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 BARRISTER SOLICITOR, NOTARY PUBLIC
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R. GIBSON, M. D.
 Watford, Ont.
 Office and Residence, Main St.
 Eyes Tested for Glasses; Glasses Supplied.
 Private and Bell Phone Connections.

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

R. G. KELLY, M. D.
 Watford, Ont.
 OFFICE—MAIN STREET, formerly occupied by Dr. McLeay. Calls night or day at office.

CIVIL ENGINEER.
J. LEWIS THOMAS,
 Civil Engineer, Architect, and Surveyor,
 London, Ont.
 Clients waited upon for instructions by appointment free of charge, and first-class professional services guaranteed.

W. M. MANIGAULT,
 ONTARIO LAND SURVEYOR AND CIVIL ENGINEER,
 Box 800. STRATHROY, ONTARIO.

DENTAL.
F. B. Kenward,
 D. D. S., L. D. S.
 GRADUATE CHICAGO COLLEGE OF DENTAL SURGEONS and Royal College of Dental Surgeons, Toronto. Only the Latest and Most Approved Appliances and Methods used. Special Attention to Crown and Bridge Work. Office—Over Thompson's Confectionery, Main Street, Watford. Visits Arkona 2nd and 3rd Thursdays of each month.

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 D. D. S., Trinity University, 1593 Post Graduate in Bridge and Crown Work, Orthodontia and Porcelain Work—1899. Painless Extraction by use of Nitrous Oxide Gas and local anesthetics, preservation of natural teeth by the latest approved methods. Artificial Teeth inserted with or without plates. Careful Attention Given to Every Operation and All Work Guaranteed. Office—Over Thompson's Confectionery, Main Street, Watford. Visits Arkona 2nd and 3rd Thursdays of each month.

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 HONOR GRADUATE ONTARIO VETERINARY COLLEGE. Dentistry a specialty. All diseases of domestic animals treated on scientific principles. Office—One door south of the Guide-Advocate office. Residence—Main St., one door north of Dr. Gibson's office.

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.

T. V. RIDLEY,
 Licensed Auctioneer.
 For the County of Lambton.
 SALES attended in any part of the county. Terms reasonable, satisfaction guaranteed. Birnam P. O.

SOCIETIES.
WATFORD CAMP NO. 28
 C. W. W.
 Meets the Third Tuesday in every month at 8 p. m. in C. O. F. hall. Visitors always Welcome.
 J. D. BROWN, C. C. S. W. LOUKS, Clerk.

COURT LORNE No. 71
 Regular meetings the Second and Fourth Monday in each month at 8.00 o'clock p. m. Court Room, over D. G. Parker's Store, Main Street, Watford. J. J. KADY, C. R. J. H. HUME, R. S. J. E. COLLIER, F. S. J.

GRAND TRUNK RAILWAY SYSTEM
TIME TABLE.
 Trains leave Watford Station as follows:
 WEST. EAST.
 Accommodations. 8.44 a. m. | Buffalo Exp. 10.27 a. m.
 Accommodations. 9.00 p. m. | Accommodations 12.15 p. m.
 Chicago Express. 9.15 p. m. | New York Exp. 3.00 p. m.
 Accommodations 5.24 p. m.
THROUGH TICKETS
 To all the Principal points in Canada and United States on sale. Baggage checked through to destination. Choice of routes.
 Parties contemplating taking a trip to the Northwest or British Columbia would consult their own interests by calling at the G. T. R. station and getting rates.
D. O'NEIL Agent.
 WATFORD



Style and Accuracy In Eyeglasses
 By the use of our own patent eyeglass clip, we can fit any nose.
 Our specialists' examination of the eyes for glasses, for which there is no charge, cannot be equalled in Canada for accuracy.
THE TAIT-BROWN OPTICAL CO.
 EYESIGHT SPECIALISTS
 237 Dundas Street, London, Ont.

A REBUKE FOR PARENTS.
 In Canada, Says Rev. E. N. Burns, They Obey Their Children.

Hamilton, June 20.—"Parents shuffle off too much of their responsibility on to the Sunday School and Public School teachers," declared Rev. E. N. Burns in an address at a platform meeting, held in the Church of the Ascension School room last night in the interests of Sunday Schools.
 "In Canada," said the speaker, "parents obey their children. It is a disgrace to the city to see the hatless, gum-chewing and over-dressed girls and blase youths on the street on Saturday nights when they should be in their beds."
 He regretted that the practice of saying grace was falling away, that Sunday was rapidly becoming a day of pleasure and he deprecated the action of employers in making clerks and delivery boys work late on Saturday nights.

