



Where there is a tendency to constipation, you will find Dr. Miles' Liver Pills effective in keeping the bowels open.

Soap

than pre-war of any kind at The next get the place.

AND FRESH AND PRICE

RS' VALUE MET every one guaranteed.

IFY ARM CHAIRS orch furniture, restful eye and body. That's you can get from us. divans, benches, sack chairs, hammocks, seats, mats and all the summer regalia. Be sure our assortment be- hating.

Pianos and OS. Furniture

CITY"INGS FOR SEVERAL DREAD OF DEMON-MACHINE. OF Est.

Central Business College STRATFORD, ONTARIO FALL TERM FROM SEPT. 6th The largest and best Commercial School in Western Ontario. A school where you can get thorough courses under experienced instructors in Commercial, Short-hand and Telegraphy departments. Graduates assisted to positions. Home study courses can be arranged. Get our free catalogue. D. A. McLachlan, Principal

ELLIOTT Business College Yonge and Charles sts., Toronto. In noted for high grade training. We have positions to fill now at \$85 to \$100 per month. We filled one lately at \$150 per month and another at \$2700 per annum. Open all eayr. Enter at any time. W. J. ELLIOTT, Principal.

JAMES NEWELL, PH. B., M. 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 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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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.

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

J. H. HUME Agent for FIRE ACCIDENT and SICK BENEFIT COMPANIES Representing Five Old Reliable Fire Insurance Companies. You want your property insured—call on J. H. HUME and get his rates. VICTORY BONDS AND OTHER GOOD SECURITIES FOR SALE TICKET AGENT FOR C.P.R. Tickets sold to all points in Manitoba, Northwest and British Columbia

THE LAMBTON Farmers' Mutual Fire Insurance Company. (Established in 1875) JOHN W. KINGSTON PRESIDENT JAMES SMITH VICE-PRESIDENT ALBERT G. MINNELLY DIRECTOR THOMAS LITHGOW DIRECTOR GUILFORD BUTLER DIRECTOR JOHN PETER MCVICAR DIRECTOR JOHN COWAN K. C. SOLICITOR J. F. ELLIOT FIRE INSPECTORS ROBERT J. WHITE AUDITORS ALEX. JAMIESON E. J. McEWEN W. G. WILLOUGHBY, MANAGER AND Sec.-TREASURER Watford. PETER McBEDRAN, Waretand P. Agent for Warwick and Plympton.

The Needless Misery That Women Bear

WHEN the household cares and the worries of everyday life have dragged you down, made you unhappy, and there is nothing in life but headache, backache and worry, turn to the right prescription, one gotten up by Doctor Pierce over fifty years ago. Dr. Pierce, of Buffalo, N. Y., long since found out what is naturally best for women's diseases. He learned it all thru treating thousands of cases. The result of his studies was a medicine called Dr. Pierce's Favorite Prescription. This medicine is made of vegetable growths that nature surely intended for backache, headache, weakening pains, and for many disorders common to women in all ages of life. Sold by druggists in tablet and liquid form. Send Dr. Pierce 10c. for trial package.



LIVESTOCK FOR SALE Shorthorn, Angus Hereford, Holstein Ayrshire, Jersey Farmers and stockmen desiring to purchase purebred registered males and females, individually or in car lots, should communicate with the Secretary of the Lambton County Bred Livestock Breeders' Association. Up-to-date lists of the pure bred livestock for sale in the county kept on hand. Expert assistance will be given to all parties desiring to purchase herd sires. Parties desiring to list their animals should communicate with the Secretary. W. P. MACDONALD, Petrolia, Ont.

A. D. Hone PAINTER AND DECORATOR PAPER HANGING WATFORD - ONTAR' GOOD WORK PROMPT ATTENTION REASONABLE PRICES ESTIMATES FURNISHED SATISFACTION GUARANTEED RESIDENCE—ST. CLAIR ST.

GRAND PRIZE TIME TABLE Train 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. C. W. VAIL, Agent, Watford.

SHORTHORN CATTLE AND LINCOLN SHEEP Am booking orders for Silver Grey Dorkings and Black Leghorn Eggs. Winners at C. N. E., and Winter Garden Shows Toronto, also Western London and Guelph Winter. Special prices on lots of 50 or more Black Leghorns from farm flock, handsome and grand layers. ED. DE GEX KERWOOD ONTARIO

Sores Flee Before It.—There are many who have been afflicted with sores 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.

FAR AND NEAR Actions and Words of People Who Are Helping to Make Life Interesting

When plates of ice cream were served to the 1,700 immigrants at Ellis Island, N.Y., the diners thought it a new kind of butter and spread it over their bread.

Looking for Winnecke's comet, a million New Yorkers gazed into the heavens and saw Venus. Deep regret was expressed because it was impossible to tell what length skirts the lady had on.

The billboard is fast becoming obsolete. The introduction of fast running auto leaves no time for reading either bill boards or the old-fashioned bill tacked up on the post. The newspaper advertisement takes the place of both.

A western evangelist, making a practice of painting religious lines on rocks and fences along public highways, painted one which ran: "What Will You Do When You Die?" Came an advertising man and painted under it: "Use Delta Oils, a Good for Burns."

Anglican clergymen of the diocese of Rupert's land, assembled in Synod at Winnipeg, voted to retain their present salaries and refused to accept a recommendation brought in by a committee to raise the minimum for married men to \$1,800.

At the Imperial Conference of Teachers' Associations in Toronto in August, all papers to be read will be printed in advance and only brief summaries will be read, to be followed by discussion. Papers will deal with civics and education; Imperial co-operation in education; Canadian education: vocational training, and health and education.

