

**A. C. Anderson**  
(Drugless Practitioner)  
(Chiropractor)

Nervous, Chronic and Long Standing Ailments.  
Consultation and Spinal Examination Free at Office.  
Office over Cameron's Store  
Hours: Monday, Wednesday, Friday morning, 9 to 11.

**A. D. Hone**

**PAINTER AND DECORATOR**  
Wall Papering and Floors Finished  
Ask us for estimates on any work.  
Thorough workmanship at fair prices  
St. Clair St. Watford

**CANADIAN NATIONAL RAILWAYS**

**TIME TABLE**  
Trains leave Watford station as follows:  
**GOING WEST**  
Accommodation, 111.....8.42 a.m.  
Chicago Express, 17.....11.59 a.m.  
Detroit Express, 83.....6.51 p.m.  
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, No. 112.....6.08 p.m.  
J. E. McTAGGART, Agent, Watford.

**MEDICAL**

**DR. A. C. JOHNSTON M.D., C.M.**  
(Successor to Dr. Jas. Newell)  
Office—Dr. Newell's former office, corner Main and Front sts., Watford. Postgraduate of New York and Chicago postgraduate hospitals. Phone 35w.

**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.

**DR. G. N. URIE, B.A.**

Licentiate General Medical Council United Kingdom. Member College Physicians and Surgeons of Ontario.  
Successor to Dr. W. G. Siddall  
Hours: 8.30 to 9.30 a.m.; 2 to 4 p.m. 7 to 8 p.m. Sunday by appointment.  
Office, Residence Main St., Watford Phone 32.

**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.

**G. N. HOWDEN, D.D.S., I.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.

**INSURANCE**

**THE LAMBTON FARMERS' MUTUAL FIRE INSURANCE COMPANY**  
(Established in 1875)

**JOHN W. KINGSTON**... President  
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**ALBERT G. MINIALLY**... Director  
**THOMAS LITHGOW**... Director  
**GUILFORD BUTLER**... Director  
**JOHN PETER MEVICAR**... Director  
**JOHN COWAN K.C.**... Solicitor  
**J. F. ELLIOT**  
**ROBERT J. WHITE**, Fire Inspectors  
**ALEX. JAMIESON**  
**P. J. McEWEN**... Auditors  
**W. G. WILLOUGHBY**, Manager and Watford  
**ROY E. McPHEEDRAN** Wanstead Agent for Warwick and Plympton

Praises this Asthma Remedy. A grateful user of Dr. J. D. Kellogg's Asthma Remedy finds it the only remedy that will give relief, though for thirteen years he had sought other help. Years of needless suffering may be prevented by using this wonderful remedy at the first warning of trouble. Its use is simple, its cost is slight, and it can be purchased almost anywhere.

**WORKING GIRL'S EXPERIENCE**

Read How She Found Help in Lydia E. Pinkham's Vegetable Compound

Arnprior, Ontario.—"I must write and tell you my experience with your medicine. I was working at the factory for three years and became so run-down that I used to take weak spells and would be at home at least one day each week. I was treated by the doctors for anemia, but it didn't seem to do me any good. I was told to take a rest, but was unable to, and kept on getting worse. I was troubled mostly with my periods. I would sometimes pass three months, and when it came it would last around two weeks, and I would have such pains at times in my right side that I could hardly walk. I am only 19 years of age and weigh 113 pounds now, and before taking the Vegetable Compound I was only 108 pounds. I was sickly for two years and some of my friends told me about Lydia E. Pinkham's Vegetable Compound, and when I had taken a bottle of it I felt a change. My mother has been taking it for a different ailment and has found it very satisfactory. I am willing to tell friends about the medicine and to answer letters asking about it."—Miss HAZEL BERNDT, Box 700, Arnprior, Ontario.

A day out each week shows in the pay envelope. If you are troubled with some weakness, indicated by a run-down condition, tired feelings, pains and irregularity, let Lydia E. Pinkham's Vegetable Compound help you.

**Off to the Lake!**

Warm day, tired, sticky;  
Off to the Lake.

