

TO WOMEN OF MIDDLE AGE

This Woman's Letter Tells You How To Pass The Crisis Safely.

Lascelles, P.Q.—"During the Change of Life I felt so weak and run down I could hardly do my work. The perspiration would pour over my face so that I couldn't see what I was doing. We live on a farm, so there is lots to do, but many who felt as I did would have been in bed. I took Lydia E. Pinkham's Vegetable Compound and it did me a world of good. I tried other remedies but I put Vegetable Compound ahead of them all, and I tell every one I know how much good it has done me."—Mrs. DUNCAN BROWN, Lascelles, Prov. Quebec.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ear, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women, and let Lydia E. Pinkham's Vegetable Compound carry them safely through this crisis as it did Mrs. Brown.

You are invited to write for free advice
No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass.

MEDICAL

JAMES NEWELL, Ph. B., 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 street, 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.
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OFFICE—Next to Public Library.
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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 Taylor & Son's drug store
MAIN ST., WATFORD.
At Queen's Hotel, Arkona, 1st and 3rd Thurs. 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.

Veterinary Surgeon.

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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 Guild—A vacant office. Residence—Main Street, one door north of Dr. Siddall's office.

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J. F. ELLIOT,
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For the County of Lambton.

PROMPT attention to all orders, reasonable terms. Orders may be left at the Guide-Advocate office.

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CAREFUL attention paid to all orders. Terms reasonable and Satisfaction guaranteed. Orders may be left at the Guide-Advocate office.

SHORTHORN CATTLE AND LINCOLN SHEEP

FOR SALE or to let on shares half wool and half lambs, to parties that have no sheep seventy-five head of good registered breeding ewes,—not more than six to any one party—a grand chance to get into good stock and interest the boys. For further particulars apply to
ED. DE GEX
KERWOOD, ONTARIO

ARKONA PUBLIC SCHOOL

The following is the report of the January examinations held in the Senior room of the Arkona Public School. The exams being based on work of the fall term.

Class IV Sr. Max. 1004—Willie Johnson 857, Sherman Marsh 831, Peter McNaughton 830, Harold Wilson 790, Arnold Lucas 725, Florence White 714, Alice Wilson 627, Charlie Johnson 610.

Class IV Jr. Max. 890—Marion Wilson 665, Anna Morningstar 660, George Holmes 581.

Class III Sr. Max. 860—Ruth Purdy 798, Clare Hume 768, Alma Donaldson 706, Paul Hostetler 673, Vera Johnston 666, Ernest Faulds 648, Herman Holmes 620, James Johnson 614, Lawrence Austin 555.

Class III Jr. Max. 850—Berta Johnston 671, Willie Woolvett 602, Marguerite Utter 568, Willie Farber 534, Marvin Eastman 529, Olive White 524, Delma Huff 505, Winnifrid Marsh 501, Gertie Faulds 479, Gertie Utter 409, Evellne Johnson 408, Beulah Meadows 388.

Class II Max. 322 (Arithmetic, Literature, Reading and Spelling)—Ivan Richter 302, Robert Austin 296, Helen Jones 284, Fern Utter 274, Frederick Walker 272, Lois Walker 261, Ellwood Johnson 241, Jack Thoman 240, Stanley Holmes 240, Fred Meadows 233, Marjorie Eastman 221, Gordon Wilson 182, Lawrence Richter 176, Vivian Utter 171.

I. A. BROWN, Teacher.
Miss Flossie Johnson entertained a number of her girl friends at the tea hour on Thursday last.

SCHOOL REPORTS

Report of S.S. No. 17, Brooke, for the month of January. Sr. IV.—Muriel Parker. Sr. III.—Fred Kidd, Ada Coristine, John Rundle. Jr. III. Raymond Kidd, Elsie Coristine, Goldie Lucas. Form I.—Norma Kidd, Victor Kidd, Mary Shirley, Garnet Rundle. Primer—Alex. Coristine, Marjorie Corestine, Margaret Lucas, Doris Brain.—F. SMITH, Teacher.

