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MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved these symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

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

It will prevent Ulcerated Throat.—At the first symptoms of sore throat, which presages ulceration and inflammation, take a spoonful of Dr. Thomas' Electric Oil. Add a little sugar to it to make it palatable. It will allay the irritation and prevent the ulceration and swelling that are so painful. Those who were periodically subject to quinsy have thus made themselves immune to attack.

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.....5.58 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.

Central Business College

STRATFORD, ONTARIO prepares young men and young women for Business which is now Canada's greatest profession. We assist graduates to positions and they have a practical training which enables them to meet with success. Students are registered each week. Get a free catalogue and learn something about our different departments. D. A. McLachlan, Principal.

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PAINTER AND DECORATOR PAPER HANGING WATFORD ONTARIO GOOD WORK PROMPT ATTENTION REASONABLE PRICES ESTIMATES FURNISHED SATISFACTION GUARANTEED RESIDENCE—ST. CLAIR ST.

ITEMS FROM FAR AND NEAR

Some Wise, Some Otherwise Some Newsy, All Readable.

The twenty-fourth anniversary session of the world-famous International Live Stock Show will be held in Chicago December 1st to 8th and promises to surpass all former exhibitions of this mammoth agricultural show. Reduced rates will be in effect on all railroads during the holding of this great educational event.

The liability of Municipal Councils is again shown in a judgment at Osgoode Hall, dismissing the appeal of the town of Orillia against the judgment of Simcoe County, which awarded Mrs. Alexander Pilkey \$2,500 for injuries received when she fell on an icy sidewalk. The County Court's decision was confirmed and the town must pay \$2,500 and all costs.

Three freshmen at college were discussing the income of their fathers. One said: "My father writes a song in an evening and takes it down town next morning and sells it for \$25." The next continued: "My father writes a story in an evening and takes it down town the next morning and sells it for \$50." "That's nothing", declared the third. "My father gets up in a pulpit on Sunday and talks for an hour, and it takes six men to carry the money up to him."

Peter McArthur advocates the advertising of Canada to Canadians, instead of sending all the alluring pamphlets telling of the opportunities in this land to Great Britain and the Continental countries. He thinks by this means many young Canadians might be induced to remain in Canada and help to develop its illimitable resources rather than seek their fortune across the border. It might be a good idea; but "far off fields look green."

Read the Want Ads on Page Four.

The Dominion Government is preparing to father a system of agricultural credits. Dr. Tory, president of the University of Alberta, has been empowered to conduct an enquiry into the question, and the announcement conveying this news says that an at least partial report may be expected during the next session of parliament. It is believed that the Government has been converted to the necessity of introducing a policy on this matter, and that what is expected of Dr. Tory is a recommendation as to the best way to go about it.

An unusual combination of business is revealed in the case of the company which was granted letters patent under the name of Laval-Fortier, Limited, according to notice appearing in the current issue of the Quebec Official Gazette. The notice, in part, announces that incorporation has been granted for the following purposes: "To carry on the business of funeral director; to carry on the business of dairyman in general, including the preparation and sale of the milk, cream, butter, cheese and all products derived therefrom; to carry on a laundry business, including the washing, cleaning and dyeing of all household linen."

"Indian Summer" is not a definitely fixed season in the calendar, officials of the United States Weather Bureau declare, but varies in date and duration and is not, strictly speaking, a season at all, but merely a type of mild, calm, hazy weather, likely to prevail at any time of the autumn or early winter. The popular belief that "Indian Summer" is a period occurring more or less regularly every autumn is not based on an accurate meteorological observations. The term is applied in this country to a period of mild fall weather following a spell of unseasonably cold weather known as "Squaw Winter." Thoreau, in notes on weather conditions at Concord, Mass., from 1851 to 1860, records the occurrence of "Indian Summer" weather on dates ranging from Sept. 27th to Dec. 13th. In different parts of Europe this mild weather is

known as "St. Martin's Summer," "St. Luke's Summer," or "St. Michael's Summer."

