

AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful Fruit Medicine — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure Auto-intoxication or self-poisoning — as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

MEDICAL.

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

OFFICE—Main St., next door to Merchants Bank. Residence—Front street, one block east of Main street.

C. W. SAWERS, M. D.
WATFORD, ONT.

FORMERLY OF NAPIER OFFICE—Main Street, formerly occupied by Dr. Kelly. Phone 23 A. Residence—Ontario Street, opposite Mr. A. McDonnell's. Night calls Phone 138.

W. G. SIDDALL, M. D.
WATFORD ONTARIO
Formerly of Victoria Hospital, London.
OFFICE—Main street, in office formerly occupied by Dr. Brandon. Day and night calls phone

DENTAL.

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 Thursdays, 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. Kelly's Surgery, MAIN ST.—WATFORD

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.

CENTRAL Business College.
WATFORD, ONT.

Ontario's Best Commercial School
Courses are thorough, the instructors are experienced, students get individual attention and graduates are placed in positions. During 3 months we turned down over 300 calls for trained help. This is the school for those who want the practical training and the good positions. COMMERCIAL, SHORTHAND and TELEGRAPHY departments. Get our free catalogue. It will interest you.

W. J. Elliott, D. A. McLachlan,
President. Principal.

ADVANCE MODES.

In Sports Is This Natty Idea For Skirt and Hat.

Worn with a buff and white striped voile shirt waist is a khaki skirt set off with real brass army buttons. The feature, however, is the guardsman's belt



A BLOW TO RUFFLES.

of flap pockets, so convenient for a variety of feminine things other than bullets. The hat band is a tiny patent leather belt.

WHAT ADDS SNAP?

How to Give Your Outfit Chic Without Spending Much Money.

The best of coat suits will look unattractive if the collar is allowed to come in direct contact with the neck of the wearer. That is, there should be either a high light collar rising up inside of the coat collar or there should be a suitable light collar worn over the collar of the coat. The coat collar lying against the skin detracts from one's appearance, and, as one girl remarked, it makes the wearer look as though she hadn't finished dressing. Frequently the blouse collar can be thrown over the coat collar, but where this is not expedient one can embroider for herself a little collar of white pique. The collars of crepe de chine, washable satin or georgette are also satisfactory for this purpose.

Can you imagine the immaculate picture a girl in a dark blue suit with hat to match will make if she wears a crisp white collar on the coat and an equally crisp vest? Vests, you know, are very important accessories just now and are made of numerous materials. Linen, pongee, wide ribbons, suede and taffeta are among the favored fabrics employed for this role. As a rule, the vests are of contrasting color, but have touches of embroidery to introduce the color of the suit. A bright flower worn with a dark

WHY IS IT

that chronic skin diseases which have defied all other treatments yield to Zam-Buk?

It is because Zam-Buk is germicidal, and also has such power of penetration that it reaches disease in the underlying tissues and cuts from the "root" up. That is the only way a permanent cure can be effected.

Mr. H. C. Buckley of 461 E. Broadway, Portland, Oregon, says: "For chronic skin diseases there is nothing like Zam-Buk. For fifteen years I had eczema, and I tried an endless number of so-called 'eczema cures,' but nothing was capable of curing me permanently until I used Zam-Buk. Ten months' use of Zam-Buk has effected a complete cure."

For ulcers, abscesses, boils, ringworm, blood-poisoning, piles, burns, scalds and cuts, Zam-Buk is equally good. All dealers or Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.

Zam-Buk



Clean to handle. Sold by all Drug-gists, Grocers and General Stores.

suit or frock has a wonderful effect both on the suit and on the wearer. The psychological effect of colors on one's disposition is an interesting study. Not only do the cheerful colors affect the wearer, but they reflect cheerfulness in the minds of observers.

Be Orderly.

Orderliness, of course, is the mother of convenience. A place for everything and everything in its place is the principle from which is evolved the science of easy housekeeping. The homely saying, "Make your brains save your heels," is well worth heeding. Every housekeeper owes it to herself and her family to practice intelligent methods and convenient arrangement.

Things forgotten consume a vast amount of time and labor. As an aid to memory the memorandum pad is invaluable. On it one may jot down engagements for weeks ahead. The morning the painter is due, the day the carpenter comes, will find one well prepared if one has noted the engagement beforehand.

A desk calendar arranged like a pad may be bought for 25 cents; also is a great help in keeping order in the home.

Dried Savories.

One woman states: "I grow celery to pull when a few inches high. I look it over, wash it and shake water off; then I roll it in a clean cloth and dry it in the sun between thin cloth on the window screens. After it is dry I run it through a fine cutter. When it is crisp dry I bottle it for cooking. I also do sage leaves in the same way."

Home Grown Salads.

Make window boxes for the back windows and in them sow thyme, parsley, radishes, lettuce, carrots and cucumber seed, also some onions. Four such window boxes, if replanted every three weeks, will furnish enough greens to supply a family of three for the summer.

