

## CONSTIPATION AND HEADACHES

Completely Relieved by this Grand  
Fruit Medicine, "FRUIT-A-TIVES"



MR. ALFRED DUBOISSEAU

482 St. Catherine St. E., Montreal.  
"For three years, I was a terrible sufferer from indigestion, constant headaches and constipation. I took various medicines for the trouble but nothing seemed to do me any good."

Then, a friend advised me to try 'Fruit-a-tives'. Now I am free of indigestion and headaches, the constipation is cured, and I have gained considerable weight; and my general health is fine.

'Fruit-a-tives' is a grand medicine and I cannot say enough in its favor."

ALFRED DUBOISSEAU.

'Fruit-a-tives' are made from fruit juices and valuable tonics—and are pleasant to take, their action being gentle and mild, yet always most effective.

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

### WESTERN ONTARIO BEST COMMERCIAL SCHOOL

## Central Business College

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Our winter term commences Tuesday, Jan. 4th, and students may register in our Commercial, Shorthand or Telegraphy departments at any time. Our courses are thorough and practical, and we assist graduates to positions. Get our free Catalogue.

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

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FIRE, ACCIDENT and  
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W. G. WILLOUGHBY, MANAGER AND  
WATFORD, SEC. TREASURER  
PETER McBRIDE, WATFORD P.  
Agent for Warwick and Pympton.

## Androck Corner

Messrs. J. W. Bate and W. L. Millar have returned having paid their respects to Uncle Sam.

Mr. Bert Atkinson steamfitter for Bennett & Wright, was taken suddenly ill the other day while at work in our new factory.

The "Swat the Fly" campaign will be carried on in earnest this season judging by the number of Swatters turned out from this factory.

Seems to us those Postmasters at Watford and Watford must get writers cramps readdressing letters to Watford if our mail is a fair sample.

The latest addition to our concern is "Messrs. Cooke and Cook", caterers. They are reported as being onto their job but we wonder where the unfortunates are who suffered during their apprenticeship.

We note with interest every detail that tends to the completion of our light, airy new office. The staff looks forward with pleasure, despite the horrors of housecleaning, to occupying it in the near future.

From the amount of interest shown in this newly formed Watford Horticultural Society it looks like we are going to have to step lively this coming summer to keep up with the Jones' but we will welcome all the rivalry possible along this line and hope that on many lawns we will see two flower beds where there were none before.

What is this we hear about prospects of a new skating rink for next winter? Well, we are certainly strong for it and can assure the promoters very close to 100% patronage from our employees. Further we hear talk around the shop of an Androck Hockey Team if there is a new rink. The management says they will back the team and—well when Androck people all get together to do something it's almost invariably a success, isn't it? (The Girls Baseball Team is one instance.)

Listen and we'll tell you a Fable with more Truth in it than Usual. "Once Upon a Time there was a Superintendent and a Manager visiting in a Far Country who accepted with much joy an invitation to ride in their Boss's Big Car for in their Own Land they seldom got a chance to ride in Anything except a Flivver with a Winter Overcoat of Mud and a Contrary Disposition. For several miles they made the High Rate. The much Elated Passengers threw out their chests until the Buttons on their Sunday Vests were in Jeopardy. But they took the Wrong Turn and struck a piece of Bad Going where the Thrifty Natives had been working out their Poll Tax under pretense of Improving the Highway. The effect was so like Main street it made the Superintendent and Manager Much Homesick. The Big Car put forth an Honest Effort to find its Way Out but didn't seem to know the Correct Symbol. It finally made a Standing Broad Jump and landed Crosswise of the Aligned Road with the Rear Wheels firmly stuck in the Deepest Ruts in the Country. Thereupon the Front Wheels declared a sympathetic strike. The Superintendent and Manager got out to Lift the Wheels out of the Frozen Ruts but it wasn't a Flivver. They tried to Reason with it but to no avail. They tried Alternately and Collectively, Threats, Fence Boards, Cajolery and a Jack but the Big Car was a Stand-patter. The Winter Wind grew Decidedly Chilly and Morale of the Trio was at Low Ebb for the evening was Well Spent, also their Energy. But, Gentle Reader, Dry those tears! At this Juncture a Good Fairy appeared in the form of a man with a lantern and Some Words of Wisdom about Chains doing More Good on the Wheels than under the Seats; whereupon the Passengers fell for these Wise Teachings of the Good Fairy and were soon back on the Concrete again. As the Milk Man was leaving the Morning Bottle at the home of the Big Boss he saw Three Silent Men hovering around a Fire Place and from the Look on their Faces he figured they were Collectively trying to Forget Something. Moral—Beware the Big Car if your knowledge of Automobiles is limited to a few Funny Stories on the Ford.

