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Nervous, Chronic and Long
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CANADIAN NATIONAL RAILWAYS**TIME TABLE**

Trains leave Watford station as
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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.
J. E. McTAGGART, Agent, Watford.

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DR. A. C. JOHNSTON M.D., C.M.
(Successor to Dr. Jas. Newell)
Office—Dr. Newell's former office,
corner Main and Front sts., Watford.
Postgraduate of New York and Chi-
cago postgraduate hospitals. Phone
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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.

DR. G. N. URIE, B.A.

Licentiate General Medical Council United
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Surgeons of Ontario.

Successor to Dr. W. G. Siddall
Hours: 8.30 to 9.30 a.m.; 2 to 4 p.m.
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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 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 Ap-
pliances and Methods used. Special
attention to Crown and Bridge work.
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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.

INSURANCE**THE LAMBTON****FARMERS' MUTUAL FIRE****INSURANCE COMPANY**

(Established in 1875)

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Praises this Asthma Remedy. A
grateful user of Dr. J. D. Kellogg's
Asthma Remedy finds it the only
remedy that will give relief, though
for thirteen years he had sought
other help. Years of needless suffer-
ing may be prevented by using this
wonderful remedy at the first warn-
ing of trouble. Its use is simple, its
cost is slight, and it can be purchased
almost anywhere.

**PAINS IN BACK
AND SIDES****Ended by Taking Lydia E.
Pinkham's Vegetable
Compound**

Fueller, Sask.—“For two or three
days every so often I would have such
pains in my back and sides that I could
not do anything—could not even lie
quietly in bed, and my head ached, too.
I was this way about three years, but
was worse after I was married. I was
on a farm with not a house nearer than
five miles and there was not a person to
advise me, as my folks live in Manitoba.
My sister-in-law told me about Lydia E.
Pinkham's Vegetable Compound and
told me to try it. I took her advice and
have been thankful for it ever since.
After taking the medicine for three
months I can say it has helped me a lot
and I am doing fine. I am glad to re-
commend the Vegetable Compound to
others and you may publish my testi-
monial.”—Mrs. HELEN BALANOFF, Fus-
lier, Saskatchewan.

Often some slight trouble will cause a
general upset of the system. Such
symptoms as nervousness, painful times,
irregularity, backache and headache
indicate some form of female weakness.

Women so bothered should give Lydia
E. Pinkham's Vegetable Compound a
trial. This dependable medicine has
helped thousands of women and it is
reasonable to expect that it will help
you. Try it today. Your druggist sells
this medicine.

**CAR TOPS
AND
CURTAINS****Repaired or Re-Covered**

We can put a New Top on
your car or Repair the old
one; also the Side Curtains
with new lights.

Your neighbor has had his
re-conditioned at small cost,
why not get yours now?

New Curtains also made to
open with the doors like a
closed car. Have closed car
comfort at open car cost.

Drop in and talk it over.
Satisfaction guaranteed.
Prices Reasonable.

J. W. COUPLAND

Harness and Leather Goods
Watford, Ont.

**Off to the
Lake!**

Warm day, tired, sticky;
Off to the Lake.

DON'T forget a good sized
basket of Sandwiches—
you'll need stacks and stacks
of them when you make 'em
from our ideal

Sandwich Loaf

—Firm, even, perfect-cutting
and so rich in food-value.

**LOVELL'S
BREAD**

Phone 73

An Oil for All Men.—The sailor,
the soldier, the fisherman, the lum-
berman, the out-door laborer and all
who are exposed to injury and the
elements will find in Dr. Thomas'
Electric Oil a true and faithful
friend. To ease pain, relieve colds,
dress wounds, subdue lumbago and
overcome rheumatism, it is excellent.
Therefore, it should have a place in
all home medicines and be amongst
those taken on a journey.

WE SELL**Counter Check
Books****AT LESS
THAN THE COST OF
Postage Stamps!**

Phone Us Your Orders

The Guide-Advocate**HAPPINESS**

easy to be happy
if neighbors are not haughty
things are going smooth
nothing is annoying
people are nicely growing
and is in the groove.

Yes, happy when we're knowing
Our cup is overflowing
And free from want, and we
But let our luck be turning
And all our treasures burning
And spirits will be low.

