

Dread of Asthma makes countless thousands miserable. Night after night the attacks return and even when brief respite is given the mind is still in torment from continual anticipation. Dr. J. D. Kellogg's Asthma Remedy changes all this. Relief comes, and at once, while future attacks are warded off, leaving the afflicted one in a state of peace and happiness he once believed he could never enjoy. Inexpensive and sold almost everywhere.

WINTER TERM FROM JANUARY 3rd

Central Business College STRATFORD, ONTARIO

Western Ontario's best commercial School with Commercial, Shorthand and Telegraph departments. We give individual instruction, hence "Entrance" standing is not necessary. Graduates assisted to positions. Get our free catalogue for rates and other particulars.

D. A. McLACHLAN, Principal

ELLIOTT Business College Yonge and Charles sts., Toronto. Easter Term Open April 18th. Strictly First-Class. None better in Canada. Strong demand for our graduates; open all year; enter now. Write for handsome catalogue. W. J. ELLIOTT, Principal.

MEDICAL

JAMES NEWELL, PH. B., M. A. 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.

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 Forensic work. The best methods employed to preserve the natural teeth. OFFICE—Opposite Taylor & Son's drug store MAIN ST., Watford. At Queen's Hotel, Arks, 1st and 3rd Thurs. 25c. of each month.

G. N. HOWDEN D. D. S., L. D. S.

GRADUATE of the Royal College of Dental Surgeons, 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.

Veterinary Surgeon

J. McILLICUDDY 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's office. Residence—Main Street, one door north of Dr. Siddall's office.

Auctioneer

J. F. ELLIOT, Licensed Auctioneer For the County of Lambton.

INSURANCE

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 GULFORD BUTLER... Director JOHN PETER McVICAR... Director JOHN COWAN K.C.... Solicitor F. P. ELLIOT ROBERT J. WHITE... Fire Inspectors ALEX. JAMESON P. J. McEWEN... Auditors W. G. WELLOUGHBY, Manager and W. G. WELLOUGHBY, Sec. Treasurer PETER McPHEDRAN, Wanstead Agent for Warwick and Plympton

YOUNG MOTHER NOW STRONG

Her Mother's Faith in Lydia E. Pinkham's Vegetable Compound Led Her To Try It



Kenosha, Wisconsin.—"I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound. My mother had great faith in it as she had taken so much of it and when I had trouble after my baby was born she gave it to me. It helped me so much more than anything else had done that I advise all women with female trouble to give it a fair trial and I am sure they will feel as I do about it.—Mrs. FRED. P. HANSEY, 662 Symmonds St., Kenosha, Wisconsin.

A medicine that has been in use nearly fifty years and that receives the praise and commendation of mothers and grandmothers is worth your consideration. If you are suffering from troubles that sometimes follow child-birth bear in mind that Lydia E. Pinkham's Vegetable Compound is a woman's medicine. It is especially adapted to correct such troubles.

The letters we publish ought to convince you; ask some of your women friends or neighbors—they know its worth. You will, too, if you give it a fair trial.

A. D. Hone

PAINTER AND DECORATOR PAPER HANGING

WATFORD ONTARIO

GOOD WORK PROMPT ATTENTION REASONABLE PRICES ESTIMATES FURNISHED SATISFACTION GUARANTEED

RESIDENCE—ST. CLAIR ST.

SHARTHORN CATTLE LINCOLN SHEEP SILVER GRAY PORKINGS BLACK LEIGHORNS

Sheep trade looks better. Inquiries starting for fall trade already. Some nice calves coming in, and eggs for sale at a price you can afford to pay.

CHANNY FARM ED. DE GEX KERWOOD ONTARIO

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford station as follows: GOING WEST Accommodation, 111... 8.42 a.m. Chicago Express, 17... 12.47 p.m. Detroit Express, 83... 6.54 p.m. (c) Express, 15... 10.10 p.m. GOING EAST Ontario Limited, 80... 7.48 a.m. Chicago Express, 6... 11.22 a.m. Accommodation, 112... 5.26 p.m. (c)—Stops to let off passengers from Kingston and east. C. W. VAIL, Agent, Watford.

remember

WHEN WE advertise that we are baking first-class bread and cakes we back that up with our goods.

That also applies to our Confectionery, Chocolates and Etc. Just try us and see for yourself.

Lovell's Wedding Cakes a Specialty

Muscular Rheumatism Subdued.

When one is a sufferer from muscular rheumatism he cannot do better than to have the region rubbed with Dr. Thomas' Electric Oil. Let the rubbing be brisk and continue until ease is secured. There is more virtue in a bottle of it than can be fully estimated.

WE OUGHT TO HAVE MAKE-A-WILL WEEK

Half a dozen simple rules for those wishing to make a will are given by Bruce Barton, writing in Collier's. They are as follows:

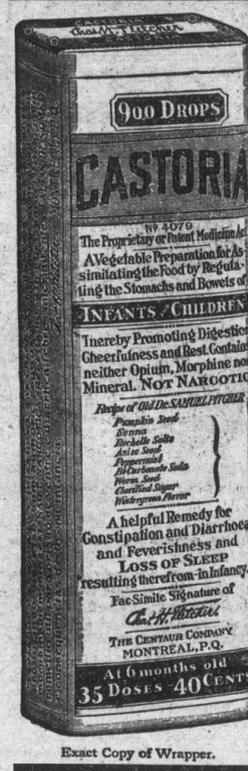
- 1. Make a list of all your possessions and indicate the way you would like to have them distributed. 2. Take the list to your lawyer and have him draw your will. 3. Sign it in the presence of at least two witnesses, making sure they see you sign it and understand that it is your will. Have them sign as witnesses in your presence and the presence of each other. 4. Put your will in a safe place and let your heirs know where it is. 5. Don't make changes afterward without the advice of your lawyer. 6. Most important of all, don't put off doing the thing until you are sick or about to die. If these instructions are followed there is likely to be no costly litigation, and the will is likely to remain as it was drawn up. Nine Americans out of ten die without making a will, we are told, and we presume that the proportion will be about the same in Canada. As a rule the people who do not make a will are the very ones who on no account should fail to do so;

that is, the people who leave a small estate. If a man dies, leaving a million dollars, and there is a difference of opinion about the disposition of his estate, the probability that in the end there will be enough money left for those entitled to it, but the estate which amounts to only a few thousand dollars, and finds its way into the courts, is likely to be reduced to one-half or perhaps a third, of its bulk before it is finally divided.

