

## SUFFERS NO MORE WITH HEADACHES

"Fruit-a-tives" freed her from years of pain

The Fruit Treatment seems to be the only way of completely ridding the system of the cause of Headaches. Miss Annie Ward, of 112 Hazen St., St. John, N.B., says: "I was a great sufferer for many years from Nervous Headaches and Constipation. I tried everything, but nothing seemed to help me until I tried 'Fruit-a-tives'."

After taking several boxes, I was completely relieved and have been well ever since."

Practically all Headaches come from poisoned blood—that is, the blood is laden with impurities which should be carried from the body by the kidneys and bowels.

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**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.

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## Buy "Old Boys" Badges Now

If you are not already a member of "Watford Old Home Week" hand in your \$1.00 membership fee and secure your souvenir badge at once. These badges may be secured from either Secretary Connolly, J. W. McLaren or Carl A. Class. Your dollar goes to the expense fund of Old Home Week, makes you a member of the "Old Boys and Girls", and entitles you to the official badge which if worn on Monday of Old Home Week (Aug. 18.) will admit you to the Amusement Park both afternoon and evening.

Read the long list of members published this week on page three; if your name is not there send in your \$1.00 to the Secretary today.

## ELLIOTT Business College

**NOTICE OF REMOVAL!**  
Has moved to its new home at Corner Yonge and Alexander Sts. Toronto. Fall Term opens Sept. 2nd. Write to-day for Catalogue and arrange to enter at Fall Opening. Strictly first-class in all Departments. Enter any time.

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## Stomach Trouble Due To Thin Blood

It Usually Disappears when The Blood is Made Rich and Red.

Thin blood is one of the most common causes of stomach trouble. It affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles and awakens to normal activity the glands that supply the digestive appetite, and soon the effect of these blood enriching pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are vigorous instead of irritable and listless. If your appetite is fickle, if you have any of the distressing pains and symptoms take Dr. Williams' Pink Pills and profit by the better condition in which they will put your blood.

These pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Every 10c Packet of **WILSON'S FLY PADS** WILL KILL MORE FLIES THAN \$8.00 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Druggists, Grocers and General Stores

Have You Tried Our **Malto Cream Bread** IT'S REAL - Not an Imitation **F. H. Lovell** Bakery and Confectionery

## COMMUNICATIONS

Watford, Ont. Aug. 2nd, 1924

The Editor of the Watford Guide-Advocate,

On June 30th at the regular meeting of our Watford Board of Education as you will have noticed by the last minutes, it was decided that we would not have a fifth teacher on our High School staff for the next School year, the motion having been made to advertise for a fifth teacher, which was lost.

This decision was arrived at, after the Board had read over letters from Secretaries of other High School Boards and Boards of Education employing four and five teachers and after having read a letter from F. W. Merchant, Acting Deputy Minister of Education, who was one time Principal of London Collegiate Institute and afterwards also a Principal of a Normal School. Mr. Merchant's letter and the other letters referred to, Mr. Watt says were taken away by some person and therefore I had to get a copy of Mr. Merchant's letter from the Department of Education. The following is a copy of Mr. Merchant's letter:

Toronto, June 20th, 1924

Dear Sir:— I am directed by the Minister of Education to acknowledge the receipt of your letter of recent date regarding the staff of the Watford High School and in reply to state that, in view of the conditions he will be satisfied with a staff of four teachers, if the total enrolment does not exceed 120 pupils.

It would appear advisable to appoint at present only four teachers. Then, if it is found at the re-opening of the High School that the enrolment exceeds 120, the advice of the High School Inspector concerned should be obtained as to a fifth teacher.

I have the honor to be, Your obedient servant, (Sgd) F. W. Merchant, Acting Deputy Minister of Education.

W. E. Fitzgerald, Esq., Chairman, High School Board, Watford, Ontario.

At a special meeting of our Board of Education held on July 21st, some members of the Board wanted to reconsider the matter to still have a fifth teacher, notwithstanding it was decided not to have one before and at last there was a motion passed that the Secretary of our Board should write to Mr. Levan, High School Inspector, to see what he had to say about it, he having inspected our High School and knew the circumstances. He wrote a letter and the matter came up at our regular meeting of our Board of Education and notwithstanding Mr. Levan's letter and the letters that were received from other High Schools and Collegiate Institutes that had four and five teachers, showing that they had more attendance per teacher than we had, a motion was made that we advertise for a fifth teacher for our High School. A copy of Mr. Levan's letter is as follows:

Toronto, July 25th, 1924

Mr. D. Watt, Secretary, High School Board, Watford, Ont.

