

TO EXPECTANT MOTHERS

Letter from Mrs. Ayars Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Spring Valley, Sask.—"I took the Vegetable Compound before my last confinement, when I got to feeling so badly that I could not sleep nights, my back ached so across my hips, and I could hardly do my work during the day. I never had such an easy confinement and this is my sixth baby. I read about Lydia E. Pinkham's Vegetable Compound in the 'Farmer's Telegram' and wrote you for one of your books. We have no druggists in our town, but I saw your medicine in T. Eaton's catalogue. I am a farmer's wife, so have all kinds of work to do inside and outside the house. My baby is a nice healthy girl, who weighed nine pounds at birth. I am feeling fine after putting in a large garden since baby came. (She is as good as she can be.) Yours is the best medicine for women, and I have told about it and even written to my friends about it." — Mrs. ANNIE E. AYARS, Spring Valley, Sask.

Lydia E. Pinkham's Vegetable Compound is an excellent medicine for expectant mothers, and should be taken during the entire period. It has a general effect to strengthen and tone up the entire system so that it may work in every respect as nature intends. All druggists sell this dependable medicine. Give it a trial.

MEDICAL

JAMES NEWELL, P.H.B., M.D., L.R.C.P. & S., M.B. & S., 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 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.

Licensed 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.

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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..... 7.43 a.m.
Chicago Express, 6..... 11.22 a.m.
Express..... 2.50 p.m.
Accommodation, No. 112..... 6.08 p.m.
S. E. McTAGGART, Agent, Watford.

NAPIER

What might have been a serious accident happened here on Tuesday of last week, when Waddel's cream truck of Strathroy stopped in front of the General Store. It being a gradual slope back to the river bridge. The brakes not working, the truck started back the grade and turning went over a ten foot embankment, a tree at the bottom stopping it. A wheel was smashed and the driver escaped with a severe shaking up.

Mr. Geo. Lightfoot had a successful barn raising on Friday afternoon. Everything went fine with no accidents. Mr. Wm. Everett and Mr. Basil Smith were chosen captains, which provided an interesting race. Mr. Everett and his helpers winning out and were first to be seated at the bounteous tables, which were waiting filled with good things to eat.

Mr. and Mrs. John Clothier motored with Mr. and Mrs. Lorne Eastbrook and Mr. and Mrs. Eastbrook and family, of Kerwood, and spent Labor Day at Port Stanley.

We are sorry to hear of Mr. Warren Field's serious illness and hope for his speedy recovery.

INWOOD

Russel Kimball, one of our Bark boys is leaving on Tuesday for his new position at Wallaceburg.

Miss Gray, of Rodney, spent the week end with Mrs. Robert Richardson.

Mr. and Mrs. Blake of Wyoming, was with Mrs. R. B. Warner on field day.

Mr. and Mrs. Morrison, of Sarnia, spent Friday with Mr. and Mrs. Crawford.

Miss Smith of Sarnia and Mrs. Dawson and daughter, of Wyoming, are with Mrs. Leach for a few days.

Mr. and Mrs. A. Warren, of London was with Mr. and Mrs. J. Bishop over the week end.

Mrs. McDonald is visiting Mrs. Clarence Atkin for a few days.

Mr. and Mrs. McLean, of Petrolia, spent Friday with Mrs. Wm. Munroe.

Mrs. Lorrimer and Mrs. Wallace were in Sarnia visiting Mrs. Melton last week.

Mrs. Bayton of Bothwell, spent a few days last week with her sister, Mrs. Wm. Chapman.

Mrs. Rebecca Brooks, of Thamesville, spent last week with her daughter, Mrs. J. Vance.

Mr. and Mrs. Thomas Hartley, returned home from Port Arthur, after visiting their daughter for several weeks.

Mr. and Mrs. Bishop, of Sarnia, was with Mr. and Mrs. Joseph Bishop last week.

Mrs. Fred Burne and daughters of Detroit, are spending several weeks with her parents, Mr. and Mrs. Ed. Chapman.

Mr. and Mrs. Wm. Dawson and Mr. and Mrs. Cap Courtright, are touring Muskoka this week, to visit Mr. and Mrs. Freeman, a former Manager of the Royal Bank here.

The meeting of the Womens' Institute was held in the Church Hall, on Tuesday the 26th. The program being given entirely by the young members, consisting of music, recitations, and contests of sewing. 1st prize was taken by Blossom Johnston and 2nd, by Florence Bannister. The tiny ones also received prizes.

Mr. and Mrs. Siemch, Mr. and Mrs. Henry Siemch, also Misses Velma and Elnor of Chatham, spent Sunday with Mr. and Mrs. Ed. Lorrimer.

Mr. and Mrs. Pete Dugnette and family of Bridgeburg, called on friends on Labor Day.

Mr. and Mrs. Wheller of Mt. Clemens, Mich., spent Sunday with Mrs. J. Courtright.

Misses Annie and Margaret Armstrong returned to Detroit after spending Sunday with their mother, Mrs. J. Armstrong.

Mrs. Leslie Kimball has returned home after spending several weeks with a sister who was ill.

Mr. and Mrs. John White, of Dryden, visited his mother, Mrs. Geo. White on Sunday.