Tired, Off Color, Lacking in Strength.
 You feel real seedy. No snap, ambition or spirit. You've noticed your color is miserable. Noticed that your blood is thin, that you feel the cold, that trifles bother and worry you.
 You ought to be vigorous and ruddy,—you eat enough, sleep fairly well—but still that listless feeling hangs right on.
 To overcome this condition all the vital functions must be stimulated.
 You accomplish this by taking Ferrozone.
 How it makes the appetite jump.
 There follows as a natural consequence an abundant supply of rich red blood.
 Vitality and strength you'll soon find throbbing within you, because your food is digested so thoroughly that it's readily assimilated.
 You soon notice that your color is coming back, and endurance to, and soon the joy of life, health, vigor, strength—and with these come the old time zest for everything that makes life worth living.
 Ferrozone is a marvelous body-builder, blood-former and strength giver.
 Ferrozone, by supplying the aid the body needs to build up, gives the recuperative power that will enable you to do your work easily, and to maintain strength.
 Try it for a month.
 See if you don't find it just the thing you need to make you strong. Not a man, woman or child who needs more strength, better nerves and surer health who won't find it in Ferrozone. The nourishing tonic makes you feel like new—brings back the feeling of spirit and ambition you had years ago. Try Ferrozone, sold everywhere in 50c. boxes.

The Dilemma of Hi Grass.
 "By cotton!"
 Farmer Hi Grass sank down on the wash bench.
 "What's matter, Hi?" asked Mrs. June Grass.
 "I dunno what we're a-comin' to in this here flabbergasted kentry!" said Hi, biting off a large chunk of corn-cob.
 "Here I've gone an' got th' canned peas, th' condensed milk, th' potted chicking, an' everythin' all ready, an' by hunky! Thar h'aint a bloomin' summer boarder in sight, owin', I s'pose, t' this here flabbergasted weather!"

Old Offender Caught
 Impossible to escape being cured if you apply Patnam's Corn Extractor to the worst corn on record. Painless, safe and costs only a quarter in any drugstore.
 Alvin Brooke, left on Wednesday for the West Coast of Africa, where he will take up his duties as assistant manager of the large oil-drilling outfit. The manager of the company is Henry Drader, also an old Petrolia boy.

TO INSTRUCT THE FARMERS.
 Deputy Minister of Agriculture Out on a Lecturing Tour.
 C. C. James, deputy minister of agriculture, is at present making a tour through some of the eastern counties, consulting with the county councils with respect to agricultural classes and the addition of agricultural teachers to the staffs of high schools. The towns of Morrisburg, Perth, Lindsay, Collingwood, Galt and Essex Centre were chosen by the educational department a short time ago as locations in which to establish agricultural classes in connection with high school work, and it is to rouse the interest of the farming community in this movement that Mr. James is making his trip. He will deliver addresses at Perth and Morrisburg before his return.

A Useful Flower Fertilizer.
 Plants coming into bloom during the end of June and July often require some fertilizer. In the case of the verandah boxes (and even garden beds where they are, very near the house) there often are objections to the use of the ordinary fertilizers, which have a more or less unpleasant odor. For such purpose it is possible to make a very useful fertilizer by mixing one and one-half ounces of nitrate of soda, one-half ounce of phosphate of soda and one ounce of sulphate of potash. Pulverize the material thoroughly and mix perfectly. When you are ready to use it put a heaping tablespoonful in a gallon of hot water, and let it cool, by which time it should be completely dissolved. When it is cooled pour in on the plants. A teaspoonful is enough for almost any flowering plant. Do not let it touch the foliage, and do not use it oftener than once in two weeks.

The Origin of Gall Stones.
 They are simply dried bile, made up of crystalline constituents of that fluid. Very common is this disease among merchants, clergymen, shop girls and those of sedentary habits. Prevention consists in maintaining correct action on the liver and bowels, which is the best accomplished by Dr. Hamilton's Pills. No person using this medicine need fear gall-stones, nor will they ever be bilious. Sound digestion, good appetite, a clear color will evidence the health giving properties of Dr. Hamilton's Pills, which are the safest and best for general family use. Insist on having only Dr. Hamilton's Pills of Mandrake and Butternut, 25c per box at all dealers.

