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Coroner County of Lambton
Watford, Ont.
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Residence—Front st., one block east of Main st.

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

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DENTAL.

GEORGE HICKS,

D. D. S., TRINITY UNIVERSITY, L. D. S.,
Diploma of Dental Surgeons, Post graduate of Bridge and Crown work, Orthodontia and Forensic work. The best methods employed to preserve the natural teeth.
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At Queen's Hotel, Arkona, 1st and 3rd Thurs day, 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.
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Veterinary Surgeon.

J. MCGILLICUDDY

Veterinary Surgeon.

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Office—Two doors south of the Guide-Advocate's office. Residence—Main Street, one door north of Dr. Siddall's office.

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For the County of Lambton.

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DO ALL MY HOUSE WORK

Before I took Lydia E. Pinkham's Vegetable Compound I could hardly get about.

Cobourg, Ont.—"For many years I have had trouble with my nerves and have been in a general run down condition for some time. I could not do my work half of the time because of the trouble with my monthly sickness. I was told of Lydia E. Pinkham's Vegetable Compound by friends and advised to try it. It has done me good, and I strongly recommend it. Since I have taken it I have been able to do all my own work, and I also know friends who have found it good. You can use these facts as a testimonial."—Mrs. ELLEN FLATTERS, Box 763, Cobourg, Ont.

Why will women continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound?

For forty years this good old fashioned root and herb remedy, which contains no narcotics or harmful drugs, has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford station as follows:

GOING WEST	
Accommodation, 111....	8.44 a.m.
Chicago Express, 17....	12.47 p.m.
Detroit Express, 83....	6.48 p.m.
(a) Express, 5.....	9.11 p.m.
(c) Express, 15.....	10.10 p.m.
GOING EAST	
Ontario Limited, 80....	7.43 a.m.
Chicago Express, 6....	11.16 a.m.
Accommodation, 110....	2.28 p.m.
Accommodation, 112....	5.38 p.m.
(a)—Stops to let off passengers from Toronto, Hamilton and east.	
(c)—Stops to let off passengers from Kingston and east.	

G. W. VAIL, Agent, Watford.



Mr. WILFRED AIMEY, 42, Lynn Avenue, TORONTO, writes: "On active service with the R. F. C. I contracted piles through sleeping on damp ground. Treatment by the M.O. brought no relief and various 'pile remedies' I tried proved equally hopeless. Shortly after my discharge from the service a friend strongly advised me to get Zam-Buk. One box of the balm brought such benefit that I determined to continue the treatment. In a few weeks Zam-Buk caused the piles to completely disappear. All other sufferers should know of this wonderful herbal healer." Use ZAM-BUK for all your Skin Troubles.

It's part of every meal!
Good from the outside
crust to the inside
crumb. No meal
or lunch is complete
without it!

Lovell's BREAD

1 1/2 lb. Loaf 10c

A Corrector of Pulmonary troubles—Many testimonials could be presented showing the great efficacy of Dr. Thomas' Electric Oil in curing disorders of the respiratory processes but the best testimonial is experience and the Oil is recommended to all who suffer from these disorders with the certainty that they will find relief. It will allay inflammation in the bronchial tubes.

GRASPS LIONESS BY TONGUE

From Nairobi, East Africa, says a writer in the London Daily Mail, comes a thrilling story of the death of a transport agent named Klopper who, pinned down by a lioness he had wounded, made a desperate bid for victory by putting both hands into the animal's mouth and gripping its tongue.

Africa is a paradise for the lion hunter, and the literature of the chase is almost endless. Not all lion hunters are strictly truthful, however.

"For instance, in a remote African village," says the writer, "I once came across a deeply tanned prospector-hunter, who swore that his favorite method of hunting lions was to get the animals to sneeze themselves to death.

"It is quite simple," he said. "In lion country you build a little arch of stone, just big enough to allow the lion to enter with comfort. But you must take care to build it of jagged stones and to see that the centre stone of the arch is a particularly jagged one.

