

SEVEN YEARS OF TORTURE

Headaches and Indigestion Ended By "Fruit-a-tives"

The Marvellous Fruit Medicine

Like thousands and thousands of other sufferers, Mr. Albert Varner of Buckingham, P.Q., tried many remedies and went to doctors and specialists; but nothing did him any good.

Finally a friend advised him to try "Fruit-a-tives"—now he is well.

He says in a letter: "For seven years, I suffered terribly from headaches and indigestion. I had belching gas, bitter stuff would come up in my mouth, often vomiting, and was terribly constipated. I took Fruit-a-tives and this grand fruit medicine made me well."

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent by Fruit-a-tives Limited, Ottawa, Ont.

Wedding Stationery

ANNOUNCEMENTS
INVITATIONS
CAKE BOXES
CARDS

Newest Designs
Finest Quality

The Guide-Advocate

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford station as follows:

GOING WEST	
Accommodation, 111.....	8.42 a.m.
Chicago Express, 17.....	12.40 p.m.
Detroit Express, 83.....	6.51 p.m.
(a) 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, 112.....	5.38 p.m.
(a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.	
C. W. VAIL, Agent, Watford.	

Sores Flee Before It.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Electric Oil. All similarly troubled should lose no time in applying this splendid remedy as there is nothing like it to be had. It's cheap, but its power is in no way expressed by its low price. m

UNEXCELLED IN THE DOMINION

ELLIOTT Business College

Yonge and Charles sts., Toronto.

It is noted for high grade preparation for choice business positions and for promptness in helping graduates to get employment. Open all year. Enter now.

W. J. ELLIOTT, Principal.

Central Business College

STRATFORD, ONTARIO

WINTER TERM FROM JAN. 2

The leading practical training school of Western Ontario. The school where you get a thorough course under competent instructors in Commercial, Shorthand and Telegraphy Departments.

We assist graduates to positions. Write for free catalogue.

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A. D. Hone

PAINTER AND DECORATOR
PAPER HANGING

WATFORD - ONTARIO

GOOD WORK
PROMPT ATTENTION
REASONABLE PRICES
ESTIMATES FURNISHED
SATISFACTION GUARANTEED

RESIDENCE—ST. CLAIR ST.

Women's Institute Programs, 1923-24

BROOKE BRANCH

JUNE
Paper, selected.....Mrs. M. Fisher
Making the Backyard Beautiful.....Mrs. W. S. Shugr
Roll Call.....Recipe for your favorite summer Salad

JULY
Hostess.....Mrs. D. McNeil

AUGUST
No meeting.

SEPTEMBER
Program by the Girls.....Miss Velma Annett
Hostess.....Miss M. Harrison

OCTOBER
The Effect of Dress on Character.....Miss B. Hair
Paper, selected.....Miss C. Ferguson
Apron Parade.
Prize given for best bouquet of flowers.
Roll Call.....Current Events.
Hostess.....Miss M. Harrison.

NOVEMBER
Hallowe'en Party.
Hostess.....Mrs. J. Searson.

DECEMBER
Report of Convention.....Mrs. H. MacLean
Paper, selected.....Mrs. J. Steadman.
Roll Call.....Labor Saving Dodge

JANUARY
The Sunny Side of Life.....Mrs. M. J. Campbell
How to Prepare a Christmas Dinner.....Mrs. H. J. Lett
Roll Call.....Recipes for Christmas Candy.
Hostess.....Mrs. C. A. Rundie

FEBRUARY
Speaker, subject selected.
The Farm Mothers' Working Program.....Mrs. D. MacDonald
Roll Call.....Selections from some Canadian Poet.
Hostess.....Mrs. M. J. Campbell

MARCH
Valentine Tea.
Roll Call.....Our Favorite Icing for Cake.
Hostess.....Mrs. H. J. Lett.

APRIL
Talk on Flowers.....Miss M. Harrison
"St. Patrick".....Mrs. C. A. Rundie
Roll Call.....An Economy Wrinkle.
Hostess.....Mrs. L. MacLean.

MAY
Scotch Poets.....Miss V. Annett
How I Benefitted from Nursing Course.....Mrs. J. Steadman
Candy Demonstration.....Mrs. Shugr, Mrs. Annett,
Mrs. W. S. Hair.
Roll Call.....Suggestions for next year's program.
Hostess.....Mrs. W. S. Shugr

MAY
Annual Meeting.
A Book I have recently enjoyed.....Miss Whitehead
Roll Call.....Renew your Membership.
Hostess.....Mrs. D. MacDonald.

