

**"HEALING
IN EVERY TOUCH"
Zam-Buk**

In Burns, Scalds, Cold-Sores
and all skin-diseases or injury you can
depend upon Zam-Buk. It's really
astonishing how swiftly and surely
it soothes pain and soothes and
grows new healthy skin.

Zam-Buk is a pure antiseptic
herbal balm possessing a very definite
and important medicinal action on
the skin. In its character and in its
results it is altogether different to
the usual ointments and salves.
Zam-Buk safeguards you against
blood-poison and skin-disease.



All dealers
50c. per box

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COMMERCIAL SCHOOL**

**Central
Business College**

STRATFORD, ONTARIO

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ents may register in our
Commercial, Shorthand or
Telegraphy departments at
any time. Our courses are
thorough and practical, and
we assist graduates to pos-
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logue.

D. A. McLACHLAN,
Principal.

LONDON BUSINESS COLLEGE

Dundas and Richmond Sts.
London, Ontario

Write for information regarding
our courses in Bookkeeping and
Shorthand. Fall term opened on
August 30th.

J. MORRITT, N. STONEHOUSE,
Principal, Vice-Principal.

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BUILD FOR SUCCESS by attending
**ELLIOTT
Business College**

Yonge and Charles sts., Toronto.

This School enjoys a great reputa-
tion for superior work and for plac-
ing graduates quickly in good posi-
tions. Open all year. Enter any time.
Circulars free.

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J. H. HUME

Agent for
FIRE, ACCIDENT and
SICK BENEFIT COMPANIES
Representing Five Old Reliable
Fire Insurance Companies.

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call on J. H. HUME and get his rates.
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GOOD SECURITIES FOR SALE

TICKET AGENT FOR C.P.R.
Tickets sold to all points in Mani-
toba, Northwest and British Columbia

**THE LAMBTON
Farmers' Mutual Fire Insur-
ance Company.**

(Established in 1875)

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W. G. WILLOUGHBY, MANAGER AND
W. J. WATFORD, SEC. TREASURER
PETER McHEDRAN, WAREHOUSE P.
Agent for Warwick and Plympton.

FALL FAIR DATES 1921

Strathroy	19, 20, 21 Sept.
Watford	22, 23 Sept.
Petrolia	26, 27 Sept.
Sarnia	28, 29, 30 Sept.
Glencoe	29, 30 Sept.
Forest	3, 4 October
Brigden	4, 5 October
Wyndham	6, 7 October
Florence	6, 7 October
Wilkesport	10, 11 October
Alvinston	11, 12 October

Worms sap the strength and un-
dermine the vitality of children.
Strengthen them by using Mother
Graves' Worm Expeller to drive
out the parasites.

WATFORD H. S. HOCKEY

The Watford High School team
journeyed to Kerwood last week and
defeated the Kerwood team 4-1. The
High School team were somewhat
handicapped because it was the first
time they ever played on an open air
rink without walls.

LINE UP

Kerwood	Watford
Walsham	goal..... Jackson
Dowling	1 defence..... McGillicuddy
Coolie	2 defence..... McKercher
Brush	centre..... Kinnell
Johnson	1 wing..... Tremouth
Fuller	2 wing..... Roberts

Subs.—Kerwood, Richardson, Wat-
ford, Smith, Letherland and Vail.

Petrolia High School vs. Watford
High School.

Last Wednesday night a fair
crowd witnessed a fast and interest-
ing game of hockey at the Watford
rink between P. H. S. and W. H. S.
Tremouth was easily the best man on
the ice, while Wilson made the best
showing for Petrolia. Score by peri-
ods, 2-3, 4-2, 5-0, making a final
score of 11-5.

LINEUP

Petrolia	Watford
Churchill	goal..... E. Roberts
Steadman	1 defence..... McGillicuddy
Boges	2 defence..... McKercher
McDougall	centre..... Kinnell
McVicar	1 wing..... Restorick
Wilson	2 wing..... Tremouth

Subs.—Petrolia, Brown, Watford,
F. Roberts, Smith, Richardson.

