there is a de-
 are able to judge the
 things we sell. Con-
 f their success. There
 sified users of Rexall
 nic than any similar
 sell.
 ment of Rexall "93"
 day. If you do, we
 ill thank you for this
 size bottles, 50c and \$1.
 Rexall "93" Hair Tonic
 y only at our store:

McLAREN.
 Store Ontario
 Store in nearly every town
 nited States, and the nearest
 here is a different Rexall
 every ordinary human ill-
 signed for the particular ill-
 unended.
 are America's Greatest
 ug Stores

AT OUR EXPENSE
 FOR ANY CASE OF
**NEURALGIA OR HEAD-
 AGE FAILS TO REMOVE**

is a recent medical dis-
 an Scientists that disol-
 nd Purifies the Blood. It
 will not affect the weakest
 under the Pure Food and
 utely free from opiates or
 y description,
 specific in every way, and
 ond question to the surest
 y for Uric Acid Troubles-
 e, no matter how long
 and removes the di-
 id) and purifies the blood.
 of Battle Creek are the
 d have thousands of volun-
 s which have been received
 e SOLACE has restored to
 letters, literature and FREE
 est.
 sident of the First National
 d a box of Solace Company
 n, for which I enclose \$1.
 n used by some friends of
 say its action was wonder-
 (Signed) R. L. Morris,
 50c and \$1.00 bottles.
 NE TO BE WELL AND
 SO BY TAKING SOLACE
 ent Schemes or Fees. JUST
 es the work. WRITE TO-DAY
 etc.
 CO., BATTLE CREEK, MICH.

?
 est in bread,
 l everything to
 n found in a
 s Bakery and
 ery too good

?
 OT, TRY
ELL'S :
 CIGARS
 ALL THE
 R BRANDS

FOR SALE
 FRAME HOUSE, 20 x 30,
 umber kitchen and wood-
 postoffice attached. Plenty
 brick foundation under
 d stable; one half acre of
 fruit; close to school and
 given first of March. Apply
 C. H. NESBITT, Ketch.

FOR SALE
 ANGE FOR PROPERTY
 ion of first-class wheat land
 broken up and in good
 particulars apply to
 L. J. STYLES,
 Wilket, Sask.

ry Farm
FILE LINCOLNSHEEP
 i roan bull calves from
 rain. Also two heifer
 mbs of both sexes left.
de GEX.
D. ONTARIO.

A Human Match Factory

The body contains phosphorus sufficient to make 483,000 matches. Phosphorus is one of fourteen elements composing the body—divided among bones, flesh, nervous system and other organs. The perfect health of body requires a perfect balance of the elements. These elements come from the food we eat—the stomach extracts and distributes them.

But if stomach is deranged—the balance of health is destroyed and the blood does not carry the proper elements to the different organs, and there is blood trouble—nerve trouble—heart trouble. Pain is the hungry cry of starved organs. Put the liver, stomach and organs of digestion and nutrition into a condition of health. That is just what is done by

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 GOLDEN MEDICAL DISCOVERY**

which has been so favorably known for over 40 years. It is now put up in tablet form, as well as liquid, and can be obtained of medicine dealers everywhere or by mail by sending 50 cents in 1c stamps for trial box—address R.V. Pierce, M. D., Buffalo, N.Y.

THE COMMON SENSE MEDICAL ADVISER
 is a book of 1008 pages handsomely bound in cloth—treats of Physiology—Hygiene, Anatomy, Medicine and is a complete Home Physician—Send 50c 1c stamps to R.V. Pierce, Buffalo, N.Y.

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
HORSTON	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 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
 Price Lower Than the Lowest.

We Buy Direct From the Largest Mills in the Country, and Can Save You the Middlemen's Profits.

Use CYPRESS Lumber
 The Leading Lumber of the day.

**HARD WALL PLASTER—THE ONLY PLASTER
 CEDAR POSTS—A Fine Assortment**

COAL: Our Coal is called Economy Coal—because it means Real Economy to use it.

CHOPPING. ELECTRIC LIGHT.

Established 1870 **GEO. CHAMBERS.**

For Quality in
**SUGAR
 UTENSILS**
 Go to **T. Dodds & Son's**

Headquarters for Bits, Axes, Spiles, Buckets, Pails, Pans, Dippers, Skimmers, Measures, Funnels, Cans Etc.

LEAVE YOUR ORDERS EARLY AS THIS PROMISES TO BE THE EARLIEST SUGAR SEASON IN YEARS.

T. DODDS & SON

POULTRY NOTES
 BY
C.M. BARNITZ
 RIVERSIDE PA.
 CORRESPONDENCE SOLICITED



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CANKER AMONG TURKEYS.
 It's not often the big thirty pound gobbler with the red flannel cravat gets the sniffles and the sore throat. He swings up there in the tip top and seems to enjoy the wintry wind. He shoves his bald head under his thick coat and sleeps as sound as a fellow in a feather bed. But it's the young stock, especially those hatched late, where you find



Photo by C. M. Barnitz.

CANKER IN ROOF OF TURK'S MOUTH.
 your winter patients, and these at times get those white spots in the mouth and throat, and such canker patches aren't so easy to treat, as turkeys are so nervous and strong. You can generally tell the victims by their manner of eating, and we have seen them with such a bunch of the cheesy matter in their mouths that they couldn't eat at all. Canker sometimes forms in the opening of the windpipe. The turk gasps for breath, and an examination shows the white plug with a little hole in the center, through which it breathes. At times the mouth roof cleft is filled. Thus the fowl cannot breathe through its nostrils, and it stands with mouth open. Canker is contagious and is found where are drafts, damp, foul air and



Photo by C. M. Barnitz.