When Canada is still called a "young country" it reminds me (writes Frank J. D. Barnjum) of the man who raises a colt and begins by calling it "the colt" and the animal continues to be called "the colt" as long as it lives. Canada has been settled just as long as has the United States. The United States has a population of one hundred and twenty million people, while Canada has less than nine million. We have been largely exporters of raw materials which they have manufactured and grown rich on. American are today operating nearly fifty pulp and paper mills in the United States, with a daily capacity of one hundred tons newsprint each, wholly on Canadian raw wood. We supply the United States with the most precious of all raw materials. We are used as a dumping ground for their surplus manufactured goods, coal and other surplus products and have an embargo placed by them against our farm products, fish, cattle and in fact everything that we would really like to export. Verily, "Yes, we have no brains today." If the people of Canada are satisfied with present business and living conditions and do not want any change for the better there is nothing more to be said, but unless my hearing has become defective and my eyesight is failing, this is very far from being the situation.

HEALING SOOTHING ANTISEPTIC For Injuries & Skin Troubles Lam-Buk

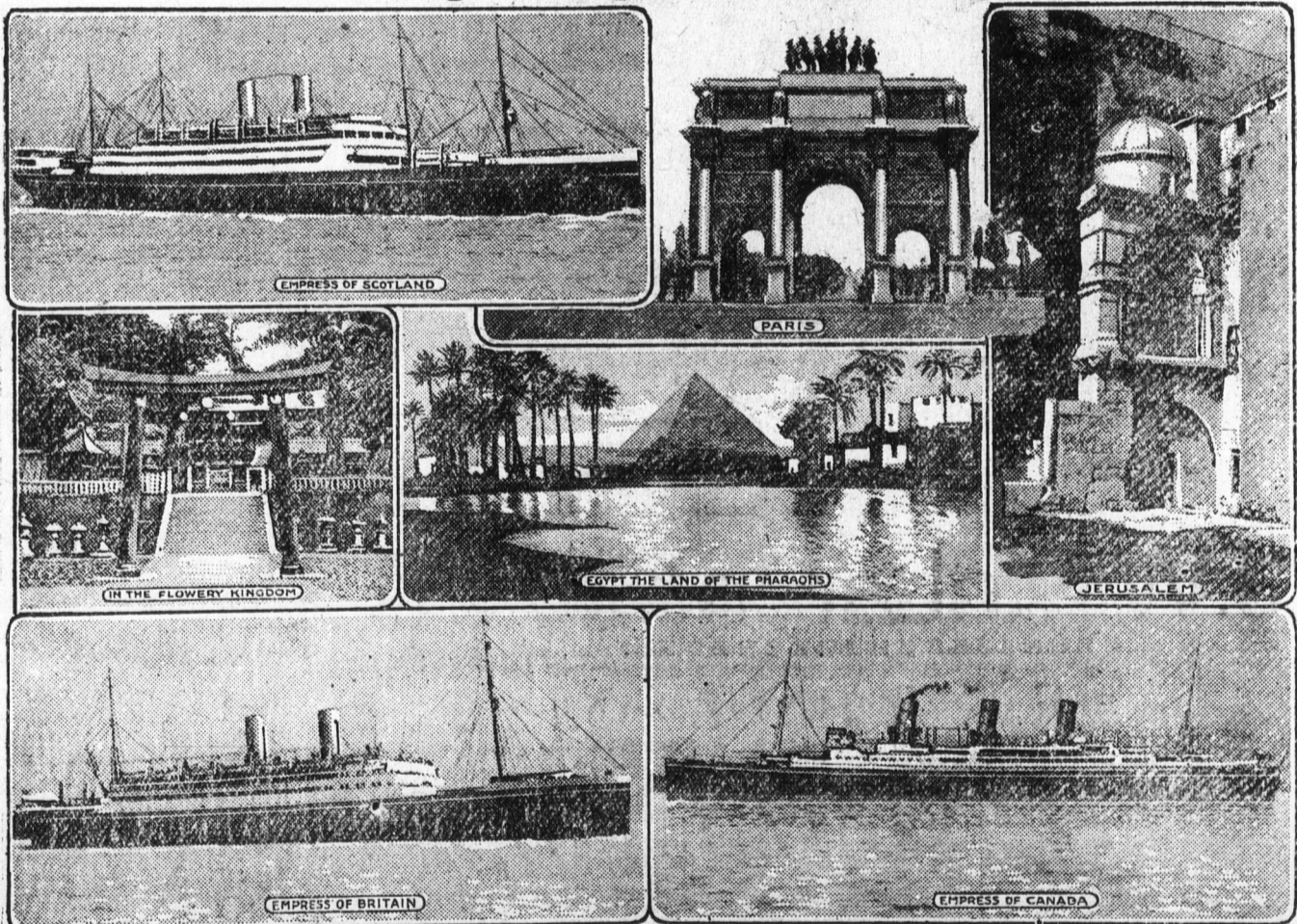
Is Your ad. in this paper this week?