Dear Sir:— Your letter addressed to the Deputy Minister of Education several weeks ago was referred to me for a recommendation and the letter you received in reply from Dr. Merchant embodied my views on your situation in Watford.

The question hinges, I may say, on the attendance you are likely to have next September. My recommendation (contained in Dr. Merchant's letter to you) was based on the assumption that the attendance in September was likely to be the same as when I visited the school, viz, 121 pupils. While this number is slightly over the ratio of 30 to 1, prescribed in the Regulations, it is so slightly in excess that the Inspector would not make it a reason for demanding a fifth teacher. It would involve, I know, some inconvenience, more particularly that of seating the Upper School in the Science laboratory and requiring them to go to the room vacated when another class needed to use the laboratory. This is an inconvenience, undoubtedly, but I do not deem it so great an inconvenience as the breaking up of the school into two parts almost 1/4 of a mile apart and the payment of \$1400 or \$1500 additional in salary. This opinion, I say, was based on the assumption that the attendance would not increase. If the attendance should increase, I recommended that the Inspector should be consulted.

I think the whole matter turns on the attendance you expect in September next. If there is a reasonable certainty that the attendance will increase to say 135, you will undoubtedly have to provide a fifth teacher.

Your Board is better acquainted than I am with the prospects for the coming year. It is easier to get a good teacher now than it will be in September. If a fifth teacher is required in September and is not on hand, there will necessarily be an unsatisfactory organization and a consequent slowing up of the work of the school for three or four weeks.

My conclusion is that if there is a reasonable certainty of there being an attendance of 135 pupils in September, you would be acting in the best interests of the School in engaging a fifth teacher now. If the attendance is not likely to be more than 120, you can manage, though with some inconvenience, I admit, with a staff of four teachers.

Yours truly, (Sgd.) I. M. Levan.

I consider that the ratepayers and citizens of Watford should know the facts of this matter. I voted against having a fifth teacher and stated that if it was necessary to have a fifth teacher then we could advertise for one, when we found there was a necessity for doing so and after the School opened in September.

At the regular meeting of our Board in May, our High School Principal, stated that we had then 112 on the roll and 104 of an average attendance. This fact was also before our Board and it may not be possible that we will have sufficient in September when we open to have a fifth teacher. Mr. Levan says, 135. If we do, it is time enough then to advertise for a fifth teacher, instead of causing our ratepayers more taxes to pay and they are too high now, higher than any place I know of in Western Ontario, and it is a detriment to our Town the high taxes we are paying and it is time to try and economize wherever we can.

I also brought up at our Board meetings the question of having only four teachers instead of five in our Public School, but no action was taken in this respect, notwithstanding there is not a School in Western Ontario that has the same number of teachers for the same number of pupils that we have. We can quite easily get along with four teachers and here we would save more money than we would not have to raise in taxes. It certainly is time that we begin to economize in matters that effect the taxes of the Town. I know, the fact is, that many people are hesitating coming to reside in Watford because of the high taxes and if we wish the Town to prosper and go ahead, we must not have our taxes go any higher, but lower. I trust this will explain why I have taken the stand I have on the Board of Education, in trying to get the taxes down.

Yours sincerely, W. E. Fitzgerald.



## "Where do we sleep?"

"Has someone called up by Long Distance and reserved our rooms?"

If not, you will be running a greater risk this year than last. Some of the party have been looking forward for weeks, perhaps, to this trip. Double their enjoyment with the definite assurance of a good night's sleep.

Reserve your rooms by Long Distance — always — and make sure they will be waiting for you — in just a few minutes you will know.

The evening rate on Station-to-Station calls (after 8.30 standard time) is only about one-half the day rate. The night rate (after midnight, standard time) is only about one-quarter the day rate.



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## BEFORE MY BABY CAME

## I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont. — "I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it." — Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.

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## CANADIAN NATIONAL RAILWAYS

### TIME TABLE

Trains leave Watford station as follows:

**GOING WEST**  
Accommodation, 11.11.....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.....6.03 p.m.  
J. E. McTAGGART, Agent, Watford.

## A. D. Hone

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