

### Health Restored by The Fruit Treatment



Fourteen years ago, Mr. James S. Delgaty, of Gilbert Plains, Man., was a nervous wreck. His system was shattered by Nervous Prostration, and he was reduced in weight from 170 to 115 pounds.

He wrote on May 15th, 1917, "Every medicine I tried proved useless until a friend induced me to take 'Fruit-a-tives.' I began to mend at once. After using this fruit medicine for three months, I was back to normal. I have never had such good health as I have enjoyed the past six years. We are never without a box of 'Fruit-a-tives' in the house."

Writing again on September 27th, 1923, Mr. Delgaty says, "I stand by my letter to you in 1917—I still recommend 'Fruit-a-tives.'"

"Fruit-a-tives" is a complete fruit treatment—being made of the juices of fresh ripe fruits and tonics.

25c. and 50c. a box—6 for \$2.50—at druggists or sent postpaid by Fruit-a-tives Limited, Ottawa.

#### 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.

**DR. G. N. URIE, B.A.,**

Licentiate General Medical Council United Kingdom. Member College Physicians and Surgeons of Ontario.  
Successor to Dr. W. G. Siddall  
Hours: 8.30 to 9.30 a.m.; 2 to 4 p.m. 7 to 8 p.m. Sunday by appointment.  
Office, Residence Main St., Watford Phone 32.

#### 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.

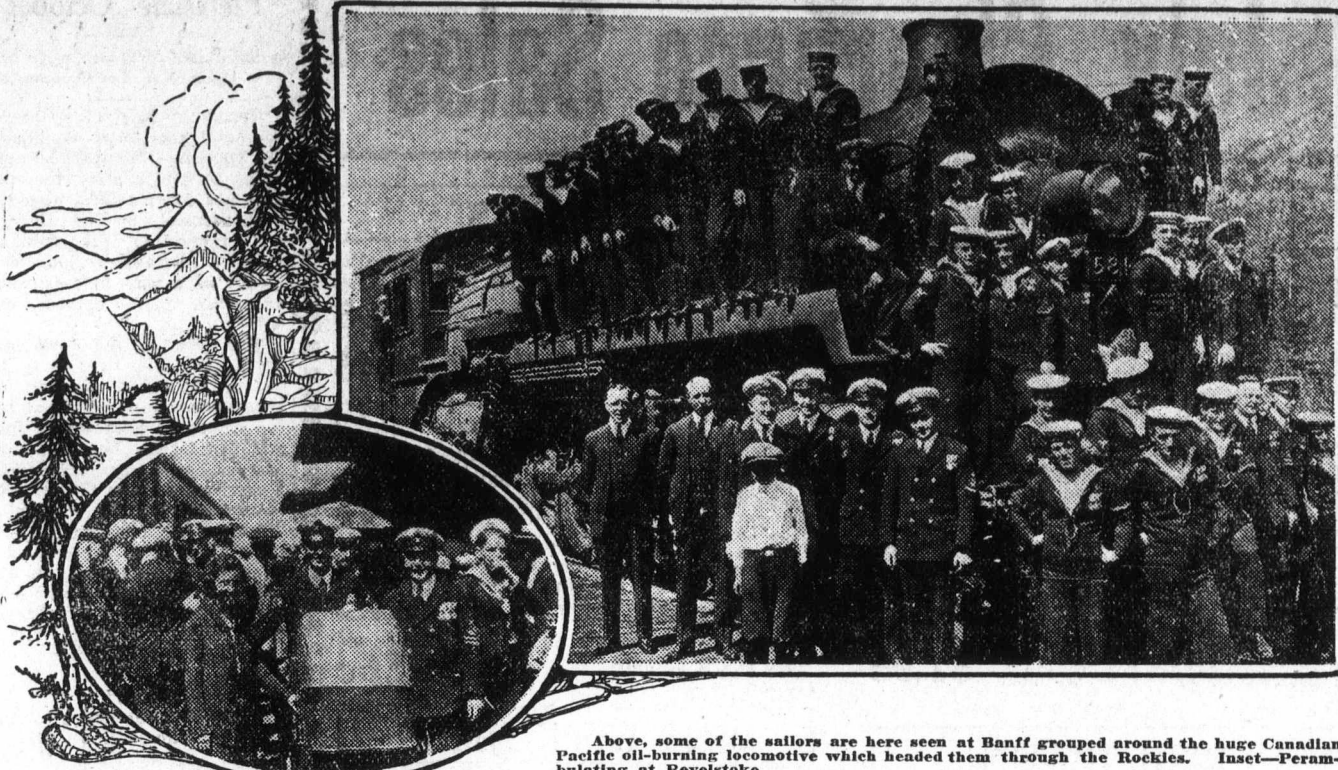
#### INSURANCE

**THE LAMBTON FARMERS' MUTUAL FIRE INSURANCE COMPANY**  
(Established in 1875)

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## Visiting Sailors Tour Canadian Rockies