"Then you go out and shoot a zebra or some other toothsome creature from the lion's point of view. You drag the corpse under the arch, pepper it heavily and then retire to your tent to sleep.

"In the night the lion comes, creeps under the arch to his feet, gets his nose filled with pepper, and has an overpowering inclination to sneeze. He sneezes, and in the act throws up his head and dashes his brains out on the centre jagged stone of your arch."

"I do not vouch for the truth of the story." A party of men trekking in Rhodesia in an ox wagon heard a commotion one night among their tethered oxen, and rushing toward the spot pumped about a dozen shots into the heaving mass from a distance of, say, forty yards.

The mass diminished, and they advanced to find one of their oxen horribly mangled by lions.

They "dosed" the corpse with strychnine and retired to their camp. They heard the lions busy at the carcass all night, and in the morning they found that the dead ox had practically disappeared, but lying near the spot were five full-grown lions—two males and three females—all poisoned.

That was a very considerable bag got by illegitimate means, but here is the true story of a better bag got legitimately. Incidentally, it is a very interesting example of sportsmen's luck.

When the late President Roosevelt and his son Kermit went to British East Africa, in 1909, they were accompanied on their hunting trip by the late F. C. Selous, one of the greatest hunters that ever lived.

Selous was particularly anxious to secure a specimen of the East African black-maned lion, but on the whole trip he never even got a shot at one. But Theodore Roosevelt got three and Kermit Roosevelt eight—and neither of them had ever been on an African game hunting expedition before.

Some years ago a party of Greeks trekking through Portuguese Zambesia were followed—for days by a gaunt old lion, who took one of their donkeys each night until only one of the whole team was left.

This donkey the terrified Greeks were determined to retain at all costs.

When they made their camp that night they built around it a great stockade of bushes and thorns, and in the centre of it they tethered the sole surviving donkey to their tent pole. But notwithstanding these precautions, that night the pertinacious old lion got the last donkey.

Walkerton Telescope.—City dailies find joy in holding up to ridicule the "trivialities" found in the columns of the rural weeklies, such as "Bill Jones has treated his barn to a fresh coat of red paint." Next time one of these clever paragraphs is out of copy, we would suggest that he turn attention to the society pages of the Toronto dailies. He will find plenty of food for comment, for instance in the custom of devoting space wholesale to the names of the Toronto nobility who occupy seats at Massey Hall concerts. Bill Jones real contribution to community betterment requires only two lines for its telling. It takes half a column or so to tell the world the important news that the Toronto "smart set" have climbed into their boiled shirts and gone to a show. It is to laugh.

A DOOR OPENED

Before the bank three or four persons are waiting for the great doors to be unlocked. How heavy and strong they are! You might dash yourself to pieces against them and they would not give so much as the fraction of an inch. A clock begins to strike. At the ninth stroke a clerk appears behind the door and, on the inside, hangs a card bearing the words "The Bank is Open". Then he turns a key in the lock of the doors and, drawing it out again, returns to his work. The people outside press up the steps. The foremost person puts his shoulder against one of the leaves of the door. It swings slowly back and the people enter the opened door—opened, not by the shoulder of the man without, but by the key of the man within. As I passed on down the street I thought of the sign hanging there in the window, announcing that the bank was open. The doors indeed were shut, but the bank was not. Anyone with business there was free to enter. He could push confidently against the closed doors, for he knows that the clerk always turns the key at nine o'clock, and that the turning of the key opens the bank. The doors of opportunity are much like the doors of the bank. The door is opened, but we must approach it in faith and set our shoulder to the task of pushing it back so that we can enter. How many times we come to the doors of opportunity and, finding them closed, have turned away, discouraged; whereas if we had only had faith and courage we should have found that the door would swing open before us if we made any genuine effort.

Children Cry FOR FLETCHER'S CASTORIA

SEED GRAIN DISTRIBUTION

The annual free distribution of samples of seed-grain will be conducted as usual at the Central Experimental Farm, Ottawa, by the Dominion Cerealists.