WATFORD BRANCH

JUNE
Hostess.....Mrs. Tye
Roll Call.....Warm Weather Dishes or Drinks.
Paper, "Canadian Authors".....Mrs. Jno. Humphries
Demonstration, Fruit Salad.....Mrs. Mahon, Mrs. J. Elliot, Mrs. T. A. Adams

JULY
Hostess.....Mrs. A. Hay
Roll Call.....Conundrums or story.
Address, Influence of Dress on Character.....Mrs. Gillies

AUGUST
Community Singing, led by Mrs. Hicks
Hostess.....Mrs. J. D. Brown

SEPTEMBER
Annual Picnic
Lunch Committee.....All Members

OCTOBER
Hostess.....Mrs. R. A. McIntosh
Roll Call.....Kitchen Apron Parade in charge of Mrs. McCrae

NOVEMBER
Paper, "Mis-understood Children".....Miss Reid
Music

DECEMBER
Hostess.....Mrs. S. Harper
Roll Call.....How we spent Thanksgiving.
Report of Convention.....By Delegate
Music and Community Singing.

JANUARY
Hostess.....Mrs. P. J. Dodds
Roll Call.....Ideas for Inexpensive Gifts for Xmas
Visiting Institute entertained
Meeting to be held in afternoon.

FEBRUARY
Hostess.....Mrs. Angus Mitchell
Roll Call.....Ancient Events.
Paper, Canada West of the Rockies.....Mrs. T. G. Mitchell

MARCH
Hostess.....Mrs. (Dr.) Hicks
Roll Call.....Talk or Paper, Worry worse than work, led by Mrs. Fitzgerald

APRIL
Hostess.....Mrs. T. G. Mitchell
Roll Call.....Tasty Supper Dishes
Parliamentary Laws, Open discussion of laws.
Demonstration, Home-made buns.....Mrs. McKercher and Mrs. McCorkell

MAY
Hostess.....Mrs. Gillies
Roll Call.....Number of meetings attended during year.
Renew Membership. Fees.
Election of Officers.

WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Lydia E. Pinkham's Vegetable Compound has done me good in every way. I was very weak and run-down and had certain troubles that women of my age are likely to have. I did not like to go to the doctor so I took the Vegetable Compound and am still taking it right along. I recommend it to my friends and to any one I know who is not feeling well."

Mrs. THOMPSON, 303 Lizzie St., Winnipeg, Man.

When women who are between the ages of forty-five and fifty-five are beset with such annoying symptoms as nervousness, irritability, melancholia and heat flashes, which produce headaches, dizziness, or a sense of suffocation, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." c

Internal parasites in the shape of worms in the stomach and bowels of children sap their vitality and retard physical development. They keep the child in a constant state of unrest and if not attended to, endanger life. The child can be spared much suffering and the mother much anxiety by using a reliable worm remedy, such as Miller's Worm Powders, which are sure death to worms. m

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.

W. G. SIDDALL, M.D., Watford, Ontario. Office—Next to Public Library. Day and Night calls phone 26. 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., Watford. At Queen's Hotel, Arkona, 1st and 3rd Thursday, 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, 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. MINIALLY.....Director
THOMAS LITHGOW.....Director
GUILFORD BUTLER.....Director
JOHN PETER MEVICAR.....Director
JOHN COWAN K.C.....Solicitor

J. F. ELLIOT
ROBERT J. WHITE, Fire Inspectors
ALEX. JAMIESON
P. J. McEWEEN.....Auditors
W. G. WILLOUGHBY, Manager and
Watford Sec.-Treasurer
PETER MCPHEDRAN, Wanstead
Agent for Warwick and Plympton

BASEBALL GAMES AT WATFORD

- Monday, June 18 - Parkhill at Watford.
- Monday, June 25 - Strathroy at Watford.
- Friday, June 29 - Parkhill at Watford.
- Wednesday, July 4 - Strathroy at Watford.
- Friday, July 13 - Parkhill at Watford.
- Wednesday, July 18 - Strathroy at Watford.
- Friday, July 27 - Parkhill at Watford.
- Wednesday, Aug. 1 - Strathroy at Watford.
- Friday, Aug. 10 - Parkhill at Watford.
- Wednesday, Aug. 15 - Strathroy at Watford.

Gate Tax 25c

Waterworks Park.

5.30 sharp.