

With so thorough a preparation at hand as Miller's Worm Powders the mother who allows her children to suffer from the ravages of worms is unwise and culpably careless. A child subjected to the attacks of worms is always unhealthy, and will be stunted in its growth. It is a merciful act to rid it of these destructive parasites, especially when it can be done without difficulty.

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.

G.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 instruction in all Departments. Enter any time. Write for Catalogue.

W. J. ELLIOTT, Principal.

MEDICAL

JAMES NEWELL, P.H.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 st. east. Office hours--8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

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 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 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 LITHGOW, 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
Sec.-Treasurer
ROY E. McPHEDRAN Wanstead
Agent for Warwick and Plympton

FRUIT TREATMENT FOR CONSTIPATION

Quick and Permanent Relief
By Taking "Fruit-a-tives"

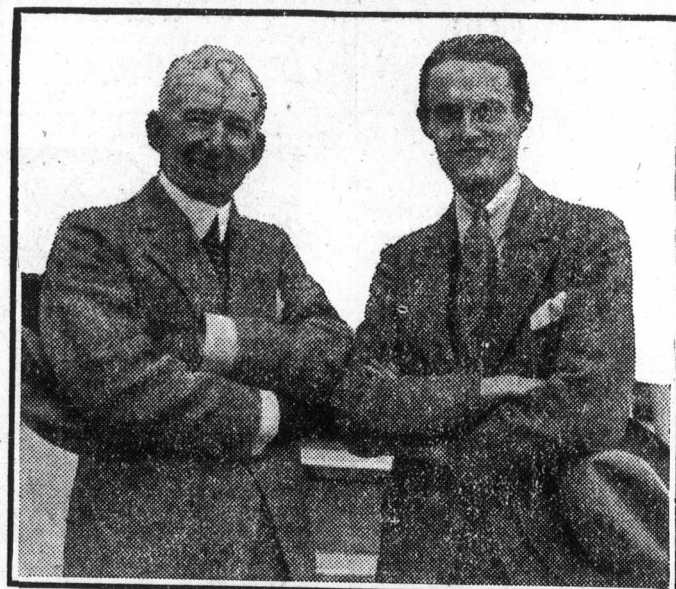
What a glorious feeling it is to be well! What a relief to be free of cathartics, salts, laxatives and purgatives that merely aggravate constipation and are so unpleasant to take and so weakening in their effect! What a satisfaction to know that the juices of apples, oranges, figs and prunes will absolutely and permanently relieve constipation. By a certain process, the juices of these fruits can be concentrated and combined with tonics--and it is these intensified fruit juices that correct constipation, relieve headaches and biliousness, and make you well and keep you well. "Fruit-a-tives" are sold everywhere at 25c. and 50c. a box--or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

For years Mother Graves' Worm Exterminator has ranked as a reliable worm preparation and it always maintains its reputation.

CASTORIA

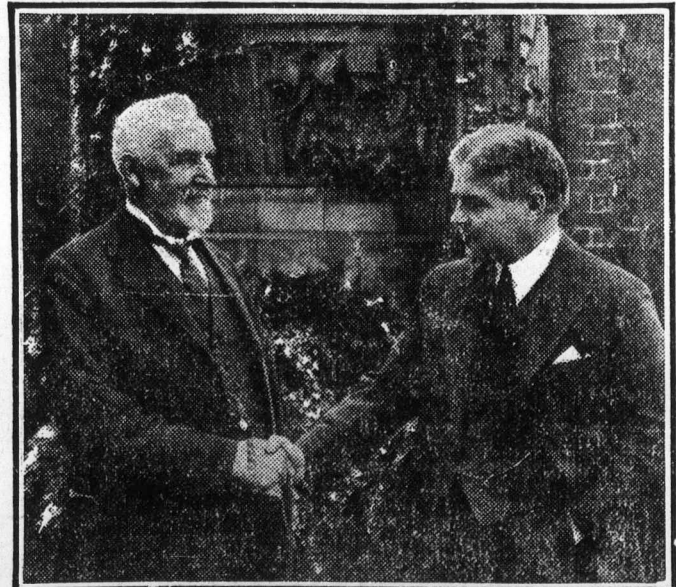
For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Dr. H. H. Fletcher*



Augustus D. Curtis of Chicago, Ill. and Geoffrey H. Bushby of London, England, whom he rescued from death after the latter had fallen in its recent eruption. The 'Big show' happened while the S.S. Empress of Canada lay at Hilo H.I. and many of the round-the-world passengers were ashore viewing the picturesque sight of the Hawaiian volcanic region. Mr. Bushby had left the party to obtain a close-up of the House of Everlasting Fire when the eruption of May 17 occurred.

Presented President with Steel Spike



George Munro, pioneer track layer of the Canadian Pacific Railway, received birthday congratulations on May 21 from Mr. E. W. Beatty, during the latter's recent visit in Vancouver. This meeting between one of the oldest employees and the executive head of the Canadian Pacific also marked the forty-ninth anniversary of the turning of the first sod on construction at Fort William in 1875, an event at which George Munro was present.

Another interesting co-incidence in connection with the meeting is the fact that the S. S. Quebec, which carried the handful of construction men including Mr. Munro, from Sarnia to Fort William, in May 1875, was owned and operated by the Beatty Steamship Line, of which Mr. Beatty's father, the late Mr. Henry Beatty, was president.

In 1881 when construction was begun on the last lap of the company's lines between Yale, B. C. and the Coast, Mr. Munro was given charge of track laying at Emery, B. C. and when the last and famous 'gold spike' was driven at Craigellachie by Lord Strathcona in 1885 he took possession of the steel spike which replaced the gold one and after treasuring it for the past 39 years as a keepsake presented it to Mr. Beatty.

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How
Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.--"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.

A 1c stamp will bring your news items to The Guide-Advocate.

Unsurpassed "SALADA" GREEN TEA

for pure, rich flavor
is superior to the finest Japans, Young Hysons or Gunpowder. Try it today.
FREE SAMPLE of GREEN TEA UPON REQUEST. "SALADA," TORONTO

BIRD'S NEPONSET BLACK BUILDING PAPER



Making a Few Nickles
Save Many Dollars

The difference in first cost between a roll of ordinary building paper and a roll of BIRD'S NEPONSET BLACK WATERPROOF BUILDING PAPER will buy only a few cigars.

But, think of the protection in future years!

Saves coal and prevents drafts. Your house will be warm on cold days and cool on warm days and always dry if you use BIRD'S NEPONSET BLACK--the building paper that is really waterproof.

NEPONSET BLACK BUILDING PAPER is made by Bird & Son, Limited (Est. 1795), manufacturers of Neponset and Canadian Twin Shingles, Bird's Art Craft Roll Roofing, Paroid Roofing and Combination Wall Board.

We are headquarters for Bird's building papers, roofings and wall board.

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SOLD IN
Watford
BY

MCCORMICK & PAUL
JOHN McKERCHER



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 *Dr. H. H. Fletcher*
Proven directions on each package. Physicians everywhere recommend it.