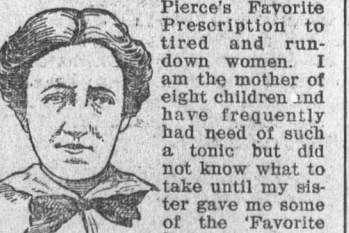
The following kinds of seed grain will be sent out this season:—
Spring wheat (in about 5 lb. samples); White oats (about 4 lb.); barley (about 5 lb.); field peas (about 5 lb.); field beans (about 2 lb.); flax (about 2 lb.).

Only one sample can be sent to each applicant.
Applications must be on printed forms which may be obtained by writing to the Dominion Cerealists, Experimental Farm, Ottawa.

As the stock of seed is limited, farmers are advised to apply early to avoid disappointment. Those who applied too late last season are particularly requested to send in their names at once so that application forms may be forwarded to them. No application forms will be furnished after Feb. 1st, 1922.
C. E. SAUNDERS,
Dominion Cerealists.

ARE YOU A TIRED, WORN-OUT WOMAN?

Every Woman Needs a Tonic and Nerve at Some Period of Her Life



Toronto, Ont.—"As a tonic and builder I can highly recommend Dr. Pierce's Favorite Prescription to tired and run-down women. I am the mother of eight children and have frequently had need of such a tonic but did not know what to take until my sister gave me some of the 'Favorite Prescription,' which she herself had found to be good. It was exactly the tonic my system required and one bottle did wonders for me, so I take pleasure in telling others, hoping that they will give the 'Prescription' a trial and be benefited just as I have been."—Mrs. Elizabeth Taylor, 261 Ontario St.

HEALTH IS MOST VITAL TO YOU

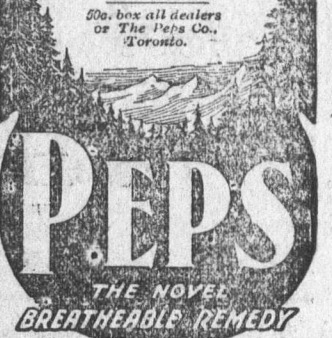
Hear What This Woman Says
London, Ont.—"I can highly recommend Dr. Pierce's Favorite Prescription to the expectant mother. I was in a terribly run-down state. Was very weak and nervous and suffered with nausea. I was miserable until I began taking Dr. Pierce's Favorite Prescription, but my strength returned very quickly and my general health was better after taking it. My baby was strong and healthy, too, and has never seen a sick day."—Mrs. Harry Harris, 195 William St.

Go to your neighborhood drug store at once and obtain this Prescription of Dr. Pierce's in tablets or liquid, or send 10c to Dr. Pierce's Laboratory in Bridgeburg, Ont., for trial pkg. tablets and write for free confidential medical advice.

Coughs Colds & Chills

If it's cold or a chill, dissolve one or two Peps in your mouth, inhale direct into the lungs the powerful healing and germicidal medicines given off in a vapour-like form. These breathable Peps medicines soothe the tender air passages, they quickly allay soreness or inflammation, and stop the most troublesome cough. At the same time

PEPS STRENGTHEN THE THROAT AND CHEST and prevent the onset of coughs, colds and chills, grippe, sore throat, bronchitis and other chest troubles. There's no more valuable medicine than Peps at this season. Free from drugs they are perfectly safe for children.



A. D. Hone

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Shorthorn Cattle, Lincoln Sheep
Silver Grey Dorkings
Black Leghorns
An extra good "Roan Lady"
bull calf, good enough for any pure bred herd and priced right, also 1 ram 3 years old, 4 shearlings, and a number of lambs, both sexes. Now is the time to invest in a few sheep.
Can spare a few nice cockerels.
ED. DE GEX
KERWOOD ONTARIO

The worms that infest children from their birth are of two kinds, those that find lodgement in the stomach and those that are found in the intestines. The latter are the most destructive, as they cling to the walls of the intestines and if not interfered with work havoc there. Miller's Worm Powders dislodge both kinds and while expelling them from the system serve to repair the damage they have caused.

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