

LIFE BURDENED BY DYSPEPSIA

Health and Happiness Come With "Fruit-a-lives"

Made From Fruit Juices and Tonics

"Fruit-a-lives", the wonderful medicine made from the juices of apples, oranges, figs and prunes, is one of the greatest means of doing good that this country of ours has ever known.

"Fruit-a-lives" is bringing health to hundreds and hundreds of people who suffer with chronic Constipation, Biliousness and Dyspepsia.

Mr. Frank Hall of Wyvale, Ont., says, "I purchased a box of 'Fruit-a-lives' and began the treatment. My condition improved immediately. The dyspepsia ceased to be the burden of my life as it had been, and I was freed of Constipation."

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent by Fruit-a-lives Limited, Ottawa, Ont.

Wedding 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
Accommodation, 111.....8.42 a.m.
Chicago Express, 17.....12.40 p.m.
Detroit Express, 83.....6.51 p.m.
(a) 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, 112.....5.38 p.m.
(a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.

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 is mild.

FALL TERM OPENS AUG. 27TH

ELLIOTT Business College

Yonge and Charles sts., Toronto.

Arrange now to enter this famous school—famous for strictly high grade work and for promptly helping graduates to secure employment. None better in Canada. Catalogue free.

W. J. ELLIOTT, Principal.

Central Business College

STRATFORD, ONTARIO

WINTER 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 positions. Write for free catalogue.

D. A. McLACHLAN, Principal.

A. D. Hone

PAINTER AND DECORATOR
PAPER HANGING

WATFORD - ONTARIO

GOOD WORK
PROMPT ATTENTION
REASONABLE PRICES
ESTIMATES FURNISHED
SATISFACTION GUARANTEED

RESIDENCE—ST. CLAIR ST.

Is Your ad. in this paper this week?

THE WESTERN FAIR

London, Ontario
September 8th to 15th

The attraction at the Exhibition this year will be away above the average. The following artists will appear twice daily commencing Monday afternoon, Sept. 10th.

The Reynolds and Donegan Co., a ballet on wheels, The Six Stella Sisters Acrobats; Hai Jung Chinese troupe, a starting show of itself; The Tom Davis Sensation Co., a thrilling act in a wire cage; The Bert Hughes Co., Basketball on Bicycles, Nelson and Nelson Acrobats on stilts; The four clown act, so funny you will never forget it. Fireworks every night, something new and different. A Pageant Friday and Saturday nights, "The early days of London and Western Ontario;" The London Hunt Club Saturday afternoon, Sept. 15th; Two speed events daily except Monday. Plenty of music every day and all the time. This will certainly be the big year with The Johnny J. Jones shows on the midway. General admission, 25 cents; children 15 cts., free on Monday, 16th. Everybody come.

Weak Digestion Due to Poor Blood

Perfect Digestion Will Come if the Blood is Made Rich and Red.

There is no tonic for the stomach that is not a tonic for every other part of the body. But the stomach depends, as does every other organ, on the blood for its energy.

There can be no perfect digestion unless you have rich, red blood. This is scientifically true. The way, then, to tone up the stomach is to enrich the blood.

Most stomach remedies try to digest your food for you. How much better it is to tone up the stomach so that it will do its own work, as nature intended. There is no pleasure in eating predigested food. Tone up your stomach, then your appetite and digestion will soon be normal.

If your digestion is weak and your blood thin, you need Dr. Williams' Pink Pills to restore the strength to your blood; in addition use care in the selection of your diet and your stomach trouble will soon pass away.

Mrs. Charles La Rose, Fruitland, Ont., suffered severely, and tells what Dr. Williams' Pink Pills did for her. She says: "I was a terrible sufferer from stomach trouble. The doctor called it nervous indigestion. Everything I ate distressed me, and I became so weak and run down I could hardly walk. I had a pain around my heart most of the time, and I slept very poorly. I was afraid I would not get well, as the doctor's medicine was not helping me. In this serious condition Dr. Williams' Pink Pills were recommended and I decided to try them, and I can truthfully say that they made me feel like a new person. I will always give this medicine a word of praise when I get a chance for I think there is nothing to be compared with it for dyspepsia, or any one weak, nervous or run down."