A THOROUGH PILL.—To clear the stomach and bowels of impurities and irritants is necessary when their action is irregular. The pills that will do this work thoroughly are Parmelee's Vegetable Pills, which are mild in action but mighty in results. They purge painlessly and effectively, and work a permanent cure. They can be used without fear by the most delicately constituted, as they produce no painful effects preceding their operation.

Beautiful Ugliness.

Everybody is familiar with the extreme ugliness of the bulldog's face that makes the animal positively attractive; and everyone who has studied the moths is familiar with the marvelous hideousness or beauty—of the larva of the Antheris. The larva is found from Canada to Florida and westward and southward to Texas and Mexico. In the larval stage it feeds on the leaves of almost any tree or shrub.

For ages the enthusiastic lepidopterist has regarded it as a beautiful creature. The dainty green body with lateral stripes of pink and creamy white covered with clusters of branching spines forms an object to be admired—and respected, too. It should be handled with care or painful consequences may result. Yet it is a curious fact that in spite of all the pains that Nature has taken to protect this beautiful creature from birds and other large enemies, she has left it open to attack from the tiny ichneumon which drives its sting between the spines and there places a parasitic egg. In this way multitudes of the larvae are destroyed, says Popular Science.

Steel in New Zealand.

A company has recently been formed in New Zealand, with a capital of \$340,000, with the object of producing iron and steel from magnetic and titaniferous iron sand, of which there is a large deposit on the coast at Taranaki, near New Plymouth, where the works are to be erected. The initial plant will be capable of dealing with 70 tons of iron sand weekly, but plans have been drawn up for the installation at a later date of an additional furnace capable of dealing with 200 tons weekly. The production of steel is also contemplated, and it is intended later to form a new company to carry out this development.

Hard and soft corns both yield to Hol-laway's Corn Cure, which is entirely safe to use, and certain and satisfactory in its action.

East Lambton Fall Show Special Prizes

AULD & MATHEWS, Span of Drivers, Prize Winners, coming greatest distance to the fair, \$2.00.

A. BROWN & CO.

For tallest six stalks of corn 50c.
For best Watermelon, to be theirs, \$1.00.

For best Single Roadster, driven by lady, Lap Robe, valued \$6.50, (1st prize to Lady Driver).

W. J. COPELAND, \$1.50 whip for best single driver.

P. DODDS & SON

For oldest Married Couple on the ground, Parlor Lamp valued \$1.50.
Largest Family on the ground, Parlor Lamp, valued \$1.50.

W. E. FITZGERALD, best 10 lb. crock of butter, butter to be his \$5.00.

GUIDE-ADVOCATE, Best Hand Boquet, to be theirs, one year's subscription.

T. HARRIS, Best 5 lb. crock of butter, crock and butter to be his, \$3.25.

N. HAWN, Best 5 lb. of Honey in Comb, to be his, \$1.00; Best Hubbard Squash, to be his, \$1.00.

WM. DOAN, Best 10 lbs. Strained Honey, to be his, \$1.00 and market price; Best Bushel Early Ohio Potatoes, to be his, \$1.00 and market price.

HARPER BROS.—To the farmer bringing the largest load of people in to the Fair, distance two miles or over. To be counted in front of their store the second day of Fair before one o'clock. Parlor Table worth \$5.00.

F. LUCKHAM, Best Bushel Onions to be his, \$1.00 and market price.

S. MITCHELL, Best Pumpkin Pie, to be his, \$1.00; Best 2 lb. Roll Butter, to be his, \$1.25.

JOS. SAUNDERS, for best 4 lbs. Butter in Roll, to be his, Pair Whiffletrees, value \$2.50.

JOS. HUME, Best Watermelon, to be his, \$1.00.

R. BROCK, Best Bushel "Irish Cobbler Potatoes, to be his, \$1.25.

TRENTON & CO.

Best Loaf of Home-Made Bread, made from "Pride of the West" Flour, to be his, \$1.00.

Best Loaf of Home-Made Bread, made from "Five Roses" Flour, to be his, \$1.00.

T. DODDS & SON

Best Bushel Northern Spy Apples, to be his, \$2.00.

Best Two Watermelons, to be his, \$1.00.

S. B. HOWDEN, Best 4 lb. Crock of Butter, to be his, \$1.00 and market price.

SWIFT, SONS & CO.

War Speech by boy or girl attending any Public School in Lambton Subject "Why We Will Win The War" \$1.00.—SWIFT'S.

Best 10 lb. crock of Butter, to be his, \$5.00 Silk Blouse.—E. D. SWIFT.

Youngest blue-eyed Baby Girl on the ground, Silk Bib.—SWIFT'S.

Youngest child on the ground that can say "Papa Buys His Clothing at Swift's"—1st \$1.00, 2nd 50c.

Half-dozen Pie Pumpkins, size of basket ball, grown by girl or boy, \$1.25.—SWIFT'S.

Boy under 15 years taking most prizes at the Fair, \$1.00.—SWIFT'S.