PEPS The Great Breathable Remedy COUGHS, COLDS, BRONCHITIS, SORE THROAT, etc.

TEETHING TROUBLES Baby's teething time is a time of worry and anxiety to most mothers. The little ones become cross; peevish their little stomach becomes deranged and constipation and colic sets in. To make the teething period easy on baby the stomach and bowels must be kept sweet and regular. This can be done by the use of Baby's Own Tablets—the ideal laxative for little ones. The Tablets are a sure relief for all the minor ailments of childhood such as constipation, colic, indigestion, colds and simple fever. They always do good—never harm. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co. Brockville, Ont.

Cause of Asthma. No one can say with certainty exactly what causes the establishing of asthmatic conditions. Dust from the street, from flowers, from grain and various other irritants may set up a trouble impossible to irradicate except through a sure preparation such as Dr. J. D. Kellogg's Asthma Remedy. Uncertainty may exist as to cause, but there can be no uncertainty regarding a remedy which has freed a generation of asthmatic victims from this scourge of the bronchial tubes. It is sold everywhere.

Following in Magellan's Footsteps



Higher civilization has not killed the Spirit of Adventure. It may even be, that people now-a-days are affected more by Wanderlust than they ever were, and enhanced facilities for travel with a greater degree of safety have stimulated, and not a little, the desire to see other lands than their immediate environs. In the old days when Columbus, Vespucci, Balboa, De Soto and Drake, Cartier and Champlain, and other bold mariners sailed into the unknown and its perils on the seven Seas, much courage was needed but today the World is every-man's oyster, nor does it have to be opened with a sword. With a little time and comparatively little money, one can see the places where history was made, far off countries and strange people, and live the while, in comfort. Four hundred years ago, the first vessel to sail round the world lifted anchor at Seville, and after three years of adventurous hardship, returned to her Spanish port. Only thirty-one of the two hundred and seventy who set out came back, and only the Victoria out of the original Armada of five sailing ships. The spirit of the Victoria out of the original Armada of five sailing ships. The spirit of the Victoria out of the original Armada of five sailing ships. The spirit of the Victoria out of the original Armada of five sailing ships.

The Golden Hind, originally named The Pelican, was a ship of 120 tons, whereas the Empress of Canada, which sets out on a Round the World Cruise from New York on January 30th, 1924, registers no less than 21,500 tons. Instead of three years of privation and hardship, the voyage will occupy four months of luxurious comfort. The route will be shorter, as instead of rounding the Cape of Good Hope the route taken is through the Suez Canal, and instead of traversing the stormy Straits of Magellan, the American continent is finally crossed on the excellent road-bed of the Canadian Pacific Railway. But many of the points touched by Sir Francis Drake and Magellan will be visited by the Empress of Canada, for instance, Batavia, Sourabaya and the traverse of the Celebes Sea to the Philippines. The circumnavigators on the Empress of Canada will return laden with the rich experiences and mental treasures gathered from visions of eighteen different countries, and contact with the costumes crafts and civilizations of fifty different races. Encouraged by successes of former years, the Canadian Pacific has arranged for four cruises in addition to the Round the World voyage of the Empress of Canada. The Empress of Scotland will visit the cradle of civilization in a trip Round the Mediterranean, sailing from New York on January 14th. The superb Empress of Britain will make two cruises Round the West Indies, leaving New York on January 22nd and February 23rd, and, before setting off round the world, the Empress of Canada will travel Round America, sailing from Vancouver on January 4th, visiting the Pacific coast, California, and going via the Panama Canal and Cuba to New York. This vessel will be commanded by Captain S. Robinson R. N. R. who figured so conspicuously in the relief work which followed the recent Japanese disaster.