

IMPOSSIBLE TO GET RELIEF

Until She Started To Take "Fruit-a-tives"

The Medicine Made From Fruit

R.R. No. 1, Everett, Ont.
"I had been troubled for years with Dyspepsia, Liver and Kidney Trouble, and could not get relief until I started taking "Fruit-a-tives". Thanks to their beneficial action, I am in normal health again"

Mrs. THOMAS EVANS
"Fruit-a-tives" alone can give such happy and successful results because "Fruit-a-tives" is the famous medicine made from fruit juices and tonics. "Fruit-a-tives" is pleasant to take and will always restore the health when taken regularly as directed.
50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

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.....5.38 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.

Mother Graves' Worm Exterminator will drive worms from the system without injury to the child, because its action, while fully effective is mild.

FALL TERM OPENS AUG. 27TH



Yonge and Charles sts., Toronto.

Arrange now to enter this famous school—famous for strictly high grade work and for promptly helping graduates to secure employment. None better in Canada. Catalogue free.

W. J. ELLIOTT, Principal.

Central Business College

STRAFORD, ONTARIO

- FALL TERM FROM SEPT. 4
- Western Ontario's leading Commercial School, where you can get a thorough practical training under experienced instructors in Commercial, Shorthand or Telegraphy Departments.
- We assist graduates to positions. Get our free catalogue now.

D. A. McLACHLAN, Principal.

A. D. Hone

PAINTER AND DECORATOR
PAPER HANGING

WATFORD - ONTARIO

- GOOD WORK
- PROMPT ATTENTION
- REASONABLE PRICES
- ESTIMATES FURNISHED
- SATISFACTION GUARANTEED

RESIDENCE—ST. CLAIR ST.

Your ad. in this paper this week

Sores Flee Before It.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Electric Oil. All similarly troubled should lose no time in applying this splendid remedy as there is nothing like it to be had. It's cheap, but its power is in no way expressed by its low price. m
Try Guide-Advocate Want ads.

The Oil of the People.—Many oils have come and gone, but Dr. Thomas' Electric Oil continues to maintain its position and increase its sphere of usefulness each year. Its sterling qualities have brought it to the front and kept it there, and it can truly be called the oil of the people. Thousands have benefited by it and would use no other preparation. m

In the Crow's Nest



CROW'S NEST.
ON THE WAY TO CROW'S NEST—THE HIGHEST WOODEN BRIDGE IN THE WORLD.

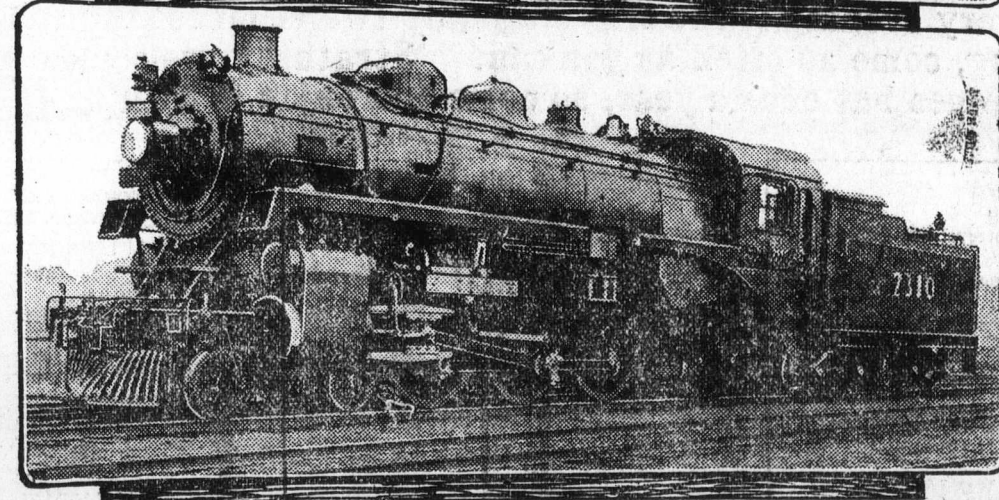
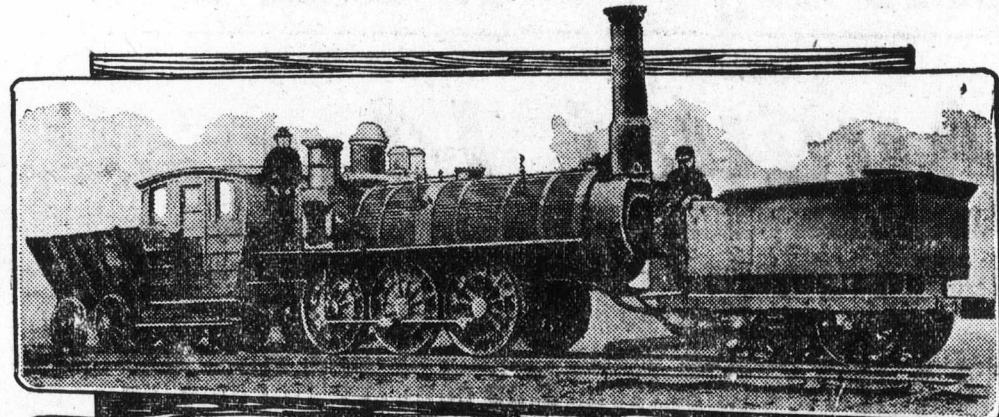
Rolling up to the Crow's Nest Pass are olive green foothills without a tree upon them—natural cattle runs clothed with succulent short grass. Here are seen occasional outcrops of rock, which in their four or five feet of height show all the characteristics of a mountain range; miniatures of the Rockies, with crag and precipice and col reproduced on the smallest scale. With a bag of salt one could lay on glaciers, touch the peaks with white and have a toy range which any Eastern schoolteacher could set up in her classroom with advantage to herself and her pupils. Canadians east of Medicine Hat know too little about the construction of this Continent and about the glorious engineering of Nature.