DON'T forget a good sized basket of Sandwiches—you'll need stacks and stacks of them when you make 'em from our ideal

**Sandwich Loaf**

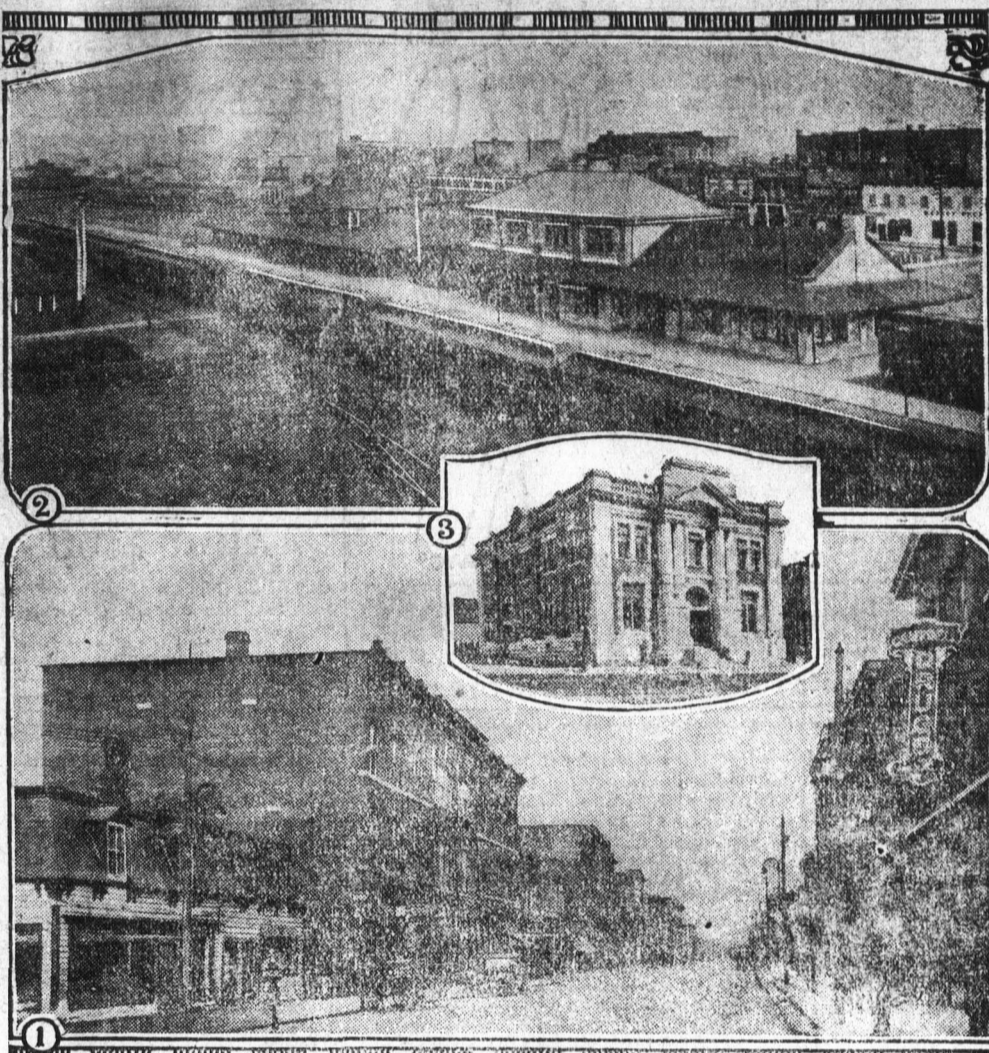
—Firm, even, perfect-cutting and so rich in food-value.

**LOVELL'S BREAD**

Phone 73

Fire believed to be caused by mice nibbling at matches caused \$20,000 damage in Cutt's grocery, Sarnia, on Monday evening.

**New "Baby City" of Ontario**



(1) North Bay's Main Street. (2) The Canadian Pacific Station, North Bay. (3) The Post Office.