There is surely not a bigger question in Canada today than that of exchange. There are certain commodities like coal and raw materials that necessity forces us to buy in the United States. On these we must pay tribute. We buy much else that could better be bought in Canada. and on this we pay tribute too. The only way to make the Canadian dollar a 100% dollar in the United States, is to cease absolutely the purchase of goods and commodities in that land that we can do without. If every Canadian would resolve to do this the Canadian dollar would soon look the United States dollar in the eye. You know that. Everybody knows that. But how are the Canadian people going to be jarred into a consciousness of it?

### E. L. COUNTY ORANGE LODGE OFFICERS

East Lambton County Orange Lodge was held in Watford on Tuesday evening, February 1st, with a large attendance of members. After the year's business had been finished the officers were then elected for 1921. Past County Master Bro. Albert Hawkins took the chair for the election and installation of officers took place as follows:

Past County Master—Bro. James Wallis.  
County Master—Bro. William Neil.  
Deputy County Master—Bro. Paul Kingston.  
Chaplain—Rev. Bro. Shore.  
Recording Secretary—Bro. Gordon Smith.  
Finance Secretary—Bro. William Swan.  
Treasurer—Bro. Foster Smith.  
Director of Ceremonies—Bro. Claude Newell.  
First Lecturer—Bro. Eleton Freer.  
Second Lecturer—Bro. Arthur Higgins.

Short addresses were given by the newly elected officers, after which refreshments were served by the ladies.

### THE CRITIC

A Watford man says the paper he borrows ain't put up right. He finds a lot of fault, he does, perusing it at night. He says there ain't a single thing in it worth while to read. And that it doesn't print the kind of stuff the people need. He tosses it aside and says its strictly on the bum— But you ought to hear his holler when the neighbor's paper doesn't come. He reads about the wedding and he snorts like all get out. He reads the social doin's with a most derisive shout. He says they make the papers for the wimmen folk alone; He'll read about the parties and he'll fume and fuss and groan. He says of information it don't contain a crumb— But you ought to hear him holler when the neighbor's paper doesn't come. He's always first to borrow it and he reads it clear plum through. He doesn't miss an item on a want ad.—that is true. He says: "They don't know what they want, them darn newspaper guys, I'm going to take a day sometime and go and put them wise. Sometimes it seems as if they must be deaf and blind and dumb"— But you ought to hear him holler when the neighbor's paper doesn't come.

### STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Read the Guide-Advocate "Wants."

### Children Cry for Fletcher's

# CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

### What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

### GENUINE CASTORIA ALWAYS

Bears the Signature of

*Chas. H. Fletcher*

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THE CENTAUR COMPANY, NEW YORK CITY

## CREAM *of the* WEST FLOUR



The flour you "knead" for bread

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

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

## Still Coming Down

St. Charles Evaporated Milk	20c
Silver Cow Condensed Milk	28c
Eagle Brand Condensed Milk	30c
Non-Alcoholic Flavor Extracts	2 for 25c
French Peas (imported)	20c
American Tomatoes (2 lb.)	11c
Large Prunes	18c
Lager Figs	25c
2 lb. tins Syrup	30c
5 lbs. Pure Honey	\$1.25
2 lbs. Black Tea (wonderful value)	75c

N. B. Howden Est.

## TO WOMEN OF MIDDLE AGE

This Woman's  
You How To  
Crisis S

Lascelles, P.Q.—"of Life I felt so weak could hardly do my aspiration would pour that I couldn't see. We live on a farm, so but many who felt a been in bed. I took L Vegetable Compound world of good. I tri but I put Vegetable C them all, and I tell how much good it Mrs. DUNCAN BROWN Quebec.

Such warning symptoms suffocation, hot flashes, backaches, dread of timidity, sounds in the of the heart, sparkling irregularities, constipation, weakness and be headed by middle Let Lydia E. Pinkham pound carry them crisis as it did Mrs. E.

You are invited to w No other medicine successful in relieving as has Lydia E. Pinkham Compound. Women and helpful advice by E. Pinkham Medicine

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Office—Main st. R

street, east.

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