HOW TO SAFEGUARD
YOUR DIGESTION

The Blood Should Constantly be
Kept Rich and Pure

If you suffer from any form of in-
digestion, your diet should be care-
fully chosen. Over-eating is always
harmful, but at the same time one
must take enough food to supply the
needs of the body. It must be re-
membered that the blood has to
carry nourishment to every part of
the body, and fuel for its energy
and defences against disease, as well
as the requisite juices for digestion.
Hence when the blood becomes weak
and fails to do its work, indigestion
arises; also when indigestion begins
the blood still further suffers. There-
fore to safeguard your digestion, the
blood should be kept rich and free
from impurities. For more than a
third of a century Dr. Williams' Pink
Pills have been a favorite tonic
for enriching the blood and strength-
ening the nerves. If, therefore, you
find yourself troubled with indiges-
tion, or other ailments due to weak,
watery blood, you will find Dr. Wil-
liams' Pink Pills both safe and effec-
tive. The value of this medicine in
cases of stomach trouble is shown
by the experience of Mrs. J. Lewis,
Lake George, N. S., who says: "I
suffered very severely with indiges-
tion. I had severe pains in the stom-
ach after every meal. I had a loath-
ing for food, my rest at night was
very much disturbed, and my general
health was declining. I was under a
doctor's care, but did not find any
improvement. Reading of what Dr.
Williams' Pink Pills had done in a
similar case I decided to try them,
with the result that after giving
them a fair trial, my general health
was improved, and all symptoms of
the indigestion that had afflicted me
disappeared. I feel very grateful to
Dr. Williams' Pink Pills for saving
me from so much misery."

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

Corns are painful growths. Holl-
oway's Corn Remover will remove
them.

Read the Guide-Advocate "Wants."

FRANZ TRUNKS
TIME TABLE

Trains leave Watford station as fol-
lows:—

GOING WEST

Accommodation, 111	8.44 a.m.
Chicago Express, 17	12.47 p.m.
Detroit Express, 83	6.48 p.m.
(a) Express, 5	9.11 p.m.
(c) Express, 15	10.10 p.m.

GOING EAST

Ontario Limited, 80	7.38 a.m.
Chicago Express, 6	11.16 a.m.
Accommodation, 110	2.28 p.m.
Accommodation, 112	5.45 p.m.

(a)—Stops to let off passengers
from Toronto.

(c)—Stops to let off passengers.

C. W. VAIL, Agent, Watford.

FROM OLD SUBSCRIBERS

W. F. Monkman, Vegreville, Alb.,
says, "Always look for the paper
from the old town."

D. Eccles, Winnipeg.—The winter
so far has been the mildest since we
came here twelve years ago, mostly
above zero. On two days in January
we had a thaw.

P. H. McMillan, Hamilton, N. D.,
—We don't want to do without the
home paper as we have taken it here
for the last 39 years and it is hard-
ly worth while giving it up now.

Wm. Parker, Kellier, Sask.,
—Enclosed find subscription for 1921.
We are having an unusually mild
winter so far, very little real cold
weather, nice sleighing since before
Christmas, with very light snow fall.

James McClure, Hanna, Alta.,
—Enclosed find \$2 for renewal. Hope
you are enjoying as near California
weather as we are enjoying in Al-
berta. There is sure no reason to
complain.

Miss Annie M. Andrew, Cora-
nation, Alberta, says the hospital in
that place is new, well-equipped and
up-to-date, a credit and necessity in
this broad land. We are having a
beautiful winter, no one complaining
but the coal dealers.

Fred Morris, Bracebridge, Ont.,
—We could not get along very well
without the Guide for that is where
we get all the home news. We have
had a grand winter in Muskoka this
year, good sleighing since the middle
of November and not too cold, only
one day 40 below zero.

An Alvinston man in renewing his
subscription to the Guide-Advocate
omitted to sign his name to the
letter. As we have no other means of
finding out his name we quote a part
of his letter so that he may recog-
nize it and send the desired informa-
tion and get credit for the money sent.
The letter says in part:—
"Enclosed find \$2 for renewal. It is
a little more than I pay for some
weekly papers but the Guide is worth
dollars more than some I could men-
tion." Thanks for the bouquet, but
send your name.

George Fenner, Fenner, Alberta.,
—I see the rates have advanced so
please find enclosed two dollars to
cover same, I would not care to be
without the home news. Say, do you
know anything about the "Legend
of the Green Stockings" or where it
originated? A Vancouver editor
pleads ignorance as to its origin, so
for your benefit and for others, here
it is: "The Legend had its origin in
Ireland when a famous young couple
named William and Mary, respec-
tively, became engaged, you see
Mary had an elder sister who re-
sembled her very much and who was
not betrothed at the time. The two
dressed alike and both wore blue
stockings and when Mary's engage-
ment was announced, Ma said to Sis,
"Now you will have to wear green
stockings so Willie won't make any
mistake." Mary also decided to make
some change and after some deliber-
ation gave orders to have a band of
orange ribbon sewn around each of
her stockings at the top and so
thereafter

Mary took on the Orange and Sis
put on the Green.
And to this day in Ireland has the
custom ever been.
Chorus by Mary:
I'll take the Orange, you'll take the
Green,
And if Willie makes no mistake I'll
be Queen.