An Old Home Week Celebration to celebrate the attainment of City status will be the big attraction for Northern Ontario the first week in August. North Bay, to-day the largest town in the Province, with a population officially estimated at 13,011, will become the Baby City of Ontario on Sunday, August 2nd. For the following six days, it will be a case of "open house" with all the well-known hospitality of the North Country. Special services in all the City churches, conducted in most cases by former pastors, who were identified with the early history of the Town, will inaugurate Old Home Week. The following day officialdom takes charge with "Civic Day," when the formal presentation of the City Charter will be made at Memorial Park and representatives of the Federal and Provincial Governments will extend their congratulations to the Gateway City of the North. A race track has had to be practically rebuilt, two privately owned parks have had to be taken over for the year and other large expenditures incurred, but the citizens are behind the celebration movement and are determined to make it something that will be long remembered in the Northland.

The history of North Bay is one that is not generally known to all Canadians, even though the name is familiar from the Atlantic to the Pacific, as a great railroad centre. North Bay was originally discovered by Samuel de Champlain in 1615 and was a post on the old trail from the Ottawa to the Great Lakes in the time of the great French explorer. The first settlements here are recorded as in 1882, with the coming of the first train over the Canadian Pacific Railway. North Bay was never incorporated as a village. Like Topsy, it just grew and became officially a town in 1891. In 1895, the population was 2,024, in 1905 it was 3,813, and in 1915 it was 10,041, and

the last municipal census placed it at 13,011, while the rapid growth of the town this year indicated that it will be at least 15,000 when it takes its position as a City next August. The Canadian Pacific paved the way for North Bay. The old Grand Trunk followed with its first train in June, 1888. Next was Northern Ontario's own railway, the Tomis-kaming and Northern Ontario, which was built north to the mining areas from North Bay in 1904, the first train being operated out of here on January 12th, 1905. The Canadian Northern was the fourth line to come in here, their first train arriving on September 14th, 1915. Three and a half tons of gold bullion pass through North Bay every month from the Northern Mines, together with 13 tons of silver bullion, 503 tons of high-grade silver ores, 6,030 tons of pulp and 12,450 tons of paper. It makes a formidable array when checked up.

**Along the Banff-Windermere Highway**



(1) Entrance to Kootenay Park from Canadian Pacific Camp at Sinclair Canyon. (2) The Banff-Windermere Road from Sinclair Canyon. (3) Bungalow Camp at Vermilion Crossing. (4) Mountain goats sampling salt provided by Parks Department, to entice them down to the border of the Road. This is the Banff-Windermere Highway. It really needs no introduction for it is numbered among the most famous and most perfect Motor highways in the world. Above are the latest pictures of some of the country it passes through and some of the mountain goats one is sure to encounter just outside Banff. Here is what the "Motor News" says about it: "This wonderful highway, wide and smooth and hard and level as any the old Romans or the modern Americans ever built, is in the Canadian Rockies. For 114 miles it twines its tortuous way through unbelievably magnificent mountain scenery, from Banff, the world-famous resort in Alberta, to Lake Windermere, in British Columbia, clinging to the brim of sheer precipices, cleaving through sheer canyons, skirting giant mountains, spanning giant rivers, overlooking giant valleys and affording the most soul-shaking views of rivers and valleys and mountains stretching away and away, ever so far, ever so deep, ever so high, for ever and ever, amen." The mountains goats and sheep, incidentally, are quite tame and little groups of the mid-mannered creatures not infrequently make themselves at home in the middle of the roadway and gaze wonderingly at the Lord of Creation who wait impatiently in their cars for permission to pass.

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GROCERS  
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especially prepared  
C. H. Fletcher  
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PRESENCE OF WORMS  
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AS SUGAR  
Thoughts for  
Week  
July 25  
E THAT CONDEMN-  
HIMSELF IN THAT  
HE ALLOWETH.  
—Romans 14:22.  
July 26  
UNTO HER, I am the  
nd the life; he that be-  
though he were dead,  
e; And whosoever liv-  
eth in me shall never  
25.  
July 27  
M OF GOD cometh not  
on; Neither shall they  
r, to there! for, behold,  
God is within you.  
—Luke 17:20, 21  
July 28  
GINNING WAS THE  
e Word was with God,  
was God. All things  
him; and without him  
thing made that was  
1:3.  
July 29  
LORD with gladness  
his presence with sing-  
ord is good; his mercy  
and his truth endureth  
ions.—Psalm 100:2, 5.