

CRIPPLED BY RHEUMATISM

Began to Improve After Taking "Fruit-a-lives"

The Medicine Made From Fruit

You can get rid of Rheumatism. You can be free of pain—of swollen hands and feet—of aching arms, legs and back.

"Fruit-a-lives" will drive the cause of Rheumatism out of the system and give you permanent relief.

"For over three years, I was confined to bed with Rheumatism. Finally I decided to try "Fruit-a-lives". Before using half a box, I noticed improvement. I continued taking "Fruit-a-lives" improving all the time. I can now walk about two miles and do chores around the place".

ALEX. MUNRO, Lorne, Ont.
50c. a box, 6 for \$2.50, trial size 25c.
At dealers or from Fruit-a-lives Limited, Ottawa, Ont.

Wedding Stationery

ANNOUNCEMENTS
INVITATIONS
CAKE BOXES
CARDS

Newest Designs
Finest Quality

The Guide-Advocate

CANADIAN NATIONAL RAILWAYS

TIME TABLE

Trains leave Watford station as follows:

GOING WEST
Accommodation, 111.....8.42 a.m.
Chicago Express, 17.....12.40 p.m.
Detroit Express, 83.....6.51 p.m.
(a) Chicago Express.....9.11 p.m.

GOING EAST
Ontario Limited, 80.....7.48 a.m.
Chicago Express, 6.....11.22 a.m.
Express.....2.50 p.m.
Accommodation, 112.....5.38 p.m.
(a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.

C. W. VAIL, Agent, Watford.

Mother Graves' Worm, Exterminator will drive worms from the system without injury to the child, because its action, while fully effective is mild.

FALL TERM OPENS AUG. 27TH



Yonge and Charles sts., Toronto.

Is well known as the high grade school. Keen demand for our graduates all the time. Write for catalogue. Commence now.

W. J. ELLIOTT, Principal.

Central Business College

STRATFORD, ONTARIO

FALL TERM FROM SEPT. 4
Western Ontario's leading Commercial School, where you can get a thorough practical training under experienced instructors in Commercial, Shorthand or Telegraphy Departments. We assist graduates to positions. Get our free catalogue now.

D. A. McLACHLAN, Principal.

A. D. Hone

PAINTER AND DECORATOR
PAPER HANGING

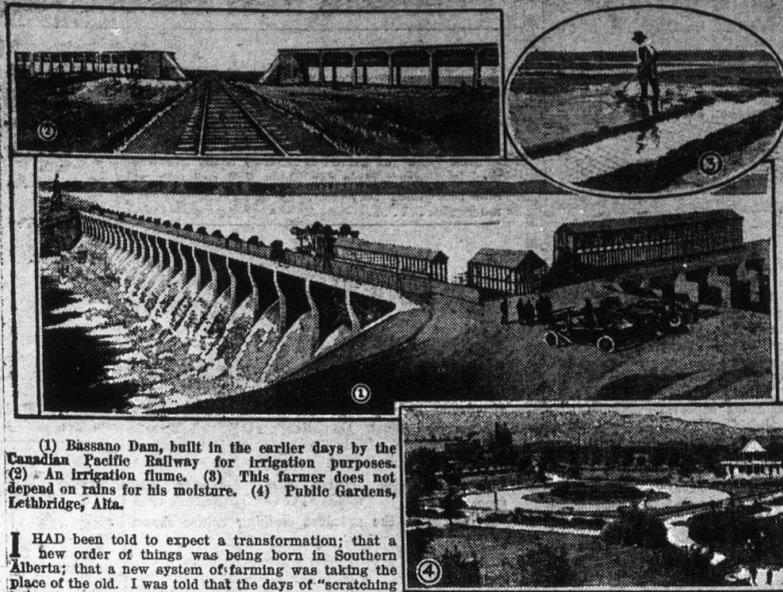
WATFORD - ONTARIO

GOOD WORK
PROMPT ATTENTION
REASONABLE PRICES
ESTIMATES FURNISHED
SATISFACTION GUARANTEED

RESIDENCE - ST. CLAIR ST.

The Guide-Advocate is well equipped to handle all printing orders.
Your ad. in this paper this week?

Irrigation in Southern Alberta



(1) Bassano Dam, built in the earlier days by the Canadian Pacific Railway for irrigation purposes. (2) An irrigation flume. (3) This farmer does not depend on rains for his moisture. (4) Public Gardens, Lethbridge, Alta.