We are having the very best of
winter weather and everything is
lovely, in striking contrast to con-
dition of last winter. Best wishes to
all.

Asthma No Longer Dreaded.—The
dread of renewed attacks from
asthma has no hold upon those who
have learned to rely upon Dr. J. D.
Kellogg's Asthma Remedy. So safe
do they feel that complete reliance
is placed on this true specific with
the certainty that it will do all that
its makers claim. If you have not
yet learned how safe you are with
this preparation at hand get it to-
day and know for yourself.

Wedding Announcements and
Invitations of the finest quality
at The Guide-Advocate.

NERVOUS, IRRITABLE,
AILING WOMEN

Mrs. Britton Tells How She Was Restored To Health After
Suffering for More Than A Year.

Another Triumph for Lydia E. Pinkham's Vegetable Compound



Dimondale, Mich.—"I had
inflammation and a displace-
ment and weakness, and it
had been neglected so long
that it caused great pain, and
this affected my mind and
nerves so that I was very
irritable. I had severe pains
every month, so that I was
often obliged to lie in bed for
two days at a time. I suf-
fered for more than a year
before my friends said, 'Why
don't you try Lydia E. Pink-
ham's Vegetable Compound?'
So I purchased one bottle
after another until I had
taken ten bottles, then Lydia
E. Pinkham's Sanative Wash.
I received so much benefit
from this treatment that I
am now able to do my own
work."—Mrs. W. D. BRITTON,
R. No. 2, Dimondale, Mich.

Compound has relieved me of these nervous feelings and pains and I am much
better in every way. I don't know just how many bottles I have taken, but I
took it for nearly a year and it has done me a world of good."—Mrs. JESSIE
GRANGER, R. No. 3, Box 51, Kalamazoo, Michigan.

Good health is a woman's greatest asset. With it she may be the inspira-
tion of her husband, a happy mother, and the life of the home. Without it
she suffers agonies herself, household duties are a burden, and her family is
made miserable by her condition.

Is it any wonder that these women were nervous and irritable after suffer-
ing so long from such deranged conditions? Such ailments act directly upon
the nerves, and it has been said that a large percentage of nervous prostra-
tion, nervous dependency, "the blues," and nervous irritability of women arise
from some derangement of the female organism.

If women who are in this condition would only profit by the experience of
others and take Lydia E. Pinkham's Vegetable Compound at once, much suffer-
ing and unhappiness would be averted, as everyone knows a nervous, irri-
table, ailing mother makes the home unhappy and her condition irritates
both husband and children.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar
to Women" will be sent to you free upon request. Write
to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts.
This book contains valuable information.

New Type all the time

OUR LINOTYPE in The Guide-Advocate office is going steadily
these days setting church reports, financial statements, auditors
reports and various other pamphlets and books. If you have not
already seen this wonderful machine, drop in any day and we'll
be glad to explain it to you. Then when you get a little
knowledge of the wonderful work it does, we know you will
always insist on your job work being Linotyped.

Persuasion Failed,
They Took to Force!

SHE was so proud
Of her first cake.
It was so light so
tempting!

But her young brothers
had an eye on it,
too, and —

You've simply got to
hide the cakes and
bread when they're
made from Cream of
the West Flour.

Maple Leaf Milling Co.,
Limited
Toronto, Winnipeg,
Brandon, Halifax

**CREAM OF THE WEST
FLOUR**

You can procure Cream of the West Flour
from the Watford Farmers' Co-operative
Association, Limited.

HER CASE
HOPEL

But "Fruit-a-tive
Health and

29 St. Rose

"I am writing you
to tell you how I
found my life to be
given up of hope of
ever. I was a terrible
Dyspepsia—had suff-
ered nothing I took
I read about "Fruit-
a-tive Health. After
of this wonderful me-
dicine, I am now
Madame ROSE
50c. a box, 6 for \$2.50.
At all dealers or a
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ciences, Bridge and Crown W-
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t of the natural teeth
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to Crown and Bridge W-
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of Dr. Siddall's office.

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Advocate office.

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CAREFUL attention to

reasonable and satis-

Orders may be left at the

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FOR SALE or

half wool and

parties that

seventy-five he-

dreded bred-

more than six t-

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good stock an-

boys. For fur-

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A Power of its

Electric Oil has

its own. All who

this and keep it by

valuable liniment

are innumerable a-

It has been prized

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Wedding Ann-

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