

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.....11.25 a.m.
Express.....2.50 p.m.
Accommodation, No. 112.....6.08 p.m.
J. E. McTAGGART, Agent, Watford.

MEDICAL

DR. A. C. JOHNSTON M.D., C.M.
(Successor to Dr. Jas. Newell)
Office—Dr. Newell's former office, corner Main and Front sts., Watford. Postgraduate of New York and Chicago postgraduate hospitals. Phone 35w.

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.

INSURANCE

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

JOHN W. KINGSTON.....President
JAMES SMITH.....Vice President
ALBERT G. MINIHELLY.....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
ROY E. McPHEDRAN, Wanstead
Agent for Warwick and Plympton

Praises this Asthma Remedy. A grateful user of Dr. J. D. Kellogg's Asthma Remedy finds it the only remedy that will give relief, though for thirteen years he had sought other help. Years of needless suffering may be prevented by using this wonderful remedy at the first warning of trouble. Its use is simple, its cost is slight, and it can be purchased almost anywhere.

WE SELL

Counter Check Books

AT LESS THAN THE COST OF POSTAGE STAMPS!

Phone Us Your Orders
The Guide-Advocate

An Oil for All Men.—The sailor, the soldier, the fisherman, the lumberman, the out-door laborer and all who are exposed to injury and the elements will find in Dr. Thomas' Electric Oil a true and faithful friend. To ease pain, relieve colds, dress wounds, subdue lumbago and overcome rheumatism, it is excellent. Therefore, it should have a place in all home medicines and be amongst those taken on a journey.

Use the Want Ads., one cent a word.

You Buy Flavor

when you buy delicious

"SALADA"

It is really unique among teas. Pure and rich yielding. Three hundred cups to the pound.

MARTIN-SENOUR WOOD-LAC STAIN

for Furniture—Floors & Woodwork
Write to Head Office, Montreal for Free Booklet
HOME PAINTING MADE EASY



SOLD BY
J. McKERCHER
WATFORD, ONTARIO

Let us assist you in your Spring Decorating. See our large stock.



Baby Chicks

WE CAN SUPPLY YOU WITH CHICKS FROM SOME OF THE BEST FLOCKS IN CANADA IN THE FOLLOWING VARIETIES AT POPULAR PRICES

White Leghorns (April and May) 20c each (Tancred Strain) \$18.00 per Hundred

White Wyandottes (April and May) 24c each (Jarroth Strain) \$22.00 per Hundred

Barred Rocks (April and May) 23c each (O. A. C. Strain) \$20.00 per Hundred

Custom Hatching 5 cents per egg

DEPOSIT OF 10% REQUIRED WITH ORDER

Satisfaction Guaranteed—If Eggs are Fertile and Fresh

W. R. STAPLEFORD

WATFORD, Ontario

Phone 25W

The Women's Institutes had an important task in introducing labor-saving devices into farm houses. Through gentle agitation as a body of women, the Institutes persuaded the men of the farms to see that labor-saving devices were as important in the farmhouse as out of doors. As a result, housework on the farm has become easier and the farmer's wife has more time to take her place in the community. And all this because a little group of women with vision began the Women's Institute movement at Stoney Creek over 25 years ago.

Mr. Joe LaMantia, Strathroy, fruit merchant, had an expensive accident last week. Late Saturday night he placed his cash, some \$280, in an envelope and dropped the envelope into a wastepaper basket in his store for safe-keeping over the weekend. He never thought of the money at any time while he was in the store during the first part of the week. When he went to get it, he discovered to his horror, that the contents of the basket had been burned by his clerk in tidying up. About \$30 in silver was salvaged from the ashes, but the bills were a total loss.

HELP! We're Busy

Help Us by Giving Your Printing Orders Early

APRIL and May have been exceptionally busy months in your local printing plant and many of our customers have been considerably inconvenienced for a few days by our being unable to get their orders through on time.

While we have constantly endeavored to give all our customers prompt delivery of their printing orders, the capacity of any plant, no matter how large, can be easily taxed.

We appreciate the splendid co-operation and consideration extended to us by all our customers after they were aware of our splendid rush of business; we also appreciate the compliments extended by many who were apparently surprised with such service as they received under the circumstances.

The month of June is always a very heavy one for printers, and this year promises to be no exception to the rule. WE WOULD, THEREFORE, ASK ALL OUR CUSTOMERS TO PLACE THEIR ORDERS AS EARLY AS POSSIBLE, in order that we may maintain that prompt delivery service which is so essential to both the customer and ourselves.

Guide-Advocate

SHORT LESSONS IN LAWN TENNIS

by
Captain R. Innes-Taylor
(Copyrighted 1925)

(Continued from last week)

16. Follow Through.
We come now to one of the most difficult things for the beginner to learn, namely to continue the stroke after the ball has been hit. A beginner will feel after he has hit the ball, that as far as he is concerned he cannot control it any further, and he will proceed to recover his balance as quickly as possible. Although it is obvious that after the ball is hit your continued swing does not fundamentally govern the ball's flight, the mere fact that you carry through ensures your applying the stroke perfectly at the moment of impact. If you just strike the ball without any follow through it has the effect of drawing the racquet away before you have exerted your maximum power. It is exactly the same as in golf. In both golf and tennis the stroke must be conceived and carried out as a whole, and to rob it of concentrated effort in its final stage is to induce a state of mental slovenliness which is almost certain to react on perfect execution up to and at the instant of impact.

17. Volleying.
After you have more or less mastered your fore and backhand drives, and have achieved consistency in your service, you may take up volleying. Volleying differs very much from driving in that there is very little stroke in the blow. Good volleying consists rather of rapid and clever anticipation of where the ball is going to drop so that your racquet, firmly held, can intercept it at the correct angle.