Above, some of the sailors are here seen at Banff grouped around the huge Canadian Pacific oil-burning locomotive which headed them through the Rockies. Inset—Perimeter at Revelstoke.

Through the courtesy of the Dominion Government twenty-five officers and two hundred and twenty men of the British Service Squadron on tour were given a trip from Vancouver through the Rocky Mountains to Banff and back by special Canadian Pacific train, returning by way of the coast.

aid. All through the mountains the train was given most enthusiastic receptions from people lining the stations wherever it stopped and shouting their greetings from the smaller ones as it passed. During a stop of two hours at Revelstoke the entire crowd was taken to the top of Mount Revelstoke in automobiles. At Field it seemed impossible to get the train away, so anxious were the people to

heap flowers and congratulations on the men. Banff citizens met them with automobiles and showed them around at night on arrival and again in the morning when they visited the bathing pools. The reception at Calgary was equal to that accorded the visiting sailors all along the line, and all day they were entertained at receptions and banquets, closing the day with a ball at the Palliser Hotel

for the officers and a smoker at the armoury for the men.

Throughout the trip the sailors were as busy photographing as being photographed. All of them have travelled far and viewed the scenery of many lands, but they are unanimous in the opinion that the beauty of the Rockies—Banff National Park, Albert Canyon and so on, is superior and more grand by far than anything else they have seen.

No one need endure the agony of corns with Holloway's Corn Remover at hand to remove them. m

### THE SYMPTOMS OF IMPOVERISHED BLOOD

Show in Pale Faces, Tired Feeling and Breathlessness.

People who are pale, languid, with palpitation of the heart and shortness of breath at slight exertion are suffering from thin, impure blood. If they have the resolution to take the right remedy and stick to it, they will find new health and strength. The remedy that can always be relied upon is Dr. Williams' Pink Pills. With every dose they improve and invigorate the blood, and this new blood means health and strength. Mrs. A. Griffiths, Uxerston, Man., is one of the many thousands who have proved the value of these pills. She says: "I was so badly run down in health that I was almost bedfast. The least exertion would leave me breathless. I suffered from headaches and backaches, and had no appetite. I could only drag about the house and found even light housework almost impossible. I tried several remedies, but they did not do me a particle of good. Then a friend came for a visit and she urged me to try Dr. Williams' Pink Pills. When I had finished the second box I could feel that they were helping me. By the time I had taken four boxes more I was a well woman and every symptom of my trouble had disappeared. It would not be possible for me to say too much in favor of this medicine, and I always recommend it to run-down people, and have seen it prove just as satisfactory in other cases."

If you are weak and run down you can begin getting new strength today by taking Dr. Williams' Pink Pills. Sold by all druggists or sent by mail at 50 cents a box by writing to The Dr. Williams' Medicine Co., Brockville, Ont.

### Have You Tried Our Malto Cream Bread

IT'S REAL -  
Not an Imitation

**F. H. Lovell**

Bakery and Confectionery

#### CANADIAN NATIONAL RAILWAYS

##### TIME TABLE

Trains leave Watford station as follows:

**GOING WEST**  
Accommodation, 111.....8.42 a.m.  
Chicago Express, 17.....11.59 a.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.  
J. 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 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.

#### TENNIS

**SARNIA GENTLEMEN WIN THEIR MATCHES BUT WATFORD LADIES MAKE REDRESS**

(Sarnia Canadian-Observer)

Sarnia swept the tennis events at the local courts here on Wednesday when they won 8 matches to the one victory registered by Watford in the Lambton league fixture. In the friendly matches between the ladies of the two clubs Watford made redress, defeating the Sarnia ladies 5-1.