JOHN MATHEWS

For the best 10 lbs. Butter, to be his, \$1.00 and market price.

For the best 10 lbs. Honey, to be his, \$1.00 and market price.

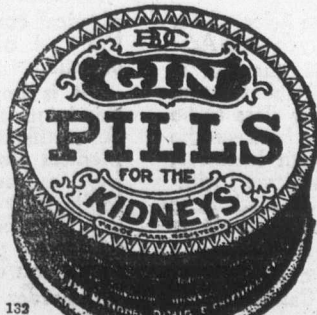
W. D. CAMERON, for Best Barrel of Spy Apples, to be his, \$5.00.

STERLING BANK.—For the Best 1917 Grade Calf, \$5.00; 2nd \$3.00; 3rd \$2.00.

CASH DONATIONS

Jos. McManus, Taylor House	\$ 5 00
Roche Bros.	5 00
J. Cowan	5 00
R. J. McCormick	5 00
J. W. McLaren	3 00
S. Stapleford & Son	2 00
R. C. McLeay	2 00
J. McCormick	2 00
Russell McCormick	2 00
F. Lovell	2 00
Chas. Howden	2 00
Dr. Howden	2 00
Dr. Siddall	2 00
F. A. Pritchett	2 00
Dr. McGillicuddy	2 00
Rogers & Jacklin	2 00
Bert Fulcher	1 00

A shock of oats in a field on R. G. Garbutt's farm in Dunwich was struck by lightning and burned up despite the fact that it was raining heavily at the time.



SEND FOR THE FREE SAMPLE

If you suffer from Backache, Rheumatism, Brick Dust Deposits, Urinary and Bladder Troubles, or Swollen Joints, write for free sample of Gin Pills to The National Drug and Chemical Co. of Canada, Limited, Toronto

SUDDEN DEATH

Caused by Disease of the Kidneys.

The close connection which exists between the heart and the kidneys is well known nowadays. As soon as kidneys are diseased, arterial tension is increased and the heart functions are attacked. When the kidneys no longer pour forth waste, uræmic poisoning occurs and the person dies, and the cause is often given as heart disease, or disease of brain or lungs.

It is a good insurance against such a risk to send 10 cents for a large trial package of "Anurio"—the latest discovery of Dr. Pierce. Also send a sample of your water. This will be examined without charge by expert chemists at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y. When you suffer from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, it's time to write Dr. Pierce, describe your symptoms and get his medical opinion without charge—absolutely free. This "Anurio" of Doctor Pierce's is found to be 37 times more active than lithia, for it dissolves uric acid in the system as hot water does sugar. Simply ask for Dr. Pierce's Anurio Tablets. There can be no imitation. Every package of "Anurio" is sure to be Dr. Pierce's. You will find the signature on the package just as you do on Dr. Pierce's Golden Medical Discovery for blood and stomach.

WORRY, DESPONDENCY.

Kidney Disease is suspected by medical men when patients complain of backache or suffer with irregular urination, disturbed, too frequent, scanty or painful passage. The general symptoms are rheumatic pains or neuralgia, headaches, dizzy spells, irritability, despondency, weakness and general misery. Worry is a frequent cause and sometimes a symptom of kidney disease. Thousands have testified to immediate relief from these symptoms after using Dr. Pierce's Anurio Tablets.

COUNTY OF LAMBTON

Treasurer's Notice as to Lands Liable For Sale for Taxes, A. D. 1917

TAKE NOTICE that the list of lands in the County of Lambton liable for sale for arrears of taxes by the Treasurer of the County of Lambton has been prepared by me and that copies thereof may be had in the office of the County Treasurer.

AND FURTHER take notice that the list of lands for sale as aforesaid is now being published in the Ontario Gazette in the issues thereof bearing date 14th, 21st and 28th days July and the 4th day of August 1917.

AND FURTHER take notice that in default of payment of the taxes in arrears upon the lands specified in said list, together with the costs chargeable thereon as set forth in the said list so being published in the Ontario Gazette before the day fixed for sale of such lands, being the 20th day of October, A. D. 1917, the said lands will be sold for taxes pursuant to the terms of the advertisement in the Ontario Gazette.

AND FURTHER take notice that this publication is made pursuant to Assessment Act Revised Statutes of Ontario 1914, Chapter 195, Section 149, Sub-sec. 3.

Dated at Sarnia this 16th day of July, A. D. 1917.

H. INGRAM,

Treasurer of County of Lambton.

jy20w13

HAVE you tried our

Bread lately? It

is the cheapest

and most nourishing

food that you can use.

It is good from the outside

crust to the inside

last crumb. 10c per loaf.

A nice fresh stock of Cakes always on hand.

LOVELL'S
BAKERY AND CONFECTIONERY

A. D. HONE
Painter and Decorator

WATFORD - ONTARIO

GOOD WORK

PROMPT ATTENTION

REASONABLE PRICES

SATISFACTION GUARANTEED

ESTIMATES FURNISHED

RESIDENCE—ST. CLAIR STREET

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