

**YOUR AD. HERE WOULD PAY!**

**CANADIAN NATIONAL RAILWAYS**

**TIME TABLE**

Trains leave Watford station as follows:

**GOING WEST**

Accommodation, 111.....8.42 a.m.  
Chicago Express, 17.....12.09 p.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.

J. E. McTAGGART, Agent, Watford.

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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.

**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.

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**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.

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**ROY E. McPHEDRAN,** Wanstead Agent for Warwick and Plympton

**Crimean Veteran Praises "Fruit-a-tives"**



**MAJOR GEO. WALKER**  
Major George Walker, now a familiar figure in Chatham, Ontario, is one of the men who went through the terrible Indian Mutiny. As he says: "I am a veteran of the Crimean War and the Indian Mutiny, serving under Lord Roberts. Fierce hand-to-hand fighting and continual exposure left me a great sufferer from Rheumatism, so much so that my legs swelled up, making it impossible for me to walk. My bowels were so constipated that I was in terrible shape until I began to use 'Fruit-a-tives.' They relieved me both of the Rheumatism and the Constipation. Today, I enjoy perfect health—no more Rheumatism or Constipation."

And in another letter, written December 1st, 1923 (eleven years after), Major Walker says: "Fruit-a-tives" are keeping me in the best of health and I shall never be without them."

"Fruit-a-tives" are the famous Fruit Treatment—intensified fruit juices combined with tonics—that make you well and keep you well. 25c and 50c— at all dealers or from Fruit-a-tives, Limited, Ottawa, Ont.

**Cheaper Cuts Of Beef**

The pot roast which is frequently used by the thrifty housewife in the effort to keep down her butcher bill and still provide good meals, may be made from many of the cheaper cuts such as the chuck, of the beef carcass. After being wiped with a damp cloth it is placed in a covered bake pan or casserole, with two cups or more of hot water. It should be covered tightly and baked in a moderate oven or on top of the stove keeping the heat just below the boiling point. Pamphlet No. 43 of the Department of Agriculture at Ottawa, obtainable from the Publications Branch, shows how the meat bill may be reduced by utilizing the cheaper cuts of beef. One-half hour's time for each pound of meat in the roast is recommended. About an hour and a quarter before serving, pared potatoes and sliced carrots and onions may be added. When ready to serve, the roast should be removed to a hot platter and gravy thickened and seasoned. If the meat is very fat, it is advisable to remove the fat from the top of the gravy before thickening. The pamphlet contains many other recipes for utilizing the cheaper cuts of beef.

Kansas editor wants to know what Methuselah ever accomplished during his 969 years on earth. Among other things he established the world's longevity record and provided Bernard Shaw with a subject for a play.

**MRS. MISENER'S AGES AND PAINS Vanished After Using Lydia E. Pinkham's Vegetable Compound**

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.



Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text Book upon "Ailments of Women." G

**HAIRLESS LITTERS POTASSIUM IODINE**

(Experimental Farms Note.)  
Certain definite abnormalities in pigs such as complete or partial hairless, undeveloped hoofs, blindness, large flabby and unnaturally developed neck and head all arise from the same cause or causes. Pigs so affected usually die although the sow remains normal.

Pregnant sows are fed a highly nitrogenous ration, given insufficient exercise, and little or no vegetable or mineral matter are usually the heaviest sufferers.

This indicates a deficiency of some necessary element in the ration. Control of the trouble lies in preventive feeding and improved management of the sow. It is imperative that the sow be encouraged to take daily exercise. In so far as is practical, separate the feed trough, sleeping cabin, and hay rack, or if the sow is housed in a shed or straw stack adjacent to or situated in the barn yard, the feeding trough should be placed some distance away so that she has no alternative but to take exercise. Close confinement of the pregnant sow must be carefully avoided.

Bran should always form part of the ration and to this should be added such meals as shorts, screenings, oats or barley supplemented with 5% of tankage and 1% of bone meal. Pulped mangels or boiled turnips and clover hay, preferably alfalfa, are suitable roughages. Minerals in the form of charcoal, earth, soft coal or wood ashes, etc., should always be available for the sows.

If these measures fail, medicinal treatment must be restored to. Scientific investigation has demonstrated that the addition of iodine in some form to the sow's ration may remedy the trouble. In Eastern Canada where only an occasional litter may be affected, exercise and proper feeds should be successful, but where hairlessness is common iodine should be administered during the gestation period, or at least for the greater part of it. A solution of one ounce of potassium iodine in a gallon of water may be prepared and when this solution is supplied to the sow in the meal ration at the rate of one tablespoonful per day she gets a daily allowance of about two grains of the drug, which is sufficient.

**Children Cry FOR FLETCHER'S CASTORIA**

**PETROLIA**  
The Petrolia Gas Company is relaying a two inch pipe on Garfield avenue to replace one of 1 1/2 inches. This will make a great difference in the warmth of the houses next winter.

A committee from the Petrolia and Enniskillen Fall Fair are soliciting special prizes and meeting with considerable success.

The dirty cur who is dropping poisoned meat is again in our midst. Hanging would be too good for this bird.

An epidemic of measles has struck Petrolia. Twenty-one houses are under quarantine and there are said to be a number of cases not yet reported. Local physicians are doing their best to isolate the germ.

The provincial gasoline inspector made an official visit to Petrolia on Tuesday and checked up on all the gasoline pumps in town. He found everything to his liking and that the local gas kings were giving thirty-six inches to the yard.

**FOREST**

Don McKellar, son of Mr. and Mrs. Peter McKellar, had his arm broken in Sarnia on Sunday afternoon when the motor of an auto he was cranking back fired.

A large number of young people of Forest and district were in Watford for the Tennis Club dance.

Miss Sarah Hubbard of St. Joseph's Hospital, London, is visiting at her home here.

Mrs. Ellen Frayne has returned home from London.

Dr. Stanley Wall and Mrs. Wall have returned to Toronto.

J. L. Brodie and son of Ridgeway spent the week end with the Misses Brodie at the home of Mrs. Crookard.

Miss Thelma Rawlings returned to Detroit Sunday after a week's visit at her home.

Rev. and Mrs. S. W. Muxworthy of Dresden spent a couple of days with Mr. and Mrs. John Ferguson. Mr. and Mrs. Charles Phillips of Detroit spent the week end in town with relatives. Harvey Elsker of Detroit spent the week end at his home here.

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The Oil for the Farmer. A bottle of Dr. Thomas' Electric Oil in the farm house will save many a journey for the doctor. It is not only good for the children when taken with colds and croup, and for the mature who suffer from pains and aches, but there are directinos for its use on sick cattle. There should always be a bottle of it in the house.

**Children Cry for**



**Fletcher's CASTORIA**

MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of

- Constipation
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