And things get badly twisted
And much must be resisted
That we would like to do
And everybody's naughty
Then how can we be happy
When every thing looks blue.

But oh, we are forgetting
To bear our share of fretting
Some bitter tears to shed
For all our richest mercies
Necessitates, reverses
Or else we lose our head.

When not on the defensive
We're apt to get offensive
And prick ourselves, and others,
And like to get dogmatic,
And far from sympathetic
Unto our weaker brothers.

So smile in your position
Whatever the condition
'Tis courage that endures
Although 'tis hard to do it
But put your blood into it
And happiness is yours.

July 1st, 1925. W. B. Laws, Watford

**Unsurpassed for
Childhood Ailments**

Mrs. Howard King, R.R. No. 5,
Truro, N.S., says:—“I am the moth-
er of four children and have always
used Baby's Own Tablets when any
of them needed a medicine, and I can
recommend the Tablets as being un-
surpassed for childhood ailments.”

Thousands of other mothers agree
with Mrs. King as to the merits of
the Tablets. There are thousands of
homes throughout Canada where the
Tablets are always kept on hand in
readiness for the least sign of any of
the minor ailments which afflict little
ones. Baby's Own Tablets never fail
to regulate the stomach and bowels,
thus they banish constipation and in-
digestion; break up colds and simple
fevers; relieve colic and bring the
baby through that dreaded teething
period in safety. The Tablets never
do harm—always good—as they are
guaranteed absolutely free from any
injurious drugs. They are sold by
medicine dealers or by mail at 25
cents a box from the Dr. Williams'
Medicine Co., Brockville, Ont.

**Bible Thoughts for
This Week**

July 1
SEEK YE THE LORD while he may
be found, call ye upon him while he
is near: let the wicked forsake his
way, and the unrighteous man his
thoughts and let him return unto the
Lord, and he will have mercy upon
him; and to our God, for he will
abundantly pardon.—Isaiah 55:6, 7.

July 2
BE CAREFUL FOR NOTHING; but
in every thing by prayer and suppli-
cation with thanksgiving let your re-
quests be made known unto God.
And the peace of God, which passeth
all understanding, shall keep your
hearts and minds through Christ
Jesus.—Philippians 4:6, 7.

July 3
HE THAT PASSETH BY, AND
MEDDLETH WITH STRIFE, BE-
LONGING NOT TO HIM, IS LIKE
ONE THAT TAKETH A DOG BY
THE EARS.—Proverbs 26:17.

July 4
RIGHTEOUSNESS exalteth a nation,
but sin is a reproach to any people.
—Proverbs 14:34.

July 5
THE WOLF ALSO shall dwell with
the lamb, and the leopard shall lie
down with the kid; and the calf and
the young lion and the fatling to-
gether; and a little child shall lead
them.—Isaiah 11:6.

July 6
WHOSOEVER WILL COME AFTER
ME, let him deny himself, and take up
his cross, and follow me. For who-
soever will save his life shall lose it;
but whosoever shall lose his life for
my sake and the gospel's the same
shall save it.—Mark 8:34, 35.

July 7
THESE SIX THINGS doth the Lord
hate; yea, seven are an abomination
to him: A proud look, a lying tongue,
and hands that shed innocent blood,
A heart that deviseth wicked imagi-
nations, feet that be swift in running
to mischief. A false witness that
speaketh lies, and he that soweth
discord among brethren.—Proverbs 6:16-19.

July 8
BLESS THE LORD, O my soul, and
forget not all his benefits; who for-
giveth all thine iniquities; who heal-
eth all thy diseases; who redeemeth
thy life from destruction.—Psalm 103:2-4.

July 9
MARK THE PERFECT MAN, and be-
hold the upright; for the end of that
man is peace.—Psalm 37:37.

July 10
IS IT NOT to deal thy bread to the
hungry, and that thou bring the poor
that are cast out to thy house? when
thou seest the naked, that thou cover
him; and that thou hide not thyself
from thine own flesh?—Isaiah 58:7.

CZAR MARRIED MAID**A PLAIN GIRL WHO CAPTIVATED
AN EMPEROR.**

Peter I. of Russia Married Maid
Because She Worked Hard to Keep
Her Master's House Clean—Died
Holding Her Hand.

