ONE 50c BOX

Years of Constipation Ended By "Fruit-a-tives"

The Wonderful Fruit Medicine Anyone who suffers with miserable health; who is tortured with Headaches; and who is unable to get any real pleasure out of life; will be interested in this 'letter of Mrs. Martha de Wolfe of East Ship Harbor, N.S.

Mrs. de Wolfe says, "For years I was a dreadful sufferer from Constine."

was a dreadful sufferer from Constipa-tion and Headaches and I was miser-able in every way. Nothing in the way of medicine seemed to help me.
Then I tried "Fruit-a-tives" and the
effect was splendid; and after taking
only one box, I was completely
relieved and now feel like a new 50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

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Medding 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

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

FALL TERM OPENS AUG. 27TH

ELLIOTT Business tollege

Yonge and Charles sts., Toronto. Arrange now to enter this famous school—famous for strictly high grade work and for promptly help ing graduates to secure employment None better in Canada. Catalogue

W. J. ELLIOTT, Principal.

Central Business College STRATFORD, ONTARIO

MINTER TERM FROM JAN. 2 🗵 The leading practical training school of Western Ontario. The school where you get a thorough course under competent instructors in Commercial, Shorthand and Telegraphy Departments. We assist graduates to pos-itions. Write for free catlogue.

D. A. McLACHLAN.

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PAPER HANGING

WATFORD - ONTARI'

GOOD WORK

PROMPT ATTENT ON REASONABLE PRICES ESTIMATES FURNISHED SATISFACTION GUARANTELD

RESIDENCE-ST. CLAIR ST.

Is Your ad. in this paper this week?

PETROLIA

Miss Flora McDonald and brother George left on Monday for New Yorrkr. They sailed from that city for Peru, South America. Miss McDonald has signed a three year contract to teach at Talara, and George contracted with the International Petrorleum Co., at Negritos, for rtrhe same period. Their many friends wish them success.

Another of Enniskillen's highly respected residents, in the person of Mrs. David Brand, passed away at the C.E.E. hospital, Petrolia, on Wednesday, July 11th, after a long and trying illness, aged 38 years. Deceased, whose maiden name was Nina Rovina McDougald, was born on the McDougald homestead, Enniskillen, on May12 1885. On December 5th, 1910, she married Mr. David Band, and moved to lot 11, con. 6, Enniskillen, where she has resided ever since. Mrs. Brand is survived by he husrband and four children, David, aged eleven; Jean, aged nine; Robert, aged ffour and Ronina, aged thrree; also one sister, Mrs. Herbert Trott, Oil City, and a bother, Duncan A. McDougald, Sarrnia. The funeral took place Fridayy afternoon when the remains wee interred in Hillsdale cemetery::

The modern method of selling

by Long Distance

The history of material progress is based on substituting nonfatiguing machinery for human labor, wherever possible.

No merchants in the world have ready to their hands such an extraordinary aid to making sales as is afforded by the Long Distance lines in Canada and the United States.

"Men differ," said Charles Darwin, the great scientist, "less in capacity than in their determination to use the powers they have."

Are you deriving the fullest advantage from Long Distance service? We can make you a report on how Long Distance is being used successfully in almost any business to increase



TWO THINGS THAT HURT THE EYES

A person has been known to say, "I have ruined my eyes by reading too much." Not so—the eyes were made to use. One sure way to permanently injure the eyes is

READING BY INTENSE LIGHT The light should come through ground glass to soften it. Never use clear glass for either gas or electricity. Oil lamps give out a soft light, therefore clear glass chimneys.

READING BY DIM LIGHT

Take our advice—do not read or sew by a dim light—it will be a direct strain upon the sight centres of the brain. On these two things hang the fundamental laws of sight economy. Never use cheap or pick-up glasses—come to us for advice about things optical.

Everything needful here. Take good care of your iiiiiii's !

Carl A. Class

Jeweler and Optician

CHOICE SEED WHEAT

The Corn, Grain and Seed Growers' Association of the Co. purpose to build up a source of supply of choice farm seed. The Field Crop Competitions are designed for that purpose. The Fall Wheat Competition which has only been in existence two years, is making good progress. The fields which have been judged in the past week show a marked im-

provement in purity of variety. The winner of the competition has to reserve 100 bushels of seed wheat from the winning field. The Lambton Corn, Grain and Seed Growers' Association shall have the first option to purchase the wheat for seed. The Association is indebted to the Lambton Loan & Investment Co., of Sarnia, for donating a fine silver trophy to be offered as first prize until won three times by a competitor. The standing of the fields for the season of 1923 are:-

1st-Alfred Hillier, Sarnia Tp., O.A.C. 104.

2nd-W. J, French, Bosanquet Tp O.A.C. 104

3rd-Harry Sheller, Sombra Tp., Golden Chaff.

4th—Wm. Stenton, Sombra Tp., Genessee Reliable.

The first, second and fourth are the purest as to variety.

SHE SUFFERED FOR EIGHT LONG YEARS

Mrs. Harper's Stomach, Kidneys and Liver were in a Terrible Shape Until Herr Husband Discovered Dreco- This Great Herbal Remedy Speedily Restor ed her Organs to their Normal Functions.