Bronze plaques, which are being presented by Great Britain to the next of kin of all Empire soldiers who died in the late war, have been received at Ottawa, and will be distributed shortly. The plaque is of bronze and about six inches in diameter, containing the inscription, "He died for freedom and honor," and the name, number and rank of the dead soldier.

The German mark, at par, is a promise to pay 24 cents in gold. The printed promise is worth now about 4 cents. What would Canadians feel like if the rate of exchange reduced the worth of our dollar to 17 cents. A 12-year-old boy at Red Top, Conn., went into hysterics when play mates held him while they tickled the soles of his feet. His recovery is doubtful.

The Glorious Twelfth this year will be a big day in London, Ont. Between 10,000 and 15,000 followers of William of Orange will assemble on that day to help commemorate his victory over James at the Boyne. Orangemen will be in the city from all parts of Western Ontario, as well as most of the cities in Michigan, and the celebration will have a distinctly international flavor.

"Flag and Fleet," the book written by Lieut. Col. William Wood, of Quebec City, which caused so much controversy some months ago, has been placed on the supplementary reading list of the board of education of Ontario province for the year beginning with the 1st of June. A few passages that were considered unnecessarily objectionable to the Americans have been deleted. One passage that has been dropped out of the book is as follows: "The Americans made 12 and a half thousands of millions of dollars out of the war clear net profit up to the end of 1918."

The new postal rates which are now in effect will not apply to parcels mailed to points within the 20-mile limit of the place of mailing, nor do they apply to parcels mailed from Ontario to points in the British Columbia sector. The rates within the 20-mile limit which do not change are 5 cents for the first pound up to 22 cents for the 11-pound limit. Beyond the 20-mile limit, the old rates were 10 cents for the first pound and 4 cents for each additional pound, up to 50 cents for 11 pound. The new rates are an increase of one cent for each of the additional pounds, making the charge for eleven pounds 60 instead of 50 cents, and this applies also to parcels to all the provinces excepting British Columbia, for which the old rates apply.

FALL FAIR DATES 1921 Strathroy... 19, 20, 21 Sept. Watford... 22, 23 Sept. Petrolia... 26, 27 Sept. Sarnia... 28, 29, 30 Sept. Glencoe... 29, 30 Sept. Forest... 3, 4 October Bridgen... 4, 5 October Wyoming... 6, 7 October Florence... 6, 7 October Wilkesport... 10, 11 October Alvinston... 11, 12 October

Chautauqua, Watford, July 9-13. SEND IN THE NEWS

THE TRIALS OF A HOUSEWIFE

How They Have Been Endured and How Overcome by Lydia E. Pinkham's Vegetable Compound

Experience of a Providence Woman



Providence, R. I.—"I took Lydia E. Pinkham's Vegetable Compound for a female trouble and backache. It began just after my baby was born, and I did the best I could about getting my work done, but I had awful bearing-down pains so I could not stand on my feet. I read in the papers about Lydia E. Pinkham's Vegetable Compound and the good it was doing other women, and I have got dandy results from it and will always recommend it. You can use these facts as a testimonial if you wish."—Mrs. HELEN L. CASSELL, 18 Menz Court, Providence, R. I. Ohio woman for three years could hardly keep about and do her housework she was so ill. Made well by Lydia E. Pinkham's Vegetable Compound. Fayette, O.—"For about three years I was very nervous and had backache, sideache, dragging-down pains, could not sleep at night, and had no appetite. At times I could hardly do my housework. I saw Lydia E. Pinkham's Vegetable Compound advertised in a newspaper and took it with good results, and am now able to do my housework. I recommend your medicine to my friends and you may publish my testimonial."—Mrs. CHESTER A. ELLI, R. 15, Fayette, Ohio.

An Illinois woman relates her experience: Bloomington, Ill.—"I was never very strong and female trouble kept me so weak I had no interest in my housework. I had such a backache I could not cook a meal or sweep a room without raging with pain. Rubbing my back with alcohol sometimes eased the pain for a few hours, but did not stop it. I heard of Lydia E. Pinkham's Vegetable Compound, and six bottles of it have made me as strong and healthy as any woman; and I give my thanks to it for my health."—Mrs. J. A. McQUITTY, 610 W. Walnut St., Bloomington, Ill.

The conditions described by Mrs. Cassen, Mrs. Ball, and Mrs. McQuitty will appeal to many women who struggle on with their daily tasks in just such conditions—in fact, it is said that the tragedy in the lives of some women is almost beyond belief. Day in and day out they slave in their homes, for their families—and beside the daily routine of housework, often make clothes for themselves and for their children, or work in their gardens, all the while suffering blues, and troubles which sap the very foundation of life until there comes a time when nature gives out and an operation seems inevitable. If such women would only profit by the experience of these three women, and remember that Lydia E. Pinkham's Vegetable Compound is the natural restorative for such conditions it may save them years of suffering and unhappiness.

There is hardly a neighborhood in any town or hamlet in the United States wherein some woman does not reside who has been restored to health by this famous medicine. Therefore ask your neighbor, and you will find in a great many cases that at some time or other she, too, has been benefited by taking it, and will recommend it to you. For more than forty years this old-fashioned root and herb medicine has been restoring suffering women to health and strength. Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

YOUR VALUE The man who works from the neck up—he's living. The man who works from the neck up—he's working and can draw real money for it. Work with your brains, brother. You've got 'em; trot 'em out and train 'em to work for you, like your hands and feet! Then your limit is the sky. Chautauqua, Watford, July 9-13.

Children Cry for Fletcher's CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA? Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of Chas. H. Fletcher In Use For Over 30 Years THE CENTAUR COMPANY, NEW YORK CITY