

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.
S.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
ELLIOTT
Business College
Yonge and Charles sts., Toronto.
From now until Sept. 2nd, when
our Fall Term opens. Superior In-
struction in all Departments. Enter
any time. Write for Catalogue.
W. J. ELLIOTT, Principal.

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.

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
Bridges and Crown work, Orthodontia
and Porcelain work. The best meth-
ods 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 Appli-
cances 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 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)

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JOHN PETER McVICAR.....Director
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Watford Sec.-Treasurer

ROY E. McPHEDEAN Wanstead
Agent for Warwick and Plympton

Representing Canada at Olympiad.



Toronto Rowing men and Swimmers sailing on the Canadian Pacific S.S. Minnedosa for the Olympic games included, back row from left to right, J.M.S. Kingston, manager of the rowing eight; R.S. Hunter, No. 5; W. Langford, No. 6; A.A. Bell, No. 7; W.L. Wallace, Stroke. W.L. Thompson, spare. Tommy Walker, Turner Chapman. Front row--M.W. Taylor, Bow; H.B. Little, No. 2; Mfs. Loudon, who with her husband, Prof. T.F. Loudon of Toronto University is accompanying the rowing eight; J.D.S. Smith; No.3; W.B. Snyder, No. 4; J. Campbell, coxswain.

Giant Sturgeon Caught
In Nets Near Crinnian's

O. Gallie Lands 6 Foot Monster
Weighing 133 Pounds, and Worth
Sixty Dollars

A sturgeon, six feet one inch in
length and weighing 133 pounds
was the prize which O. Gallie of
the Lake Road, near Crinnian's
Grove, found in his nets last Wed-
nesday morning when he went out
to lift the night's catch in Lake
Huron.

As soon as the net was disturbed
it was apparent that something un-
usual had occurred, but long ex-
perience in fishing gave Mr. Gal-
lie the tip that a giant sturgeon
was the cause of the extraordinary
activity below the water. It was re-
cognized that more than usual care
had to be observed as a big stur-
geon was too valuable to lose.

Safely Landed.

According to all the precautions
known to the fisherman's art was
brought into play. When the big
fish was hauled near enough to
the surface to be reached from the
boat a blow from a mallet took the
fight out of him and he was safely
landed.

This is probably the largest stur-
geon caught in Lake Huron for
some years. Smaller fish of this
species are frequently found in the
nets, but Mr. Gallie says that it is
five years since he has seen any-
thing approaching the size of this
one, the market value of which was
about sixty dollars.

Red Hot July Days
Hard On The Baby

July--The month of oppressive
heat; red hot days and sweltering
nights; is extremely hard on little
ones. Diarrhoea, dysentery, colic and
cholera infantum carry off thou-
sands of precious little lives every
summer. The mother must be con-
stantly on her guard to prevent
these troubles or if they come on
suddenly to fight them. No other
medicine is of such aid to mothers
during the hot summer as is Baby's
Own Tablets. They regulate the
bowels and stomach, and an oc-
casional dose given to the well child
will prevent summer complaint, or
if the trouble does come on sudden-
ly will banish it. The Tablets are
sold by medicine dealers or by mail
at 25 cents a box from The Dr.
Williams' Medicine Co., Brockville,
Ontario.

The Oil of Power--It is not
claimed for Dr. Thomas' Electric
Oil that it will remedy every ill,
but its uses are so various that it
may be looked upon as a general
pain killer. It has achieved that
greatness for itself and its excel-
lence is known to all who have test-
ed its virtues and learned by ex-
perience.

Children Cry
FOR FLETCHER'S
CASTORIA

LULU'S AWAKENING

In the replies to the Junior Red
Cross questionnaire many school
teachers suggested the need of short
plays or dialogues suitable for
small country schools. Here is a
home-made one by Miss Lottie
Crawford, Director of the Red,
White and Blue Junior Red Cross,
Miller Lake, Bruce County. Teach-
ers will find much undeveloped
talent in their schools (and in them-
selves!) capable of putting simple
health lessons into dramatic form.
And there is no question of the pu-
ils interest in plays that are "their
very own."

CHARACTERS:--A little girl of
any age; Health Fairies--Good
Food Fairy, Lots of Sleep Fairy,
Fresh Air Fairy, A Little Sprite.
LULU:--(In a big armchair) Oh
dear! I am so sleepy and it is only
ten o'clock in the morning. I'm a-
fraid I'm not very well. I get so
tired in school and feel dizzy and
listless. I don't even feel like play-
ing. Oh dear! (Enter fairies, two
by two, holding hands and skipping
along. They gather around Lulu.)

Lots of Sleep Fairy:--Why here
is a little girl almost asleep in the
forenoon! She can not get enough
rest, I'm afraid.

Lulu:--Why, yes I do; I go to bed
every night about half past ten and
sleep till eight.

Lots of Sleep Fairy:--Half past
ten until eight! Why little girls
ought to be in bed by nine o'clock
and up by seven. Sing your song my
boy.

Sprite:--"Wee Willie Winkie, runs
through the town, upstairs and
downstairs. In his nightgown, peeps
in the windows, cries through the
lock, Children in their beds! For its
nearly nine o'clock!"

Fresh Air Fairy:--Do you sleep
with your window open, my dear?

Lulu: Oh no, mother says I would
catch cold if I did.

Fresh Air Fairy:--Cold nothing
fresh air will give no one a cold.
Put a slanting board in the window
to prevent draughts and you will be
quite safe. Listen to this:

"Plenty of Coverlets up to your
chin,
Mother's hand tenderly tucking you
in;

Lots of fresh air to breathe while
you sleep,
Healthy in body and mind you will
keep."

Good Food Fairy:--Meat and pota-
toes! Gracious! Cake! Mercy child!
no wonder you feel sick. Why porridge
and milk should take the place of
meat and potatoes which are not
even good for a grown person's
breakfast. You should drink milk in-
stead of tea.

"A bowl of oatmeal porridge, Milk
instead of tea,
Will make a proper breakfast, For
you and me."

We must go now but we will call
again, and help you become healthy
if you will obey us.

Lulu:--Thank you! I will remem-
ber and try to please you. (Health
Fairies form a circle, dance around
and sing to the tune of "Jesus Loves
Me.")

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 Wind Colic
Flatulency To Sweeten Stomach
Diarrhea Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and

Natural Sleep without Opiates

To avoid imitations, always look for the signature of *Chas. H. Fletcher*
Proven directions on each package. Physicians everywhere recommend it.

"Healthy little folk are we. The
reason you can plainly see,
We eat good food, drink milk so
white,
Get lots of sleep and fresh air at
night." (Fairies dance away in
pairs.)



An Honest Juryman
"Look here," said a young jury-
man after the jury had retired, "if
I understand aright, the plaintiff
doesn't ask damages for blighted
affections or anything of that sort,
but only wants his presents back."
"That is so," agreed the foreman.
"Well, then, I vote we don't give
him a cent," said the young jury-
man hastily. "If all the fun he had
with that girl didn't cover the a-
mount the presents cost him, it was
his own fault. Gentlemen, I courted
that girl once myself!"

What Do You Call Yours?
Pet names
Should always mean something.
If your sweetheart has a clinging
disposition
Call her Ivy.
If she says you are the only man she
ever loved
Call her bluff.
I call my sweetheart
Gasoline.
This reason I aver:
There isn't a Jane
In the whole domain
Can hold a candle to her.

"OLD HOME WEEK"
August 17 18, 19, 20