Mr. and Mrs. McPhail, of Sarnia, spent Sunday with his sister, Mrs. Andrew Munroe.

Mr. and Mrs. Roland Atkin and Betty of Windsor, spent the week end with Mrs. Albert Atkin.

Mr. Victor Brewer of Brandon, Man., spent Field Day with Mrs. Albert Atkin.

Mr. and Mrs. Lester and Mr. and Mrs. Walker of Forest, spent Sunday with Mr. and Mrs. Bannister.

Mr. and Mrs. John McAulley, son and daughter, of Daytona, Florida, visited relatives and friends in this vicinity last week.

A large party from Inwood motored to Ipperwash Beach on Labor Day.

The W. M. S. of the Presbyterian Church, will meet in Church Hall on Thursday afternoon of this week.

ARKONA

Mrs. McKennie of London and Mrs. McKennie of Alisa Craig are visiting the former's daughter, Mrs. R. Ott.

Mr. Gale's mother, father and sister, and Mrs. Gale's sister of Pinkerton, visited at the manse last week.

Miss L. Davidson has returned to town after attending fall and winter millinery openings and is now ready to take early orders. Watch for opening dates later.

Mr. and Mrs. J. F. Dickison have returned from California, after spending the past six months there.

Mr. and Mrs. Ludlow and Mr. and Mrs. Greenaway, have returned to Brantford, after visiting Mr. and Mrs. F. Nelson.

Mrs. Workman, who has been visiting her sister, Mrs. J. Jackson, has returned to Bay City, Mich., Mrs. Jackson accompanying her.

Miss V. Bryson and Miss McKim, of Windsor, spent a few days last week with Mr. and Mrs. Robt. Riggs.

W. L. Couzens, a former school teacher in Arkona, is spending some time here in the interests of "The Dominion Alloy Steel Corporation."

Catnettes in different shades.—At Fuller Bros.

Mr. and Mrs. Baines and two sons of Pontiac, Mich., were the guests of Mr. and Mrs. Wm. A. Butler of Arkona.

Miss Annie Costley of England, is visiting her sister, Mrs. Fred Wall.

Miss Evelyn Butler is visiting her aunt, Mrs. R. Moore of Watford.

Mrs. Chas. Randle, her daughter Edna, and Miss Marjorie Brown have returned home after visiting friends and relatives around Arkona.

Mrs. R. Moore and three children of Watford, have returned home after visiting her brother, Wm. A. Butler, of Arkona.

KERWOOD

Mr. John Richardson, Senior, left Monday for New Westminster, B. C., where he will visit his daughter, Mrs. Waltham, and son Alfred Richardson. His many friends wish him a safe journey.

Stop—Look—Listen. Rev. Walter Milson of London, will give a rousing Temperance Lecture in the Methodist Church next Thursday evening, Sept 4th, under the auspices of the W. M. S. The Bethesda and Kerwood Orchestras will furnish delightful music. There will also be choruses, quartets, duets and readings. Come and enjoy a treat. Everybody Welcome.

Miss Rheta Mathews has returned to Walkerville after spending the holidays with her parents, Mr. and Mrs. Geo. Mathews.

Mr. R. A. Brunt has returned to Windsor, to resume his duties. Miss Erna Wright of Detroit, Miss Agnes Campbell of Mt. Brydges are guests of the former's parents.

The Misses Weir, of Strathroy, spent the week end with their cousin, Miss Margaret Brunt.

Kerwood M. C. Entertain Mothers Also the W. M. S.

Saturday Aug. 30th, will be a day long to be remembered in the history of the Kerwood Mission Circle, who entertained their mothers, also the Womens' Missionary Society in the Sunday School rooms. While the mothers quilted the quilt, which the Circle have for sale, the following interesting program was given by the girls, with the president, Miss Mildred Morgan in the chair. The meeting opened with a hymn, followed by prayer by Irene Eastbrook and Anna Leacock. Scripture lesson was read by Annabelle Cairns, and after the business was disposed of, Roll-Call was answered by scripture tracts on prayer and four Heralds responded with interesting clippings. Ilen Denning and Minnie Wright gave splendid papers on Missionary work and Evelyn Johnson gave a reading on "Beulah's Great Sacrifice." A quartette was given entitled, "My Father Knows," by four of the members and Eva Wright, sang a solo in her usual good style. After the offering was taken, a hymn was sung and Mrs. Laughford dismissed the meeting. The lunch committee served a dainty buffet luncheon in two class rooms, which were prettily decorated with sweet peas and nasturtiums. After lunch a vote of thanks to the ladies was moved by Gladys Johnson, and seconded by Beatrice Foster, which the president tendered to Mrs. Seymour Langford who responded with a short address. Mrs. Watson then thanked the Circle for their hospitality after which all prepared for their different homes, feeling that they had spent a profitable afternoon.

Mrs. F. Wilkinson and Mrs. Hemmingway, accompanied by their friend, Mrs. Jule Busch, who motored from Detroit, visited their mother, Mrs. Waite at the home of Mr. and Mrs. S. Langford.

Children Cry for



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Service

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If you do not care to preserve last week's copy of The "Guide-Advocate," kindly return to this office by first mail. Hundreds of Old Boys and Girls would like to retain this issue as a memento of "Old Home Week." May we have yours for them?

Many mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

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