TURKEY'S LOWER JAW—NORMAL.
 It is easily spread where fowls eat from the same trough and drink from the same vessel. All poultry is subject to it, and we have found the ordinary yellow canker not difficult to cure unless complicated with other disease. The patient should be penned in a comfortable place and the canker patches be gently removed

and the raw surface receive frequent applications of peroxide of hydrogen, and moist milk mash should be fed.

The wise turkey raiser has a comfortable, well ventilated shed, where he drives his flock to roost in severe winter weather, and this only shows his practical sense, for the wild turkey does not sleep on trees in the open, but seeks the deepest woods, where the wind cannot strike it.

DON'TS.
 Don't store high priced feed in a bug-house granary.
 Don't sell all your best turkeys and keep the inferior for breeding.

GETTING KILLED IN THE ALPS.
 Advice on How to Die Spectacularly Given By An Englishman.

In 1910, 100 tourists were killed in the Alps. Last season the number was increased to 133. As to plain, simple accidents, not necessarily fatal, last year 400 experienced broken arms, legs and ribs. Once only the elite climbers. To-day everybody's doing it" and mountain climbing has developed into a mad scramble of thousands to reach some snow-capped summit. As most of these know but little of the technique of getting killed, an English writer who spends much of his time in Switzerland has taken it upon himself to offer various rules and suggestions.

"A fascinating way," he says, "is to go and pick edelweiss. This beautiful Alpine flower contrives to bloom overhanging the most perilous abysses. To pluck it one must approach from above. Descend slowly, therefore, clinging to some small shrub. If a passing guide chances to call warning, reply that you know what you are about, and that tourists, as well as guides, have a right to pick Alpine flowers. Lean slightly over the precipice, and as one hand grasps the alluring bloom, with the other hand pull on the shrub, which will come loose, roots and all. There will be a grating sound of loose, moving rock, the overhanging ledge will cave in, and one may soar, edelweiss in hand, into the void below. There will be three lines in the newspapers about it, and a caravan of expert guides will find the body.

"Sitting down in avalanche paths is sometimes effective. A friend of mine, dispensing with guides, climbed up above Pierre Pointue on the route up Mont Blanc, and deliberately sat down quietly to lunch in a gully where avalanches come down off the Aiguille du Midi every 15 minutes. Suddenly the air was filled with singing, flying stones and ice, the velocity making the smaller stones invisible. He failed to get hit, however, and disgusted, leaving everything behind, fled to Pierre Pointue, where he recommenced with absinthe cocktails.

"Climbing without heavily nailed boots, too, has its advantages. An American, who considers it common place to ascend Mont Blanc like everybody else, tried it with patent leather shoes. At the 'Junction' of the glaciers des Bossons and de Tacconnaz he slipped into a crevasse, dragging with him an English friend. Guides had great difficulty in getting them out. Hot words followed, the cool crevasse, and the two Anglo-Saxons, each blaming the other for what had happened, indulged in a warm pugilistic encounter in the snow.

"Nothing is easier than falling over a precipice. To get killed, therefore, the Alpinist with vertigo should tackle the Metehorn, Schreckhorn, or the Aiguille Verte. While it lasts the sensation of falling several thousand feet must be extraordinary."

Not Only In Canada.
 That outrageous bugaboo, "the cost of living," is evidently not confining its attentions to Canada alone, if one is to judge from some of the recent reports, which show that it is impossible to escape the monster by fleeing to other lands.

Take it in India, for example. There, in 1909, the wages of a staff of servants employed by a couple consisting usually of a butler, second boy, coolie, cook, sweeper and possibly a gardener, amounted to a little more than \$23 a month. In 1912 the wages of the same staff amount to \$32 a month.

From Australia comes a wail that prices in living commodities have advanced about 10 per cent. during the last year. Of all the foodstuffs cited as having advanced in price the once humble onion holds the proudest position, its price having gone up 344.44 per cent. beyond that of a year ago. Beef has advanced from four to seven cents a pound.

Constipation
 is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect it is slow suicide. Dr. Morse's Indian Root Pills positively cure Constipation. They are entirely vegetable in composition and do not sicken, weaken or gripe. Preserve your health by taking

**Dr. Morse's
 Indian Root Pills**

Over \$185,000 was paid out to farmers recently at Blenheim for part of the yield of tobacco grown in that district. Bridgen will build a new fire hall.

Asthma Catarrh
 WHOOPING COUGHS SPASMODIC CROUP
 BRONCHITIS COUGHS COLDS

Vapo-Cresolene

ESTABLISHED 1876
 A simple, safe and effective treatment for bronchial troubles, without dosing the stomach with drugs. Used with success for thirty years. The air carrying the medicated vapor, inspired with every breath, makes breathing easy, soothes the sore throat, and stops the Cough, assuring restful sleep. Crucial in its results to mothers with young children and a boon to sufferers from Asthma. Send no postal for descriptive booklet.

ALL DRUGGISTS.
 Try CRESOLENE ANTISEPTIC THROAT TABLETS for the irritated throat. They are simple, effective and antiseptic. Of your druggist or from us, 5c in stamps.

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Watford, Ont.

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GRAND TRUNK RAILWAY SYSTEM

TIME TABLE.

Trains leave Watford Station as follows

GOING WEST	GOING EAST
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 05 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, leaving Watford at 11:30 a. m. Returning leaves Watford at 8:45 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 8:45 p. m. Passengers and freight conveyed on reasonable terms.—WILLIAM EVANS Prop.

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 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