Consider the Crow's Nest itself. The name brings before some of us a schedule of railway-rates; to others, a series of coal mines. These are derivative impressions. The original Crow's Nest is a mountain rising to 9,000 feet and more above sea-level and visible for many miles. The rock-peak, as one looks from the foothills is set like a fuzzy, round crow's-nest on the sky-line. Leading up to it are the olive-green billows fading into a soft, blue haze.

In the distance near the peak is a snow-white precipice, which they tell us is two miles wide and a mile high. It is all excellence and loveliness until one travels twenty miles farther. Then it gleams like the fangs of a wolf. It is the rock-fang of Turtle Mountain, cleft from top to bottom in 1905 to the destruction of the mining town of Frank.

To-day the whole valley, two miles wide, is a tempestuous chaos of white stone blocks, some of them as big as a house, all with jagged edges and sharp corners. They are piled from fifty to one hundred feet high above the original valley level. The railway line climbs over the debris. Beneath it lies the broken city. On either side of the avalanche stand a few deserted houses, windows out, glaring like skulls upon the newer town. The whole valley spells terror and tragedy. Even yet people talk of Pompeii and Herculaneum, but they are like to forget the more terrible fate of Frank when rock by millions of tons fell a mile out of the sky.

Just a Comparison.



The First Locomotive in America and the Latest.

THIS picture might almost be entitled "Ancient and Modern." It shows the "Sampson," first locomotive in America which was first used at Albion mines in 1839, and one of the new Pacific type locomotives which have been placed in commission by the Canadian Pacific Railway on all main lines, and which are chiefly responsible for this company's "on time" feature of service. The Canadian Pacific Railway have now definitely adopted this design for their heavy main line service, as representing the most desirable and efficient locomotive for economy and reliability of service, as this particular design reduces to a minimum, consistent with capacity, the number of moving parts which is essential for reliability of service under the most exacting and severe conditions.

The capacity and weight of these locomotives rank them among the biggest of their type in the world, and the largest of this design in operation in Canada. The haulage capacity of the 2300 series is 42,600 lbs., which

is obtained with 200 pounds boiler pressure, cylinders 25 inches in diameter, 30 inch stroke and with driving wheels 75 inches in diameter. The weight on the three pairs of drivers of engine is 180,000 pounds and the total weight of the engine and tender in working condition is 495,000 pounds, the tender having a capacity of 8,000 gallons of water and 14 tons of coal.

The design of these locomotives was given very careful study, a trial order of engines constructed in 1919 having been made, with tests under all Canadian conditions, which fully justified all expectations for reliability and economy of operation. The boiler has been carefully proportioned and the inter-relationship of grate area, fire box volume, heat absorption capacity of different lengths of tube and gas areas more carefully thought out than is usual in most designs, which, coupled together with an extremely accurate distribution of steam by an improved type of Walschaert valve gear, has given exceptional economy for a locomotive of this size.

"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 Hagie
- 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. Hillis
- Lieut. Gerald J. Taylor
- Pte. Charles Lawrence
- Lieut. Basil J. Roche
- Pte. Alfred Bullough



Best of all Fly Killers 10c per Packet at all Druggists, Grocers and General Stores

Corns are painful growths. Holloway's Corn Remover will remove them.

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of *Chas. H. Fletcher*

TO EXPECTANT MOTHERS

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

Trenton, Ont.—"I am writing to you in regard to Lydia E. Pinkham's Vegetable Compound. I would not be without it before each of my children was born and afterwards and find it a great help. Before my first baby was born I had shortness of breath and ringing in my ears. I felt as if I would never pull through. One day a friend of my husband told him what the Vegetable Compound had done for his wife and advised him to take a bottle home for me. After the fourth bottle I was a different woman. I have four children now, and I always find the Vegetable Compound a great help as it seems to make confinement easier. I recommend it to my friends."—Mrs. FRED H. SMITH, John St., Trenton, Ont.



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 effectually as nature intended. Thousands of women testify to this fact.

MEDICAL

JAMES NEWELL, PH. B., M.D., 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 st. 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.

DR. HAMLET D. THOMPSON

Physician and Surgeon
334 Oakwood ave., TORONTO.
Phone Hillcrest 7012
Office Hours: 9a.m., 1-3, 7-8 p.m.

6m-d12jan

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., Watford. At Queen's Hotel, Arkona, 1st and 3rd Thursday, of each month.

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

AUCTIONEER

J. F. ELLIOT, Licensed Auctioneer, for the County of Lambton. Prompt attention to all orders, reasonable terms. Orders may be left at the Guide-Advocate office.

INSURANCE

THE LAMBTON

FARMERS' MUTUAL FIRE INSURANCE COMPANY
(Established in 1875)

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ROBERT J. WHITE, Fire Inspectors
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P. J. McEWEN... Auditors
W. G. WILLOUGHBY, Manager and Watford
PETER McPHEDRAN, Wanstead
Agent for Warwick and Plympton

Is Your ad. in this paper this week? Read the Want Ads on Page Four.