I HAD been told to expect a transformation; that a new order of things was being born in Southern Alberta; that a new system of farming was taking the place of the old. I was told that the days of "scratching in" and of "soil mining" were gone days. Nevertheless, I was not prepared for what I saw.

Fifteen years before, I had travelled through this country and had seen only a few scattered farmsteads set out on the "bald-headed" prairie, four square to all the winds that blew. There were no trees, only a stretching expanse of prairie that merged into white-topped mountains to the west and meeting the sky on the east in an unbroken horizon. A few homesteaders were straggling in. Old cattlemen, trying to save their great range, were spreading stories that farming could never be a success in Southern Alberta.

But the homesteaders came. Then later the big farmers arrived with their tractors and ushered in the era of the thousand acre wheat ranch. A series of "wet years" made Southern Alberta famous. Nowhere had such crops ever previously been heard of. The Noble Foundation, one of the largest farming corporations in the world, brought in a crop of wheat from one thousand acres that threshed 54,000 bushels! The country was thick with elevators. In 1915 and 1916, Southern Alberta reached the peak of prosperity. A series of unproductive years followed when rainfall was scant. Some farms were abandoned, but, mostly, men held on, buoyed up by the wonder harvests of other years.

The problem was purely one of moisture, and the Governments of the Dominion and the Province set about to study it. The soil was of the greatest fertility, the climate was right. Something to supplement the natural rainfall was wanted. The Canadian Pacific

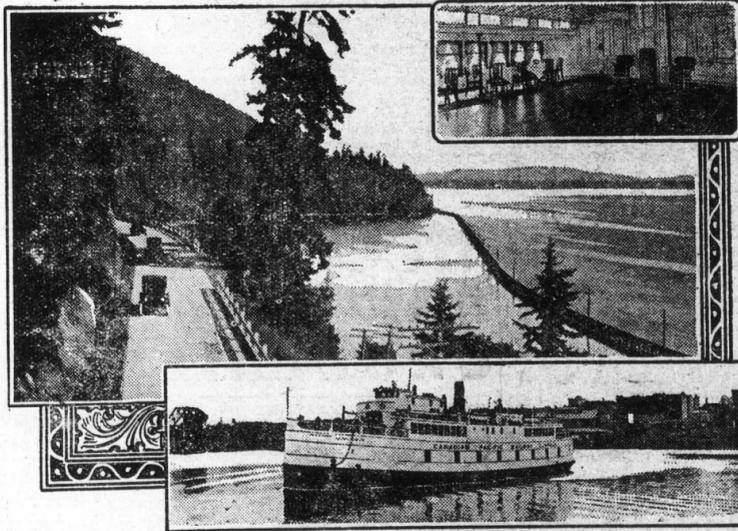
Railway and other corporations had already developed tracts of land by irrigation. It was no experiment, and so a constructive policy of irrigation was commenced, backed by both Governments.

It is in the train of irrigation that the new order of things is coming in Southern Alberta. Today as you drive over the prairie, through the irrigated tracts of Strathmore and Brooks, south through the Bow River Project and on into Taber and Lethbridge, the flatness is broken on all sides by farmsteads that nestle among trees—young trees growing taller and taller every year. Hedges are growing where once was barbed wire. Shrubbery is luxuriant. In the background are fields of Alfalfa, Indian Corn and Wheat. Dairy cows are seen on green pastures. The farms are small, but they are real farms, and the homes are smiling homes of contented people. There is no "scratching in" or "soil mining." These are permanent homes on the threshold of a future bright with promise.

In the City of Lethbridge, around which most of the new irrigation development is proceeding, are found tree-lined streets, beautiful homes set in hedge enclosed lawns, and one of the finest little parks that Canada can boast. The city has been thoughtfully planned and symbolizes in its setting the spirit of a people pledged to permanency.

For those who knew Southern Alberta in its infancy, there is a pleasant surprise waiting. Wherever irrigation has touched, it is truly a country transformed.

West Coast Motor Tour



1. The C. P. S. S. Motor Princess. 2. Chuckaunt Drive, a link in the Pacific Highway. 3. Dance floor on the ferry.

NOT only have Bellingham, Wash., and Victoria, B.C., been brought into closer connection and more friendly relations by the recent inauguration of a ferry motor transport service by the new Canadian Pacific "Motor Princess", but western tourists as a whole have been provided with a new route to the Capital City of British Columbia, and one that has the alluring charm and refreshing diversion of a three and a half hours' water trip. The new water route for touring motorists from the mainland to Vancouver Island forms the base of a triangle which provides a circuit tour from Victoria through Nanaimo and Vancouver and via the beautiful Pacific Highway through New Westminster and Bellingham to Oregon and Washington destinations. This tour takes one through some of the most beautiful scenery on the continent. Exhilarating sea breezes are enjoyed along the whole route, which is through a country the climate of which is so delightfully

equable, that the semi-tropical foliage is pleasing to the eye and fragrant the year round.

