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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.

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Office—Dr. Newell's former office, corner Main and Front sts., Watford. Postgraduate of New York and Chicago postgraduate hospitals. Phone 30.

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.
Dentist General Medical Council United Kingdom. Member College Physicians and Surgeons of Ontario.
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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 druggist 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.

WITH A SHIEK. Woman Explorer Tells of a Visit to Morocco.

Lady Dorothy Mills, the woman explorer, tells the following story of a shiek with whom she lunched two years ago in Morocco.

He was, she says, overlord of a little kingdom in a northern spur of the Atlas Mountains, and a "chieftain—that is to say, a direct descendant of the Prophet. He had power of life and death over many thousands of people—such unlimited power, indeed, as exists nowhere now-a-days but in the Atlas Mountains.

He sent to my hotel a luxuriously appointed motor car which bore me some twelve miles to the foot of the mountains, where, awaiting me, I found a truly imposing escort of some fifty mounted warriors, headed by my host. The latter literally shone in dazzling white "burnous" of finest camel wool embroidered with gold over a "djelaba" of sheer lawn, and round his neck was a Koran box of finely worked silver encrusted with stones. His saddle and horse trappings were of scarlet Filali leather embroidered with gold. His followers were nothing behind him in spotlessness and little in magnificence.

He was a very handsome man, about 40, with an aristocratic, fine-featured olive face, long slim hands and highly manicured fingernails, and a singularly cultivated voice and manner. As we rode up the hillside he talked—in French that put mine to shame—of the art and politics of the day.

The castle, where another twenty or so retainers awaited us, was very vast, built of big blocks of grey stone. It towered, sombre and battlemented, on the apex of a great hill. Inside it were an Arabian Nights' Dream of mosaics and arabesques, and a courtyard where a little fountain played, and dim, lofty rooms with small windows of prismatic colored glass, through which the light penetrated with soft brilliance, and floors strewn with priceless, many-colored rugs and cushions of brocade and soft-fryed leather and purple Fex embroidered silks.

When he had taken our places for lunch we washed most elaborately in small bowls of water scented with jasmine; also we rinsed our mouths. The lunch, off patters of engraved brass, was of fruit and white bread, a course of young lamb and pigeons stuffed with aromatic herbs.

True, we ate with our fingers, but we washed them between each course. We drank champagne, for my host was esteemed so sacred that alcohol, forbidden to the ordinary Mohammedan, changed to milk when it had passed down his throat. Later came coffee flavored with amber, so expensive that over a hundred francs worth sometimes go to each cup; and with it we smoked rose-tipped cigarettes.

The afternoon passed in dignified conversation. I have rarely met such a fluent talker or such deliberate courtly manners. Once a troupe of Chleuhs—young boys dressed as girls—entertained us with dancing and singing and soft musical tunes on small guitars.

And once, as we passed through the castle, I caught a glimpse through a half-open door of a room full of chattering, bright-robed women, and a pretty dark face smiled at me and greeted me in broken French. But at a word from the Shiek the door was closed; European women with their queer modern ideas are not encouraged in a Moorish harem.

My departure was conducted, with the same pomp as my arrival, amid a profusion of graceful speeches and salutations.

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A Definite Plan Necessary.

It is a regrettable fact that on many Canadian farms the cattle show a great lack of uniformity. On some farms one can find about as many breeds of cattle always results in financial loss.

It is refreshing to run across farmers who follow a consistent course in their cattle breeding operations, and such men are almost always prosperous. Many instances of the results of following a definite course in cattle breeding could be cited, but in this short article one instance must suffice.

Wilson Bros., of Harris, Sask., have made a practice for years of buying good bulls. In this case, Shorthorns happened to be the breed selected. In 1924 they sent a carload of finished steers around the spring show circuit. These steers won the carload championship at Saskatoon, Regina and Calgary. At Edmonton they were also second. At Brandon they were also second, but they beat the Brandon winners at all the other shows. Following up this



farmers can be found to-day who bitterly regret their use of dairy bulls on the grade beef cows of thirty years ago, and what happened in the past will happen again in the case of farmers who follow this practice.

This is a time of narrow margins. The manufacturer must have the most up-to-date and efficient machinery if he is to compete successfully with his rivals. Cattle are machines of great importance to the farmer. If they manufacture at low cost a high-value product from the crops grown on the farm, the result is profit, but if they fall in this respect, the result is loss, and it is up to the farmer to see that only efficient machinery is used.

A long article might be written on this topic, but the whole matter may

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The Guide-Advocate

"Sam Hill." "Sam Hill" has long been a familiar name for use in conversation, where originality failed to bring anything more fresh or expressive. These have been some discussion of late over its origin. E. V. Lucas sought to trace in London papers the phrase "mad as Sam Hill," and "J. B. W." writing in the London Times, thought it was derived from a song "Sam Hill," popular in a London tavern around 1848, containing a weird chant by a chimney-sweep awaiting execution for murder.

That it is rather a mild "swear word," adopted first by the Puritans, is the opinion of Frank J. Willstach, in the New York Times. Mr. Willstach has been tracing similes for many years, and paid special attention to such phrases as that concerning the unknown Sam Hill. The Puritans so modified their conversation that they sought to avoid hard language popular with other peoples, and especially in the England from which they came, and thus they took up phrases which have passed into the language, though regarded as slang.

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