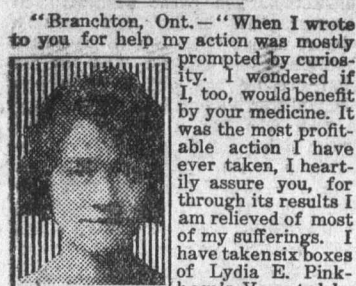


MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia
E. Pinkham's Vegetable
Compound



"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken. I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." C

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. m

MEDICAL

JAMES NEWELL, PH.D., 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.

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., 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 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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W. G. WILLOUGHBY, Manager and
Watford Sec.-Treasurer
PETER McPHEDRAN, Wainstead
Agent for Warwick and Plympton

Try Guide-Advocate Want ads.

FOREST

Thos. Powrie when coming out of St. James' church Sunday evening, slipped on the icy steps and fell. He was taken home in an auto, but fortunately suffered no ill effects from the fall, and is able to be out again.

The news of the sudden death of Bamlet Kent, of Detroit, was received here last Thursday. Deceased was a former resident of this district

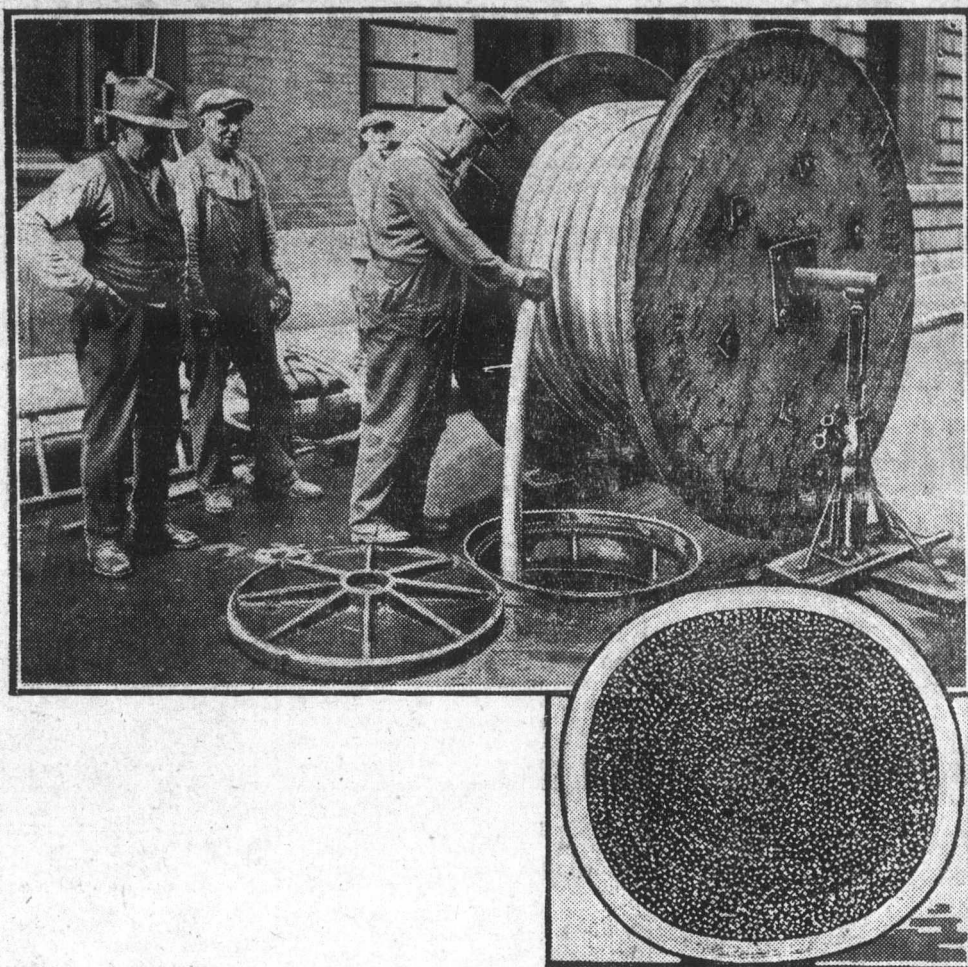
and is well-known here. His brother Adam Kent resides on the homestead, Warwick township. He is also survived by several sisters.

