

LIFE BURDENED BY DYSPEPSIA

Health and Happiness Come With "Fruit-a-tives"

Made From Fruit Juices and Tonics

"Fruit-a-tives" the wonderful medicine made from the juices of apples, oranges, figs and prunes, is one of the greatest means of doing good that this country of ours has ever known.

"Fruit-a-tives" is bringing health to hundreds and hundreds of people who suffer with chronic Constipation, Biliousness and Dyspepsia.

Mr. Frank Hall of Weyvale, Ont., says, "I purchased a box of 'Fruit-a-tives' and began the treatment. My condition improved immediately. The dyspepsia ceased to be the burden of my life as it had been, and I was freed of Constipation."

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent by Fruit-a-tives Limited, Ottawa, Ont.

Taking Care of the Honey Crop

(Experimental Farms Note.)

Honey is a perishable article no matter whether it is left in the comb or extracted. With care it can be kept in good condition for long periods, especially in the extracted form. Nectar, as stored by the bees, contains a high percentage of water, which must be evaporated before the cells are filled and the right amount of evaporation has taken place, the honey is sealed over and is then considered to be "ripe." It is not advisable to extract honey until at least three-fourths of the cells are capped, especially in regions where the honey is inclined to be rather thin. Comb honey should be left on the hives until all cells containing honey are sealed but should not be left on any longer than this or the sections are likely to become travel stained.

The honey should be extracted as soon as possible after the supers are removed from the hives and if done while still warm, more honey will be taken from the combs. After the honey is extracted it must be strained to remove all foreign matter. Straining may be done through fine cheesecloth or by letting the honey stand in tanks for two or three days, when all foreign matter will have risen to the surface. If the honey is well ripened, it should be placed in the final containers at once before it starts to granulate, but if it is too thin it should be left in the tanks a short time for further ripening. Honey should be stored in a dry place, as it readily absorbs moisture from a damp atmosphere. Honey ripening in tanks should stand in a warm, dry room. Ripened honey in containers ready for market will keep better in a cold, dry place. Section honey should be stored in a well-ventilated room where the temperature is high and constant or moisture will condense on the cappings and be absorbed.

APRICOTS



Free recipe book on request

Phonograph Records for Posterity

Phonograph records as a means of perpetuating the story of present day civilization have suggested themselves to persons who have worried over how those to come after will know how we lived.

Looking far ahead of his time, a German professor is collecting phonograph records, which he is said to guarantee for 10,000 years to appear the intelligent curiosity of posterity about the present age. Imagination conjures up a picture of Mr. and Mrs. Posterity selecting a record from their collection of 'numerous speeches and sayings gathered from the natives of many countries,' and listening with delight while the selected native mechanically addresses the family. Times will have changed, even beyond the reminiscent memory of Grandfather and Grandmother Posterity, and one is justified in wondering upon what kind of chairs, to consider a single detail, they will be sitting and with what kind of toy Baby Posterity will beguile the tedious hour while the curious elders are thus being 'enlightened.'

Of course they will observe the fact that human utterance has materially changed, and the Posterity family may marvel at the oddities and quaintness of the selected native's pronunciation. The younger Posterity's perchance man even giggle, for, unless human nature shall have greatly changed, they will consider their own pronunciation much better than anyone else's. But whether they will be edified by what they will be listening to is altogether different matter. Indeed while such records might fascinate students and present problems for their erudite consideration, it is extremely doubtful if they would be of the slightest real interest or use to our friends, the Posterities.

And then, too, supposing the German professor's records should eventually be discovered by excavation in an age that, having long forgotten the phonograph, would wonder what they were and try to decipher them as presenting an unknown writing. Then, instead of enriching posterity with immediately recognizable knowledge, he would have provided a puzzle for archaeologists comparable to those records of the ancient Minoan civilization which are undoubtedly records, but which nobody can read. Or, again, they might be regarded as symbols of some forgotten religion, the Cult of the Disk, perhaps a form of sun worship.

One would not, however, wish necessarily to discourage the professor. His motive, doubtless, is worthy and disinterested, and if his records (and a phonograph) survive they will surely give posterity food for thought, and material on which to exercise its intellectual ingenuity. Students of literature may even argue that similar things were what suggested the phrase, 'Sonorous metal blowing material sounds,' to the poet Milton when he was writing 'Paradise Lost.'

Cholera Infantum

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. Concerning them Mrs. Fred Rose, South Bay, Ont., says: "I feel Baby's Own Tablets saved the life of our baby when she had cholera infantum and I would not be without them." The Tablets are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville Ont.

ALVINSTON

The congregation and Sunday school scholars of Guthrie Presbyterian church held their annual picnic to Bright's Grove on Wednesday last. The day was spent in races, ball games and aquatic sports and all did justice to the sumptuous meals prepared by the ladies.

Mr. and Mrs. Lloyd McLeod and son Keith of London, spent the week end at the home of N. W. Smith.

Mrs. Kate Mawhinney, of London is visiting at the home of her sister, Mrs. Sarah Dauphin.

Mrs. Jessie Martyn has returned home after spending the past week at the home of her sister in Detroit.