WILSON'S FLY PADS
 Kill them all. No dead flies lying about where used as directed.
 SOLD BY DRUGGISTS, GROCERS AND GENERAL STORES
 10c. per packet, or 3 packets for 25c. will last a whole season.

BREAD AND BUTTER BETTER THAN BEEF.
 Doctor Makes Startling Comparisons of Foods to Illustrate Alimentary Values.

Boston, June 10.—Startling comparisons illustrating the comparative nourishing properties of different foods are made by Dr. Franklin W. White in a lecture which he has delivered before the students in the Harvard Medical School. Some of them follow:
 Slices of bread and butter equals in nourishment:
 Three good slices of beef.
 Twenty cups of beef tea made from beef extract.
 Half a glass of milk.
 One and one-half eggs.
 Small plate of baked beans.
 Sixteen oysters.
 Eleven cups of home made beef tea.
 One pound of beef equals one-sixth of a pound of butter in nourishment.
 Good oleomargarine is better than poor butter.
 Cabbages or potatoes are more than eighty per cent. water.
 Tomatoes, lettuce, and cucumbers contain practically no nourishment.
 Cereals, beans, nuts, cheese, are at least four-fifths solid nourishment.
 Fish, when dear, is very expensive, there is so much waste.
 Codfish at eight cents a pound is worth as much as halibut at thirty cents.
 Artificial foods in the forms of tablets are worthless.
 Fat foods contain twice as much energy giving properties as other kinds of foods.
 Common fruit does not contain much nourishment.
 The banana is less nourishing than the orange.
 Potatoes and carrots are not readily absorbed by the body forty per cent. of the carrot being waste.
 Cabbage is not easily digested and much of it is waste.
 The mushroom is not fit for food. It is indigestible.
 For twenty-five cents the most nourishment can be got from the following foods in the order named: Cereal, beans, potatoes, rice, milk, butter, fish and meat.

Are You Subject To Stiffness?
 Perhaps it is in the neck or shoulders. First thing is a good rub with Nerviline. No more speedy remedy can be adopted. When applied to the muscles Nerviline gives them flexibility and vigor; inflammation, soreness and stiffness disappear. "Whether in the chest or throat nothing can surpass Nerviline," writes O. R. Denton, Lumber Merchant at Oak Bay, N. B. "Rubbed on at night, trouble is gone by morning. I have proved Nerviline a great medicine." Everyone says the same, and Nerviline always makes good, 25c bottles sold everywhere.

Resists Wind
 Sold By Geo. Chambers, DEALER IN LUMBER and COAL. Planing Mill and Chopper, IN CONNECTION.
 Commercial Stationery of all kinds At the Guide-Advocate Office.

DAIRY SUPPLIES

This promises to be another profitable year for dairymen. It is therefore wisdom on the part of those engaged in the industry to be ready when the season opens to send as much milk to the factory as possible. If you have not got everything you require for the proper care and handling of milk we are prepared to supply you with

Milk Cans, Pails, Pans, Dippers, Strainers, Creamers, Coolers, Churns, Butter Bowls, Ladles, Thermometers, etc.

BUILDERS

We have a full stock of Builders' Hardware suitable for all classes of work. Also Paints, Oils, Glass, etc.

We invite your patronage and promise you good service and fair treatment.

T. DODDS
 Leave us your order for Eave-troughing.

CONTRACTORS

AND BUILDERS

And those who are contemplating building will bear in mind that we are in a position to offer you building material at close prices.

SPECIAL BARGAINS IN CEDAR POSTS.

WE HANDLE THE BEST PENNSYLVANIA COAL.

Place your order for spring delivery.

M. A. LAWRENCE.
 1870, Established 1870

Furniture That Satisfies

Is our hobby and we know that our showing will please you no matter how exacting your taste may be. The very newest designs in

Sideboards, Buffets, Dining Tables and Chairs

are now on our floors. If you need a new piece of furniture we would be pleased to have you call and see our new spring stock which is arriving daily. You cannot afford to experiment with furniture. Buy where you know goods to be right in quality and right in price.

H. A. COOK,
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