Europe has probably never had a
sovereign more complex than Peter I.
of Russia, one of the greatest sol-
diers of his day, whose destructive
sword swept Europe from Sweden to
the Dardanelles.

Statesman and semi-savage, king
and bufoon—one hour, the emperor,
the incarnation of dignity; the next,
carousing with common soldiers, or
gloating over the sufferings of the
victims of knout and strappado, he
was the strangest jumble of contra-
dictions who has ever worn the
Imperial purple.

“He chose his friends,” we are
told, “among the common herd; look-
ed after his household like any shop-
keeper; and sought his pleasure
where the lower populace generally
finds it.”

It was thus fitting that he should
make an empress of a laundry-maid
who had no beauty to commend her
to his favor, and whose chief attrac-
tion in his eyes was that she had a
coarse and clever tongue, and was
an excellent comrade in his carousals.

One day in 1702, so the story is
told, the czar, when calling on his
favorite, Menshikov, was astonished
to see the cleanliness of his sur-
roundings and his person.

“How do you contrive,” he asked,
“to have your house so well-kept,
and to wear such fresh and dainty
linen?”

Menshikov's answer was “to open
a door, through which the sovereign
perceived a buxom girl, aproned and
sponge in hand, bustling from chair
to chair, and going from window to
window scrubbing the window-panes.”
—a vision of industry which made
such a powerful appeal to his ma-
jesty that he begged an introduction
on the spot to the lady of the sponge.

Whatever the attraction, says a
writer in John of London's Weekly,
we know that, after his first sight of
the laundry-maid, Peter's visits to
Menshikov became more and more
frequent, and culminated one day in
the transporting of her to the Im-
perial Palace—soon followed by a
secret marriage.

But if Catharine lacked physical
graces, she had a rare gift of diplom-
acy. She had, moreover, an un-
failing cheerfulness and goodness of heart
which quickly endeared her to the
capricious Peter. In his frequent fits
of nervous irritability, which verged
on madness, she alone had the power
to soothe him and restore him to
sanity. Her very voice, it is said, had
a magic to arrest him in his worst
rages.

Thus each day the peasant-woman
looked deeper root in the heart of the
emperor, until she became indispen-
sable to him. Wherever he went she
was his constant companion—in camp
or on visits to foreign Courts, where
she was received with the honors due
to a queen.

His allegiance never wavered, nor
indeed did that of his army, who
idolized her to a man. She might
have no boudoir graces; but at least
she was the typical soldier's wife,
and as a brave figure as she re-
viewed the troops or rode at their
head in her uniform and granadier
cap. She shared all the hardships and
dangers of campaigns with a smile
on her lips, sleeping on the hard
ground and standing in the trenches,
with the bullets whistling about her
ears and men dropping to right and
left of her.

To Peter his scullery-queen was
“friend of my heart,” “Dearest
heart,” and “Dear little mother.” He
complains pathetically, when away
with his army, “I am dull without
you—and there is nobody to take
care of my shirts.”

When Catharine once left him on
a round of visits, he grew so im-
patient at her absence that he sent a
yacht to bring her back, and with it
a note: “When I go into my rooms
and find them deserted, I feel as if
I must rush away at once. It is all
so empty without thee.”

And each letter is accompanied by
a present—now a watch, now some
costly lace, and again a lock of his
hair or a simple bunch of dried flow-
ers, while she returns some such
homely gift as a little fruit or a fur-
lined waistcoat.

When the czar's quarrel with his
eldest son, Alexis, came to its tragic
denouement in Alexis' death, Catha-
rine's son became heir to the throne
of Russia.

Wonderful tales are told of the
splendors of Catharine's coronation—
of the crown, a miracle of diamonds
and pearls and crowned by a monster
ruby, made at a cost of a million
and a half roubles; the coronation
gown, which cost 4,000 roubles; and
the gorgeous coach, with its blaze of
gold and heraldry, in which the
czarina made her triumphal progress
through the streets of the capital.

The culminating point of this re-
markable ceremony came when, after
Peter had placed the crown on his

head, she sank weeping at his
feet and embraced his knees.