Report of S. S. No. 6, for January. Percentage given. Class IV Sr.—Agnes Bryce 77, Thelma Ward 66. Class IV Jr.—Marguerite Smith 76, Manville Bryce 59, Allan McNaughton 21. Class III Sr.—Vera Kerr 79, Nina Chambers 73, Dorothy Morris 72, Burton Duncan 69. Class III Jr.—Amy Duncan 67, Maud Williamson 65, Doreen Manders 61. Class II—Leila Ward 63, Ivy Peaslee 60, Mary Manders 54. Class I—George Manders 90, John Bryce 86. Primer Sr.—Merton Smith 86, Mary Bryce 80, Clifford Duncan 50. Primer Jr.—Martha Manders 87.
C. McMANUS, Teacher.

Report of S.S. No. 10, Brooke, for January, 1921. Class IV Sr.—Total 575—Charlie Miller 446, Margaret MacLean 443, Ruby Atchison 441, Dorothy Delmage 389, Helena Bowie 339, Elsie Hair 270. Class III Sr.—Total 600—Howard Pitz 509, Harold Hair 439, Pearl Powell 436, Ervin Dempsey 416, Johnnie Scott 392. Jr.—Total 550—Pearl Miller 438, Mary Reid 362, Ralph Pitz 332. Class II.—Total 375—George Seanson 304, Clarence Hair 290, Horace Delmage 259, Minnie MacLean 211. Class I.—Total 400—John Seanson 352, Willie Seanson 348, Johnnie MacLean 252. Primer—Alice MacDonald, Edith Dempsey, Jimmie Hair, Margaret MacLachlan.—E. A. COWAN, Teacher.

Report of Kelvin Grove School for the month of January. Class IV Sr.—Annie Main, Charlie Janes, Eric Thompson, Ina McIntosh Mason Leggate. Class IV Jr.—Clare Thompson, Fred McIntosh. Class III Sr.—Jack Main, Mary McLeay, Edna Cooper. Class III Jr.—Isabel Tanner, Helen Ross, Ruby Bartley, (Maxena Auld and Beatrice Williams) equal, Marjory Cooper, Dougall Janes, Johnny Dolan. Class II—Donald Ross, Charles Forron, Rita McLeay, George McIntosh, Mary Smith, Alfred Smith, Charlie Smith, Edith Kenzie, Ross Kenzie. Part II—Marjory Tanner, Mary Hay, Chester Bartley, Ronald Sewell, Robert McLeay, Eddie Dolan. Primer—Margaret McElroy, Marie Cooper, Elmer Thompson, Lorne Hay, Myrie Cooper, Clarence Smith, Franklin Kenzie.

ANNE ROSS, Teacher.

Read the Guide-Advocate "Wants."

A WOMAN'S RIGHT TO GOOD HEALTH

Most Troubles Afflicting Women Are Due to Poor Blood.

To every woman belongs the right to enjoy a healthy, active life; yet nine out of ten suffer from some form of bloodlessness. That is why one sees on every side pale, thin cheeks, dull eyes, and drooping figures—sure signs of headaches, weak backs, aching limbs and uncertain health. All weak women should win the right to be well by refreshing their weary bodies with the new, rich red blood that promptly transforms them into healthy attractive women. This new red blood is supplied by Dr. Williams' Pink Pills, which reaches every organ and every nerve in the body. Through the use of these pills thousands of women have found benefit when suffering from anaemia, indigestion, general weakness and those ailments from which women alone suffer. Among the many women who tell of the good Dr. Williams' Pink Pills have done them is Mrs. L. Hicks, Round Hill, N.S., who says—"I became very much run down in health; my blood seemed weak and watery, my strength failed, and I was so easily tired that my work was a burden. I had often read about Dr. Williams' Pink Pills and decided to try them, and I can truly say that after using three boxes I found myself gaining, and under a further use of the Pills all my old-time energy and vitality was restored. Out of my own experience I can strongly recommend this medicine."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

BORN

In Bosanquet, on Wednesday, Jan. 26th, to Mr. and Mrs. Howard Rendle, a daughter.

In Warwick, on Tuesday, Jan. 27th, 1921, to Mr. and Mrs. Albert Hawkins, a son.

In Bosanquet, on Thursday, Jan. 27, 1921, to Mr. and Mrs. Fred Burley, a daughter.

MARRIED

At the home of the bride's parents, Brooke, on Tuesday, Feb. 1st, 1921, Kathleen Mae, daughter of Mr. and Mrs. Wm. Ross, to Mr. Frank Littleproud, of Inwood.