Messrs. Will and Cecil Ross left this week for Detroit where they will remain for the winter. Prior to leaving Forest, their friends gave them farewell parties at the home of H.D. Totton, lake road, Bosanquet, on Thursday evening, and in the Kineto Theatre, Forest, on Monday evening.

The vestry of Christ church elected the following officers. Rector's Warden—M. G. Core; People's Warden—R. B. Crosbie; Vestry Clerk—J. Layton; Lay Delegate—Tom Maylor, alternate, Jos. Thornicroft; Envelope Sec.—Mrs. George Burdican. Sidesmen—H. O. Lane, Fred Pike, Alex. Kingsbury, George Jones and Richard Skinner Jr.

Everyone reads the "Guide-Advocate Want Column" on page 4.

Underground Chorus of 1,200 Voices Possible Over 2,400 Wire Cable



"Unwept, unhonored and unsung" might be an apt title for the picture above, which records an incident in the "pulling in" of the 1,200 pair cable on a Toronto downtown street the other day.

Unobserved, except for the messenger boy in the background, this giant telephone cable disappeared underground.

It is a far cry from the fence wire used by Dr. Bell in his early experiments at Brantford to the 2,400 wire cable, of which a cross section

is shown at the right. Sixty-foot poles with twenty cross arms, each carrying ten wires, did not improve the appearance of city streets.

There were also electrical difficulties and dangers arising from other high tension wires nearby.

Out of these difficulties telephone cables evolved. The evolution of the telephone cable is a story of difficulties sought and overcome rather than difficulties met and grappled with.

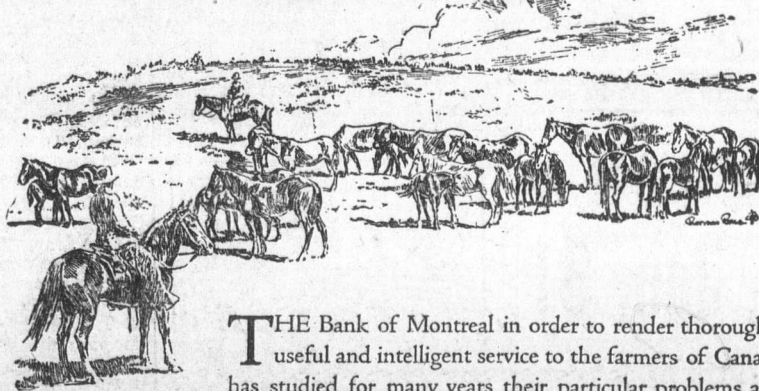
The first cable contained 25 pairs, or 50 wires, and as late as 1917 a

600 pair was considered to be the last word. Yet in five short years telephone engineers have doubled the limit.

To successfully operate with 2,400 wires in a cable less than 3 inches in diameter, each wire absolutely insulated from 2,399 others and the whole air tight and protected by a heavy lead sheath, surely denotes engineering skill of a very high order.

Twelve hundred voices passing at one time through the small space of 3 inches without confusion is an interesting thought.

THE NEEDS OF FARMERS



THE Bank of Montreal in order to render thoroughly useful and intelligent service to the farmers of Canada has studied for many years their particular problems and requirements.

The result is that this institution, with its branches established in all parts of the Dominion, is well equipped and organized to handle the accounts of farmers and to extend to them personal and thoroughly experienced banking service.

BANK OF MONTREAL

Established over 100 years

Watford Branch: F. A. MACLEAN, Manager.

SO EASY TO BE WELL AND STRONG

Take "Fruit-a-lives" The
Wonderful Fruit Medicine

805 CARTIER ST., MONTREAL
"I suffered terribly from Constipation and Dyspepsia for many years. I felt pains after eating and had gas, constant headaches and was unable to sleep at night. I was getting so thin that I was frightened.

At last, a friend advised me to take "Fruit-a-lives" and in a short time the Constipation was banished, I felt no more pain, headaches or dyspepsia, and now I am vigorous, strong and well."

Madam ARTHUR BEAUCHER.
50c a box, 6 for \$2.50, trial size 25c.
At dealers or sent postpaid by
Fruit-a-lives Limited, Ottawa.

Asthma Victims.—The man or woman subject to asthma is indeed a victim. What can be more terrifying than to suddenly be seized with paroxysms of choking which seem to fairly threaten the existence of life itself. From such a condition Dr. J. D. Kellogg's Asthma Remedy has brought many to completely restored health and happiness. It is known and prized in every section of this broad land. m

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