For a few more years the laundry-
maid shared the splendors of one of
world's greatest thrones; and when,
one day in 1725, Peter died,
his hand clasped in hers, and whis-
pering her name with his last breath,
she was heart-broken.

She shut herself up with her sor-
row for weeks, weeping in her apart-
ments and refusing to see anyone.
And it was a happy day, two years
later, that brought her release from
the sceptre she had neither the heart
nor the will to wield alone, and re-
union with the man who was more to
her than all the world's crowns.

FUNNY PUNS IN POETRY.**A Few Laughable Lines on Unusual
Names.**

Even the greatest of our wits have
not always been proof against the
temptation to pun on names.

A century or more ago there lived
an eminent physician, Dr. Lettsom,
who signed his prescriptions, “I Lett-
som.” This practice suggested the
following lines:—

When any patients call in haste,
I physicks, bleeds, and sweats 'em;
If after that they choose to die,
Why, what cares I? I Let's 'em.

Even Lord Lyttelton, usually very
staid, perpetrated poetic puns, of
which the following tribute to the
beautiful Lady Browne is a fair
example:—

When I was young and debonaire
The browniest nymph to me was fair;
But now I'm old and wiser grown,
The fairest nymph to me is Browne.

When one of Charles Lamb's
friends taunted him with his bachelor
condition, he retorted:—

If e'er I ask a maiden's hand—
Sure as a three scruples make a
drachm—

I tremble lest she'd sweetly say,
“Yes, thanks, I'll take a little
Lamb.”

Few men were more skilled in this
form of wit than the late Sir Frank
Lockwood. Once, when he was prose-
cuting two burglars who bore the
poetic names of Flowers and Leaves,
the former prisoner was convicted,
while the latter, against whom the
evidence was equally strong, was ac-
quitted. When the verdict was
announced the famous counsel scrib-
bled the following lines and sent
them up to the Judge:—

“Justice is blind,” the maxim says,
And this is why my spirit grieves—
She's plucked the Flower beyond a
doubt,

Alas! she's overlooked the Leaves.

There was a Dissenting minister,
The Rev. John Onion, whose power
of pathos was such that his eloquence
was often almost drowned in floods
of tears. This gift of compelling
tears inspired a wit to write these
lines:—

For pathos that can move to tears
One man I'd lay my money on—
For surely he's no tears to shed
Who weeps not at an Onion.

The failure of two Irish bankers
whose names were Going and Gonne
suggested the following lines:—

Going and Gonne are now both one
For Gonne is Going and Going is
Gonne!

The wedding of a Mr. Lyte, whose
swarthy complexion belied his name,
to a Miss Fowle, a pretty blonde,
gave rise to this humorous verse:—
While some assert that black is white,
And others swear that wrong is right,
A bolder statement still I dare,
That Lyte is dark and Fowle is fair.

A slip containing the following
lines is said to have been thrown
through the window of a prison-van
at Liverpool, where Mr. Hopwood,
the Recorder, was as distinguished by
his lenient sentences on criminals as
Mr. Justice Day was by his severity.

Oh! Mr. Hopwood, what shall I do?
They've sent me to the Assizes
And I wanted to come to you;
They tell me I shall only have
The sentence of a Day,
But oh! Mr. Hopwood,
I'm afraid I've come to stay!

Some years ago a children's ball
was given at the house of a Canon,
who wrote to an old friend, a Col.
Noys, to invite him to be present. To
this invitation the colonel sent this
witty answer:—

You ask me if I'll join your throng
Of gay, light-footed girls and boys—
How can a Canon-ball go off,
I'd like to know, without a Noys?

“Say ‘99.”

Why does a doctor always demand
of a patient, as he applies his ear to
the stethoscope, “Say ‘ninety-nine’?”
Why is that particular number
chosen? Why not “Say ‘one hun-
dred’”?

Sir William Hale-White, president
of the Royal Society of Medicine, has
let the secret out. He explained in
an address on “Auscultation” (listen-
ing) that a physician can often obtain
evidence of the condition of his pa-
tient's chest by noting how the spoken
voice is carried through it. The
trained ear can quickly discern whe-
ther the chest contains air, solid or
fluid.

Since the words “ninety-nine” are
produced in the larynx, they are the
most suitable for this test.