Mrs. John Leitch and children, Clifford and Maxine of Columbus, are visiting at the home of Mrs. Sarah Dauphin.

Misses Eva and Jessie McCallum have returned from a motor trip through London, Hamilton and Niagara Falls.

Mrs. Jessie Martyn has disposed of her residence to Mrs. Charles Darville, of Detroit, who will take possession in September.

Misses Margaret and Jean McCrea and Master Wm. McCrea are visiting their cousin, Miss Jessie Livingston.

Hon. I. B. Lucas and Mesdames, McPherson and Parks spent the week end as the guests of their cousin, Ed. Cowan.

NAPIER

The congregations of Chalmers and Napier Presbyterian churches intend holding their annual picnic to Bright's Grove on Thursday, July 31st.

We are pleased to hear that Mrs. Thos. Taylor is improving after undergoing a serious operation in St. Joseph Hospital, London.

Messrs Field Y. Bowlby of the local store received a case of soap some time ago and when retailing it out gave each customer purchasing a cake, a ticket. On Saturday evening last the lucky ticket was drawn and was held by Mr. Jno. Taylor of the 10th line of Brooke. He received a beautiful little rattle clock.

Some of the farmers have finished haying and have started cutting wheat, which in most parts is ready to be cut.

ARKONA

Mr. and Mrs. Robert Showler of Capac Mich. with their daughter and husband, Mr. and Mrs. R. Goddard of Owassa visited Mr. and Mrs. Fred Jackson on their return from a motor trip to New York State.

Mr. Cleland Fair and family of Toronto are visiting Mrs. J. G. Brown.

See Bathing Suits.—Fuller Bros. The Trail Rangers of the Methodist Church have returned from Hillsborough, where they were camping for one week.

A ladies' tennis tournament was held in Arkona on Friday of last week. Mrs. Boles, Mrs. Woods Mrs. Evans and Mrs. Schmidt of Arkona with the help of Miss Connolly of Watford, played against the ladies of Parkhill. Arkona once more carried off the honors.

Mrs. Don Sutherland of Lucan is spending a few weeks at her former home.

The Presbyterian and Anglican Churches of Arkona held a union picnic at Hillsborough Beach on Wednesday afternoon of last week. The Methodist Church also held their picnic on the same day, also at Hillsborough. The weather conditions were not by any means perfect, as rain threatened several times. However the picnicers were favored, as they were only sprinkled once. This sprinkle came at lunch time, causing that special feature to be hastened. The attendance was very good and all enjoyed the sports, bathing, races, etc.

Mrs. Lottie Field and children, Ruby and Bert have returned after spending a few weeks visiting friends in London and Strathroy.

The regular meeting of the W. I. was held at the home of Mrs. W. P. Boles with Mrs. Lucas presiding. Owing to the continued absence of Mrs. Dickison in California, a new president, Mrs. Rutter was elected. The sum of two hundred and thirty-five dollars was received toward the Armenian boy fund, with considerable more promised and instead of our annual social after noon, it was decided to hold a garden party in aid of this fund. Mrs. Roulston gave a most interesting report of the annual meeting in Watford after which music heard over the radio concluded the program. The next meeting will be held at the home of Mrs. E. B. Dickison.

No one need endure the agony of corns with Holloway's Corn Remover at hand to remove them. m

INWOOD

Mr. and Mrs. Frank Smith and son Ross of London, Mr. and Mrs. Roy Doan of Abentfeldy, visited at Robert Dawson's on Saturday.

Mr. and Mrs. Earl Johnston and James Johnston of Detroit, spent the week end at T. W. Johnston's.

Miss Leota Trownhill of North Bay is visiting her grandmother, Mrs. A. Trownhill.

Mr. and Mrs. C. Corestine and children of Warwick, spent Sunday with Mr. and Mrs. S. W. Doan.

Mr. and Mrs. M. McKay and daughter, Marjorie spent Sunday in Detroit.

Mr. T. W. Johnston is visiting in Detroit.

Miss Vera Vance of Chatham is visiting at her home here.

Mrs. A. Johnston of Bridgen is visiting her son, Lyle of the third sideroad.

Mrs. Courtright and daughter, Helen of Louisville Kentucky are visiting at W. R. Dawson's.

Mr. and Mrs. Menhenick of Oil Springs visited at Wm. Graham's.

Mrs. W. Neil and children spent Sunday at Bright's Grove.

Mr. and Mrs. Wm. Dawson, Mrs. Courtright and Helen, spent Sunday at Erie Beach.

Mr. and Mrs. L. D. Brown and Mr. and Mrs. R. J. Richardson, spent Friday in Watford.

Mrs. McFadden of Montreal is visiting Mrs. Wm. Graham.

Mr. and Mrs. W. Tait, Mr. and Mrs. L. D. Brown and Pearl spent Sunday in Wallaceburg.

Messrs McNally, Dawson, Graham, C. Johnston attended the Masonic Grand Lodge in Toronto.

Mr. and Mrs. W. Andrews of Lansing, Mich., spent Sunday at Wm. Chapman's.