At the bride's home, Church ave., Alvinston, Wednesday, Feb. 2nd, 1921, at 2 p.m., Rieve, only daughter of Mr. and Mrs. L. Welch, to Mr. Ross L. MacRobert of Dawn.

DIED

In Forest, on Wednesday, Feb. 1st, Frank Proctor Sr., in his 72nd year.

In Forest, on Saturday, Jan. 29th, Elizabeth Anna Jennings, relict of the late William Gammon, in her 82nd year.

In Strathroy, on Saturday afternoon Jan. 29, 1921, John McLellan, in his 76th year.

In Deckerville, Mich., on Monday, Jan. 31st, 1921, George Landsburg, in his 80th year.

Chaps—Read This

Once you know how "chaps" are caused, you will appreciate why your skin needs Zam-Buk. The keen frosty winds of winter and early spring dry up the skin—make it hard, brittle and without elasticity. Thus the outer tissues break open into smarting cracks and painful sores. That's how the trouble starts.

In cracked hands, chilblains, frost-bite, eczema and other obstinate skin troubles, use nothing but Zam-Buk. This unique healing balm, derived from a blending of rich herbal essences supplies the skin's deficiency of natural oils. If your trouble is on the hands, use Zam-Buk at night and slip on a pair of old gloves with Zam-Buk smeared inside. This precious balm will soothe away pain, inflammation and irritation, and grow new soft flexible skin.

Redness, roughness, smarting or soreness is readily healed, through Zam-Buk's refined herbal ingredients being absorbed into the underlying tissues. Zam-Buk is powerfully antiseptic. The germs of skin trouble simply can't exist wherever it penetrates. Keep Zam-Buk always at hand for dealing with cuts, burns, scalds, scap sores, ulcers, abscesses, piles, eczema, poisoned wounds, salt rheum and all skin sores and injuries. All dealers 50c. box, 3 for \$1.25. For TRIAL SAMPLE send 1c. stamp to Zam-Buk Co., Toronto.

FOR SALE! PURE BRED BARRED ROCKS

Heavy Laying Strain
BOOKING ORDERS NOW FOR HATCHING EGGS

Also have three or four Good Cockerels left.

WILL WOOLVETT, Arkona, Ont.

Redpath Sugar

Full Car Arrived

Book your order now for your requirements for the Preserving Season, and we will protect you against advance or decline in price.

Book your order Now.

FULLER BROS.

ARKONA, ONT.

BUY WAGSTAFFE'S JAMS

Now Selling at Big Reductions

Raspberry	Strawberry
1 lb. Glass.....45c	1 lb. Glass.....45c
4 lb. Tin.....\$1.45	2 lb. Tin.....80c
	4 lb. Tin.....\$1.45

Bramble Jelly

4 lb. Tin.....\$1.60

One-and-One Laundry Soap

7 cents per Bar; 4 for 25c

W. D. Cameron

PROTECTION FOR MOTORISTS in Purchasing Starting Batteries

WHEN it comes to buying a storage battery, the average motorist has to take a lot on faith.

However, there are two safe rules to follow which, if strictly adhered to, take all the uncertainty and guesswork out of buying a battery, placing it on the firm foundation of demonstrated facts, thus insuring complete satisfaction.

The first rule to be observed is to inquire carefully into the reputation of the company manufacturing the battery under consideration, and the second is to find out what service it has rendered other motorists.

Thousands of motorists have solved their battery troubles for all time by applying this test to Exide Batteries, and in every case, the results have been eminently satisfactory. For in the first place, the Exide Battery is made by The Electric Storage Battery Co., the world's largest maker of storage batteries for every purpose. It is backed up by the skill and knowledge resulting from thirty-two years of manufacturing and engineering experience. And secondly, it has been the universal experience of Exide users that this battery is as good as human skill can make it.

Experience has also shown that Exide Batteries, owing to their compact, simple, rugged construction, require the minimum of attention and repair, but when adjustments are necessary, motorists have learned that Exide Service meets their needs in a broad-minded, liberal and efficient spirit that is unique in the annals of the automobile industry. This service is at the command of EVERY motorist in the country—no matter where he lives and irrespective of the make of storage battery he uses.

WILLIAMS BROS.' GARAGE