**Men's Singles**  
Cooke, Sarnia, won from Connolly, Watford, 6-3, 6-2.  
Fotheringham, Sarnia, won from Bowles, Watford, 4-6, 6-0, 6-2.  
Higgins, Sarnia, won from Kinnell, Watford, 6-1, 6-0.  
LeSueur, Sarnia, won from Brown Watford, 6-4, 6-1.  
Finch, Sarnia, won from Gale, Watford, 6-0, 6-0.  
Smith, Sarnia, won from Siddall, Watford, 6-0, 6-0.

**Men's Doubles**  
Connolly and Bowles, Watford, won from Cooke and Fotheringham, Sarnia, 6-2, 6-3.  
Higgins and LeSueur, Sarnia, won from Kinnell and Brown, Watford, 6-1, 6-3.  
Finch and Smith, Sarnia, won from Siddall and Gale, Watford, 6-3, 6-0.

Men's events—Sarnia 8, Watford 1.

**Ladies' Singles**  
Mrs. LeSueur, Sarnia won from Mrs. Connolly, Watford, 6-1, 6-2.  
Miss Connolly, Watford, won from Miss Henderson, Sarnia, 6-4, 5-7, 6-1.  
Miss Bowles, Watford, won from Miss Flesher, Sarnia, 6-3, 6-2.

**Ladies' Doubles**  
Mrs. Connolly and Mrs. Bowles, Watford, won from Mrs. LeSueur and Miss Henderson, Sarnia, 3-6, 6-4, 6-3.

Misses. Connolly and Tanner, Watford, won from Misses. Flesher and Knowles, Sarnia, 2-6, 6-3, 6-2.

Ladies' events, Sarnia 1, Watford, 5.



**MURINE You Cannot Buy New Eyes**  
But you can Promote a Clean, Healthy Condition  
**FOR YOUR EYES**  
Use Murine Eye Remedy  
"Night and Morning."  
Keep your Eyes Clean, Clear and Healthy.  
Write for Free Eye Care Book.  
Murine Eye Remedy Co., 9 East Ohio Street, Chicago

#### SUMMER HEAT

##### HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

##### FALL FAIR DATES

Strathroy .....Sept. 15-17  
WATFORD .....Sept. 18-19  
Petrolia .....Sept. 22-23  
Wilkesport .....Sept. 23  
Sarnia .....Sept. 24-26  
Brigden .....Sept. 29-30  
Forest .....Sept. 30 Oct. 1  
Thedford .....Oct. 2-3  
Wyoming .....Oct. 2-3  
Florence .....Oct. 2-3  
Alvinston .....Oct. 6-8  
Indian Reserve (Sarnia).....Oct. 7-8

### Alum Cure For Tobacco Habit

Who'll Try It?

The Toronto Star gives the following recipe for those weaning themselves from the tobacco habit. Dissolve a teaspoonful of alum in a cup of hot water; let the solution cool, and use it frequently as a gargle and mouth wash, whenever the ravenous desire for a smoke come upon you; also touch the palate, the gums and the "itchy" parts with glycerite of tannin or quince jelly. To assuage the gnawing in the gullet and the stomach, eat a few crackers with a glass of milk. Hot chocolate and an occasional indulgence in candies will be found beneficial. To succeed in destroying the appetite for nicotine you must resolve not to be discouraged if the desire returns after the first use of the gargle, but to persevere valiantly until the goal is reached. One of our readers, who had been a smoker for 25 years, used 15 cents worth of alum before he destroyed the appetite, but he thinks the result was worth many times the cost of the alum.

As a vermifuge an effective preparation is Mother Graves' Worm Exterminator, and it can be given to the most delicate child without fear or injury to the constitution.

### LAMBTON SCHOOL FAIR DATES

Euphemia, .....Sept. 8  
Cairo, .....Sept. 8  
Down, .....Sept. 12  
Rutherford, .....Sept. 12  
Moore, .....Sept. 15  
Moore Center, .....Sept. 15  
Plympton, .....Sept. 9  
Cambridge, .....Sept. 9  
Sarnia, .....Sept. 16  
North Enniskillen, .....Sept. 17  
Petrolia, .....Sept. 17  
South Enniskillen, .....Sept. 20  
Oil Springs, .....Sept. 20  
Sombra, .....Sept. 24  
Wilkesport, .....Sept. 24  
Bosquet, .....Sept. 25  
Jericho, .....Sept. 25  
Warwick, .....Sept. 27, & 29.

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