Mr. and Mrs. Parker, Oil Springs, visited at Wm. Graham's last week.

Mr. and Mrs. C. Chapman and family of Bothwell, visited at the home of Wm. Chapman on Sunday.

Mr. and Mrs. Wm. Cathers of Springfield spent Sunday at Issac Rush's.

Mr. T. Smith was in St. Thomas on Saturday.

Mr. A. Arnold spent Sunday in London.

Miss Gray of Rodney spent Sunday at the home of R. T. Richardson.

Mrs. Wm. Chantler and children of Detroit are visiting at John Orange's.

Mrs. E. T. Banjister spent last week in Forest.

Mr. Alden Munro of Detroit spent Sunday at his home here.

Mr. Albert Chantler of Detroit is visiting in the vicinity.

PETROLIA

H. D. Sherrin attended the Masonic grand lodge in Toronto this week. Mr. Sherrin will leave Montreal on Saturday for a two months' trip to Europe.

Miss Clara Flett of New York is visiting at her home on Catherine street.

Mr. and Mrs. J. C. Reid returned Tuesday after spending a few days in Detroit.

J. J. Edwards, inspector of Lambton schools, leaves on Saturday for a trip to Banff and other points west.

Mr. and Mrs. Neil McDougall and daughter Jean are spending the summer vacation at their cottage by Lake Huron.

The following Petrolia students at normal school, London were successful in passing their examinations: first class certificate, Celia Isber, Eulalie T. Mackey, Thos. P. Steadman; second class certificate, Elmore Dunn, Evelyn Gregory, Jessie MacKenzie, Hilda R. Minitilly, M. C. Louise Polley, Gertrude C. Smith, Hazel Smale, Thelma Thompson; limited third class, Nellie McDonald.

John J. Langan, formerly a store-keeper of Copleston, has secured a lease on Bayview park, Sarnia, the formal opening at which took place Tuesday night. A free band concert was given by the Sarnia citizens' band from 8 to 9; followed by dancing from 9 to 12.

The Petrolia Board of Works is doing everything within power to improve the streets in Petrolia, at the least possible expense. Last week the large holes in the cement, on Petrolia's rocky road, Petrolia st. west, were filled with gravel. This repair work is a big improvement, even though it may not be lasting.

Some time ago Mr. J. Hyman, Petrolia's junk dealer, completed arrangements to have his wife and daughters, who have been living in Roumania, come to Petrolia to reside. The three women are expected to arrive in town on Saturday and will reside in Mr. P. Brogan's house, Walnut street.

"WATFORD'S OLD HOME W/ Plan Now to Re-visit the Old

McCASKEY Sales Books

SINGLE CARBON LEAF
OPEN BOTTOM STYLE

2 1/4 CENTS EACH

Carbonized Automatic
OPEN BOTTOM STYLE

2 1/2 CENTS EACH

We sell books at lower prices than any concern in Canada

McCASKEY'S GALT

MEDICAL

JAMES NEWELL, PH. B. M. D., L.R.C.P. & S., M.B.M.A.—England, Corner 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.

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., 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.

INSURANCE

THE LAMBTON FARMERS' MUTUAL FIRE INSURANCE COMPANY

(Established in 1875)

JOHN W. KINGSTON, President
JAMES SMITH, Vice President
ALBERT G. MINIELLY, Director
THOMAS LITHGOW, Director
GUILFORD BUTLER, Director
JOHN PETER McVICAR, Director
JOHN COWAN K.C., Solicitor
J. F. ELLIOT
ROBERT J. WHITE, Fire Inspectors
ALEX. JAMIESON, Auditors
P. J. McEWEN, Manager and
W. G. WILLOUGHBY, Sec.-Treasurer
ROY E. McPHERDRAN, Wainstead Agent for Warwick and Plympton

Use the "Want Ads" to buy or sell

Have You Tried Our

Malto Cream Bread

IT'S REAL - Not an Imitation

F. H. Lovell

Bakery and Confectionery

CANADIAN NATIONAL RAILWAYS

TIME TABLE

Trains leave Watford station as follows:

GOING WEST
Accommodation, 11.....8.42 a.m.
Chicago Express, 17.....11.59 a.m.
Detroit Express, 83.....6.51 p.m.
Chicago Express9.11 p.m.

GOING EAST
Ontario Limited, 80.....7.48 a.m.
Chicago Express, 6.....11.22 a.m.
Express2.50 p.m.
Accommodation, No. 112.....6.08 p.m.
J. E. McTAGGART, Agent, Watford.

A. D. Hone

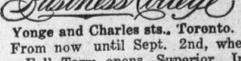
PAINTER AND DECORATOR
PAPER HANGING

WATFORD - ONTARIO

GOOD WORK
PROMPT ATTENTION
REASONABLE PRICES
ESTIMATES FURNISHED
SATISFACTION GUARANTEED

RESIDENCE--ST CLAIR ST.

A SUMMER SESSION is held in the



Yonge and Charles sts., Toronto.
From now until Sept. 2nd, when our Fall Term opens. Superior instruction in all Departments. Enter any time. Write for Catalogue.

W. J. ELLIOTT, Principal.