You can get these Pills from any medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



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 iiiiii's!

Carl A. Class

Jeweler and Optician

Slats' Diary

By Ross Farquhar

Friday—All red today this Summer they are a lot of new Babys come ing to houses in are I saw Aet, 'pooxioqsu rite nex dore to us witch was very yung and little and cute. So today ma says to pa and I Cum on over and less go see it they aint chargeing nothing to see it she sed when pa hung back & so we went over Well they offered to give me a chance to take and hold it but I sed Nothing doing. I was a frade I wood drop it and bust it or sum-thing and I no we cant afford no new one just at the present now.

Saturday—The preacher stopped and tawked to me wile I was a cutting the lawn and I was glad to see him. Because it give me a chance to rest and ma cudent say nothing. I ast him what does D. D. stand for and he just smiled with his lips and says Well sunny in sum cases it stands for a most enny thing.

Sunday—Jakes pa is still going to the Dr. He sed they was a lot of mike robes working on him. The Dr. sed deep breathing wood kill the mike robes but Jakes pa says how in the Samhill are you going to lern them to breathe deep is what he wood like to no.

Monday—Jacob Epstein failed in evry study but I this yr. but his pa dussent seem to be taking it very hard. In fact it seems like as if he is pleased. He says that it looks like it wood be a good thing to start Jacob in the clotheing business. I gess because he fails so easy.

Tuesday—Went to the restaurant for a chicken dinner tonite for supper and when we was threw & red dy to go pa sed Wait a minit & ma says what fur and pa sed See that fellow naving on that bone over there Well I bet he is going to get down on the floor with it in a minit and then I can get a item for the paper.

Wednesday—Went to a party and danced tonite. Blisters got in bad with a new girl witch is visting here by his smart tawk. She sed to him O excuse me for stepping on yure fit. Blisters sed O thats nothing why the cow stepped on it last week.

Thursday—We are getting red dy for are trip to Tenasee in the ford That is ma and pa have begun quarling over the Rout we are going to go on. Pa says we are going threw Louisville and ma says Nashville. Well I am glad. For Nashville is 1 town witch I have always wanted to see.

Children Cry FOR FLETCHER'S CASTORIA

Read the Want Ads on Page Four. Pay Your Subscription in Advance

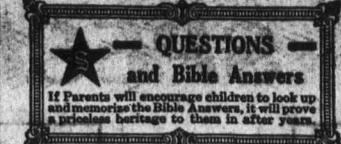
FALL FAIR DATES

Wilkesport, September 18.
Strathroy, September 17, 18, 19.
Indian Reserve, Sept. 19, 20.
Watford, September 20, 21.
Petrolea, Sept. 24, 25.
Sarnia, Sept. 26, 27, 28.
Brigden, October 1, 2.
Forest, October 2, 3.
Wyoming, October 4, 5.
Florence, October 4, 5.
Thedford, October 4, 5.
Alvinston, October 9, 10, 11.

"Lest We Forget"

Made the Supreme Sacrifice
WATFORD AND VICINITY

Capt. Thos. L. Swift
Sergt.-Major L. G. Newell
Pte. Alfred Woodward
Pte. Percy Mitchell
Pte. R. Walton
Pte. Thos. Lamb
Pte. J. Ward
Pte. Sid Brown
Pte. Gordon Patterson
Pte. F. Wakelin, D. C. M.
Pte. T. Wakelin
Pte. G. M. Fountain
Pte. H. Holmes
Pte. C. Stillwell
Pte. Macklin Hagle
Sergt. Clayton O. Fuller
Gunner Russell H. Trenouth
Pte. Nichol McLachlan
Corp. Clarence L. Gibson
Signaller Roy E. Acton
Bandman A. I. Small
Capt. Ernest W. Lawrence
Lieut. Leonard Crone
Pte. John Richard Williamson
Lieut. Chas. R. Hillis
Lieut. Gerald I. Taylor
Pte. Charles Lawrence
Lieut. Basil J. Roche
Pte. Alfred Bullough



Who did Christ say was his brother, and sister, and mother?