You need to use your wrist in volleying and the racquet should be held at a point further in front of the body than for a driving stroke. Incessant practise is essential to successful volleying. Get your young brother or sister, or any member of the family, to come out on the court and throw balls up in the air for you for a quarter of an hour every day. Gradually you will come to judge the speed and position of the ball; you will time it properly, balance yourself, and at the psychological instant in its downward flight give it a smart, swift blow, downward and forward. And be sure to carry through.

18. Volleying After Service.
If you have developed a service so good that it justifies you following it up to the net, you will have many chances to cultivate your volleying. It is quite useless to go to the net on a short ball, whether it is a service or a drive, but whilst you are practising it is well to go up on everything as it will help you develop a service that will justify your going to the net.

Possibly the best service to go to the net on is the American service, which was first invented by Holcombe Ward. This service has not only break but kick as well. It was developed in a great degree by Morrice McLaughlin and in these days, probably Patterson has the best service of this kind. I am not, however, advocating that this service should be used alone. It is very tiring, and I have often seen players, who used it, completely exhausted before the end of the match.

This service is made by swinging the arm behind the back and striking the ball as it swings upwards and forwards and from the right to the left as the racquet passes from behind the right shoulder till it passes in front of the head. The ball must be struck as the racquet has this upward movement. This produces the over spin which is essential to the American service.

19. The Lob.
Should your opponent run up to the net to volley, there are two things you can do. Either lob the ball over his head or, if you are expert enough, endeavor to drive so fast and accurately that you pass him down the side line without your ball going out of the court. The mistake most players make in lobbing is that they do not hit the ball high enough in the air. A good lob should be well out of reach of your opponent and should drop near the corner of the base line on your opponent's court from which point it is much more difficult to make an effective return than from the centre of the court.

The Kinsey Brothers of California have been ranked in the last few years, quite high in the United States, and their success is much due to effective lobbing at the right moment. They lob high and put a bit of running under-top on, which makes the ball jump forward when it hits the ground. Colonel Foulkes, who has won more championships than any other Canadian, relies much on the lob, at which he is an expert, and which has enabled him to defeat many fundamentally more brilliant players.

20. Fancy Strokes.
I cannot impress too strongly on my readers the fallacy of attempting fancy strokes. The simpler and orthodox strokes are much easier to learn and much more effective in practise. The player who makes a point of attempting slashing strokes all the time and hitting the ball as hard as he can, is sure to make a failure of the game.

It will take you thousands of practise strokes to learn to master one

orthodox stroke effectively. And it will take you even just as much time to acquire proficiency in any fancy strokes. As the latter can at best be used only occasionally in the course of a game, you would need to have unlimited time at your disposal, indeed, to warrant your devoting much attention to them.

Practise your forehand and backhand drives by knocking the ball against a blank wall, as Wilding did in his early days; this is not only the best way to perfect your strokes, but will give your eye proper training and teach you quite a bit about the bound of the ball and its flight through the air. The latter are two points to study. You have to judge the distance on every stroke for if you let the ball get too close to you, you will not be able to stroke freely.

21. Pace.
A great many players consider that for pace it is necessary to use the wrist, and although both the wrist and fore-arm play an important part in adding pace, in that they help to give the proper top to the ball at the last moment by bringing the racquet above the ball, it is, however, the proper use of the body swing and follow through with the racquet that really gives speed to a return.

S. H. Smith, probably had the finest forehand drive that has ever been seen in lawn tennis and his wrist was quite firm at the time the stroke was made. Smith, by the way, never took any notice of the man on the other side of the net when playing a shot, particularly if he was running up to the net. He would simply send his return down to a certain spot as fast and as truly as he could and whilst he was playing on the English Davis Cup team, defeated quite easily the best volleyers that the United States had.

Perfect timing with body swing and follow through, have more to do with pace than anything. H. L. Doherty got more pace on the ball with less effort than any player I have ever seen, just from perfect co-ordination of these principles.

(To be Continued)

PAINS ACROSS THE BACK

Relieved by Lydia E. Pinkham's Vegetable Compound

Mitchell, Ontario.—"I have taken your medicine for a number of years. I do not take it steady all the time, but I am never without it. I always keep it in the house. I took it first for pains in the abdomen and bearing-down pains, headaches and pains across the back. I have my home to look after and many a day I could not get up at all. I saw the advertisement in the paper about Lydia E. Pinkham's Vegetable Compound, and Mrs. John Miller told me about it, too. Every time I take it, it makes me feel better and I always recommend it to my friends. I am willing to answer letters from women asking about this medicine and you may use this letter as a testimonial."—Mrs. F. J. WASSMANN, Mitchell, Ontario.

The merit of Lydia E. Pinkham's Vegetable Compound is told by women to each other. Many women know by experience what this medicine will do and they are anxious for others to know.

Such testimony should cause any woman suffering from the troubles so common to her sex to give this well-known medicine a fair trial.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes."

This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.

"DIAMOND DYE" IT A BEAUTIFUL COLOR



Perfect home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades or boil to dye rich, permanent colors.

Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hanging, everything new.

Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color, is wool or silk, or whether it is linen, cotton, or mixed goods.

Miller's Worm Powders can do no injury to the most delicate child. Any child, or infant in the state of adolescence, who is infested with worms can take this preparation with out a qualm of the stomach, and will find in it a sure relief and a full protection from these destructive pests, which are responsible for much sickness and great suffering to legions of little ones.

Try the Want Ads. for quick results. One Cent per word each insertion.

ES CERS

shops at ducts at a

per 100

59c LB

69c LB

75c LB

45c

25c

15c

55c LB

25c

74c