In addition, the ferry links the wonderful roads on Vancouver Island with the California Bee-Line, the western arc of the great 6,000 mile circle tour which embraces twelve national parks in the United States and three in Canada, and of which the Banff-Windermere Highway through the Canadian Rockies, to be officially opened on June 30th, forms one of the most delightful parts.

The ship which has made this Mainland-Island-Circle tour possible was specially designed for the service and possesses many distinctive features. She has parking space for 50 automobiles on two decks and accommodation for 200 passengers. A saloon, smoking room, restaurant, dance floor and deck spaces for promenading have been fitted up for the convenience of the travelling public, and the vessel is equipped with twin diesel engines which ensure a speed of 14 knots in all weather.

The Oil of the People.—Many oils have come and gone, but Dr. Thomas' Electric Oil continues to maintain its position and increase its sphere of usefulness each year. Its sterling qualities have brought it to the front and kept it there, and it can truly be called the oil of the people. Thousands have benefited by it and would use no other preparation.

When a mother detects from the writhing and fretting of a child that worms are troubling it, she can procure a reliable remedy in Miller's Worm Powders which will expel all worms from the system. They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their thorough work. No worms can long exist where these

Powders are used. There are many who have been afflicted with worms and have driven them away with Dr. Thomas' Electric Oil. All similarly troubled, should lose no time in applying this splendid remedy as there is nothing like it to be had. It is cheap, but its power is in no way expressed by its low price.

WANTS TO HELP OTHER WOMEN

Grateful for Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dreary feelings caused by my condition. Sometimes I felt so bad that I couldn't do my housework. My neighbor told me of your medicine and I read about it in the 'Toronto Telegram' and thought I would take it. I got very good results. It built me up and I have told several friends what it has done for me. You may use this testimonial as it may be of help to some one who has suffered as I have."—Mrs. J. LEE, 25 Harvie Ave., Toronto, Ont.

Mrs. Lee is willing to write to any girl or woman suffering from such troubles, and answer any questions they may like to ask.

Women suffering from female troubles causing backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the worth of this splendid medicine shown by such cases as this, but for nearly fifty years letters like this have been received from thousands of women.

You might be interested in reading Mrs. Pinkham's Private Ext-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

MEDICAL

JAMES NEWELL, PH.B., M.D., L.R.C.P. & S., M.B.M.A., England, Coroner County of Lambton, Watford, Ont. Office—Corner Main and Front Sts. Residence—Front st., one block east of Main st.

C. W. SAWERS, M.D., Phone 13. Watford, Ontario. Office—Main st. Residence—Ontario st. east. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

W. G. SIDDALL, M.D., Watford, Ontario. Office—Next to Public Library. Day and Night calls phone 26. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

DR. HAMLET D. THOMPSON

Physician and Surgeon
334 Oakwood ave., TORONTO.
Phone Hillcrest 7012
Office Hours: 9 a.m., 1-3, 7-8 p.m.

6m-d12jan

DENTAL

GEORGE HICKS, D.D.S., Trinity University, L.D.S., Royal College of Dental Surgeons, Post graduate of Bridge and Crown work, Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth. Office—Opposite Siddall's Drug Store, Main st.

G. N. HOWDEN, D.D.S., L.D.S., Graduate of the Royal College of Dental Surgeons of Ontario, and the University of Toronto. Only the Latest and Most Approved Appliances and Methods used. Special attention to Crown and Bridge work. Office—Over Dr. Sawers', Main st., Watford, Ont.

VETERINARY SURGEON

J. McGILLICUDDY, Veterinary Surgeon. Honor Graduate Ontario Veterinary College. Dentistry a specialty. All diseases of domestic animals treated on scientific principles. Office—Two doors south of the Guide-Advocate office. Residence—Main street, one door north of Dr. Siddall's office.

AUCTIONEER

J. F. ELLIOT, Licensed Auctioneer, for the County of Lambton. Prompt attention to all orders, reasonable terms. Orders may be left at the Guide-Advocate office.

INSURANCE

THE LAMBTON FARMERS' MUTUAL FIRE INSURANCE COMPANY

(Established in 1875)

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ALBERT G. MINIALLY, Director
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Sec. Treasurer
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