Mr. William Harper, of 152 Giles street, London, Ont., had worried for years over the distressing physical condition of his wife. She had scarcely known a well day for eight long years and while she persevered with her household duties, it was under a handicap of accute suffering, and as is the case of so many men and women, caused by a badly rundown condition. How speedily she responded to the remarkable cor rective properties of Dreco had best be told by Mr. Harper himself.

"For the past eight years," says Mr. Harper, "my wife has been a sufferer from stomach toruble Terrible bloating after meals and gas pressurre against the heart caused great pain. Even a drink of cold water would sour and form gas. She was constipated all the time, in fact, never missed a day when she did not have to take laxative. Her kidneys were in bad condition and caused severe headaches. Dizzy spells, and spots floating before her eyes and nervousness all told of a sluggish liver

"It seemed the first few doses of Dreco gave her relief and I cannot prase it enough for the good it has done her. She is now practically rid of all her troubles and is able to eat her meals with great enjoyment and no bad after effect, and she wakes up in the morning feeling fine and refreshed."

Dreco is a never failing source of celief to those suffering from internal ailments. Its natural tonic and regulating action on stomach, liver, kidneys and bowels quickly restores them to their normal functions and replaces misery with glowing health and strength. Dreco is made only from herbs, roots, barks and leaves and contains no mercury, potash or habitforming drugs.

Drecco is being specially introduced in Watford by the Siddall Drug Co., and is sold by a good druggist everywhere.

LAMBTON COUNTY

PLOWMEN MEET

The meeting of the Lambton County Plowmen's Association held in the Agricultural office, in Petrolia, on Saturday evening was largely attended. To make the International Plowing Match and Machinery Demonstration, which is to be held on the London Road near the city of Sarnia on October 17th, 18th and 19th, the biggest event of its kind ever staged in America was the keynote of the meeting. All the directors present were enthusiastic and prepared to each do his part,

in making the event a success. The County Plowing Classes are an added feature that should attract a large entry of young plowmen from each township The Forest Branch of the Ontario Plowmen's Assocciation is offering three Township Classes, open to young men of Bosanquet, Plympton and Warwick, under 21 years of age and who have never won a first prize in a plowing competition. There will be four prizes in each class: 1st \$10, 2nd \$8, 3rd \$7, 4th \$5.

A similar competition will be offered for the young men of the other townships of the County. All young men wishing to take part in these competitions should get in touch with the Township Directorrs or the Secretary. An expert plowman will visit each township to instruct the young men desiring to take part.

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.

They are an absolutely safe medicine, being guaranteed by a government analyst to contain no opiates or narcotics or other harmful drugs. They cannot possibly do harm-they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

FOREST

Clare Vincent has gone to Ailsa Craig where he will open a general store. Since the big fire of a few weeks ago there has been a good opening for business Mr. Vincent's many friends here wish hmm success.

Mrs. Alice O'Brien, Miss Jessie O'Brien, Mrs. H. B. Stoddart and Miss Edith Tripp left on Tuesday on a pleasure trip to points in Al berta and British Columbia. They will be away several weeks.

Mr. and Mrs. J. H. Pickerirn, Miss Nina and Master Jack left this week fo rheir new home in Listowel. Severa I social events preceded their departure, and the missionary society presented Mrs. Pickering with a life membership.

Mr. and Mrrs. R. V. Morrrison and son Clifford, of Victoria, B.C. arrived in Forest on Thursdayy on a visit to Mr. and Mrsrr. W. W. Kemp and Mrs. A. L. Morrison. They made the trip by automobile covering the distance of 3,000 miles in 12 days.

CASTORIA For Infants and Children

In Use For Over 30 Years
Always bears
the
Signature of Chaf H. Flitchen

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B. - "I was in a West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. ELMER A. RITCHIE, SZ Rodney St., West St. John, N. B.

There are many women who find their

82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text. Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

MEDICAL

JAMES NEWELL, PH.B., M.D., L.R.C.P.& S., M.B.M.A., England, Coroner County of Lambton, Wat-ford, 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, W. G. SIDDALL, M.D., WALIOTA, 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. 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.

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DENTAL

GEORGE HICKS, D.D.S., Trinity University, L.D.S., Royal College of Dental Surgeons, Post graduate of Bridge and Crown work.Orthodontia Beridge 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. Watford, Ont.

VETERINARY SURGEON

J. McGILLICUDDY, Veterinary Surgeon. Honor Graduate Ontario Veterinary College. Dentistry a speciatly. All diseases of domestic animals treated on scientific prin-ciples. 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 Auction-eer, for the County of Lambton. Prompt attention to all orders, rea-sonable terms. Orders may be left at the Guide-Advocate 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

P. J. McEWEN.. .. Auditors W. G. WILLOUGHBY, Manager and Watford Sec.-Treasurer
PETER McPHEDRAN, Wanstead
Agent for Warwick and Plympton Watford

Is Your ad. in this paper this week ?