—Matt. 12:46-50

What directions did Jesus give concerning the giving of alms?

—Matt. 6:1-4

What reason did Jesus give why we should forgive our enemies?

—Mark 11:25

Who cares for the poor and those who fear God?

—Psalm 34:6,7

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are growing children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Wedding cake boxes for sale at the Guide-Advocate office. The latest designs.

The Right Road to Recovery

So says Mr. Eaton of Dreco, in praising it for his recovery from painful sciatica rheumatism.

"Since November 22nd," says Mr. James Eaton, of 505 Nelson street, London, Ont., an ironworker in the London Rolling Mills, "I have had pains through my ankles and back. It was diagnosed as Sciatica Rheumatism. The pain was so intense it seemed I would have to quit my work at times. I walked the floor many times, as it seemed that when I would sit down or lay down, the pain would be more severe, and when I would lean over I could hardly get up again. I was unable to lace my own shoes and could hardly get out of bed mornings, my limbs were so sore and full of pain.

"Before this attack of Sciatica Rheumatism, I had been in perfect health and never knew what it was to suffer pain. I cannot really describe the torture I have endured. No one really knows unless they have experienced these agonizing pains."

"Dreco was being so highly praised that my wife thought I had better try it. The first bottle helped me very little, but Mrs. Eaton insisted that I keep at it. I am now on my fifth bottle and practically free from pain. It is simply wonderful the way it has relieved my rheumatism so quickly. I can sleep good and get up in the mornings feeling fine.

"Both my wife and I have told many people of the great merits of Dreco and I feel sure our praise has started many on the right road to recovery."

Mr. Eaton's case—that of a hard working man, finding his livelihood endangered by the intensity of seemingly incurable sufferings—has many counterparts right in this district. Every sufferer will find the same benefits in Dreco that Mr. Eaton discovered. It quickly strengthens and regulates the kidneys, to which most cases of rheumatism are traceable and purge the system of poisonous acids. It acts as well on the stomach, liver and bowels and restores them to healthy functioning.

Dreco is compounded from the juices of twelve medicinal herbs and roots, bark and leaves and contains no mercury, potash or habit forming drugs.

Dreco is being specially introduced in Watford by Siddall's Drug Co., and is sold by a good druggist everywhere.



Clean to handle. Sold by all Druggists, Grocers and General Stores

BACK ACHED TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."

—Mrs. J. R. McMAHON, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

MEDICAL

JAMES NEWELL, PH.D., M.D., L.R.C.P. & S., M.B.M.A., England, Coroner County of Lambton, Watford, 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, 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.

DR. HAMLET D. THOMPSON

Physician and Surgeon

334 Oakwood ave., TORONTO.
Phone Hillcrest 7012
Office Hours: 9 a.m., 1-3, 7-8 p.m.

6m-d12jan

DENTAL

GEORGE HICKS, D.D.S., Trinity University, L.D.S., Royal College of Dental Surgeons, 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.

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.

VETERINARY SURGEON

J. MCGILLICUDDY, Veterinary Surgeon. Honor Graduate Ontario Veterinary College. Dentistry a specialty. All diseases of domestic animals treated on scientific principles. 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 Auctioneer, for the County of Lambton. Prompt attention to all orders, reasonable 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 LITGOW.....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
PETER McPHERDAN, Wainstead Agent for Warwick and Plympton

Is Your ad. in this paper this week?