WAR ON THE MOSQUITO

A war against the mosquito is proclaimed. We are asked to kill the first mosquito of the season. This is superfluous, for in the desire to kill the mosquito there are no slackers. But here is something better: Seek out the breeding places the cans, tubs, bottles, rain barrels or cess-pools, or anything containing any amount of water which has become stagnant. Drain the pools of water in back lots, or if this cannot be done spray the pool with oil. The mosquito is a standing pest in many summer resorts, and there are marshes and wet places too large for individual treatment. Drainage undertaken by some public body would be the only remedy.

LOOK AT YOUR LABEL

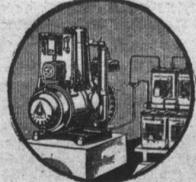


CASTORIA For Infants and Children. Mothers Know That Genuine Castoria Always Bears the Signature of Dr. J. C. Fletcher In Use For Over Thirty Years CASTORIA THE CENTAUR COMPANY, NEW YORK CITY.

Farmers, Attention!

DELCO-LIGHT Reduced to \$495

I wish to call your attention to the fact that Delco-Light is reduced to below pre-war prices. Every progressive farmer today is interested in electric light and power for the farm, especially for the benefits which the women on the farm derive from its use, in regards to washing, churning, ironing, separating and pumping, not to mention the convenience and safety of the lights. An exploding lantern in your barn would set you back the price of quite a few Delco-Light plants. Therefore with Delco-Light and wiring reduced to its present basic electricity is within reach of every farmer. Don't Wait Until Fall. Get it NOW and have its benefits. If interested give me a call and let me tell you all about it. It cost nothing to find out.



F. H. JUST, Delco-Light Dealer, Watford PHONE 23, WATFORD Write for catalog THERE'S A SATISFIED USER NEAR YOU

"OBEY" AND "ENDOW"

Two important changes in the marriage ceremony of the Episcopal Church of the United States are recommended by the Commission for the Revision of the Book of Common Prayer. One of them is to omit from the woman's obligation the words "obey" and "serve." This is in recognition of the changing status of women throughout the world. But it is also proposed to alter the ring pledge of the man and to omit the words: "With all my worldly goods I thee endow." What the woman will thus gain in freedom she will lose in worldly goods.

The Commission has been in existence for nine years, and these and other proposed changes are results of matured judgment upon altered conditions. But the spring brides of that communion need not worry over them, one way or the other. Under the constitution of that Church the report cannot be adopted until approved by two general conventions, and the Commissioners do not expect the changes to be finally ratified before 1925.

THE LITTLES

We plant the little bulb, or seed. The law of growth with sun and rain There is the vulgar, ugly weed, There is the graceful, useful grain.

How we forget the little things The little answers to our prayers, "Those littles", are the powerful things

Which we neglect for bigger cares. The moments creeping into hours, The seconds lost in precious days The days developing our powers To our disgrace, or to our praise.

The little things, the wee wee things, Things insignificant and small, They're in the air with unfelt stings The unit reaching unto all.

We have the vitalizing charms, In sun, and earth, and air and sky And microscopic little germs Spread by the hairy little fly.

To death, or life, we're all exposed By little things beyond our ken, Our vital organs decomposed Or reinforced by oxygen.

More serious is our moral being The little thoughts that claim the mind, Souls often tainted by their seeing Perceptive organs turning blind.

The physical; oh why is this The little things we do, or say, Creating habits for to bless Or habits for to curse or slay.

We're badly twisted from the start But got a perfect little will To seize the things that cleanse the heart And kill the things that try to kill.

A little thing, a deed, a thought The "littles" dwarf or multiply, What great destructions in us lie, What great destructions in us lie.

Let us control the little things A most essential little part Let us collect the little things To magnify our little heart.

So our career's a ship of fate A little helm in little hands, Can steer our craft to something great, Or wreck our prospects on the sands.

—W. B. LAWS

Children Cry FOR FLETCHER'S CASTORIA

"Lest We Forget"

Made the Supreme Sacrifice

WATFORD AND VICINITY

- Capt. Thos. L. Swift Sergt.-Major L. G. Newell Pte. Alfred Woodward Pte. Percy Mitchell Pte. R. Whalton Pte. Thos. Lamb Pte. J. Ward Pte. Sid Brown Pte. Gordon Patterson Pte. F. Wakelin, D. C. M. Pte. T. Wakelin Pte. G. M. Fountain Pte. H. Holmes Pte. C. Stillwell Pte. Macklin Hagle Sergt. Clayton O. Fuller Gunner Russell H. Trenouth Pte. Nichol McLachlan Corp. Clarence L. Gibson Signaller Roy E. Acton Bandsman A. I. Small Capt. Ernest W. Lawrence Lieut. Leonard Crone Pte. John Richard Williamson Lieut. Chas. R. Hills Lieut. Gerald L. Taylor Pte. Charles Lawrence Lieut. Basil J. Roche Pte. Alfred Bullough