FRIDAY, JANUARY 11, 1924

Bread is Your Best Food ! **Eat More** of it.

Phone 73 and have our wagon call.

20% DISCOUNT on Counter Check Books if ordered from us during December. Can you afford to lose 20%? Phone 11w to-day-this grand chance will be withdrawn by the manufacturers any day. — The Guide-Advocate, local agent.

START NOW! GET READY FOR A BUSINESS CAREER BY ATTENDING ELLIVII Rusiness College Yonge and Charles sts., Toronto.

Our former Graduates have succeed ed. You can also. We admit students at any time. Write for particulars. W. J. ELLIOTT, Principal.

MEDICAL

JAMES NEWELL, PH.B., M.D., L.R.C.P.& S., M.B.M.A., Emgland, Coroner County of Lambton, Wat-ford, 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 Lib-rary. Day and Night calls phone 26. Office hours-0.30 to 9.30 a.m., 2 to 4 and 7 to 8 p. m. Sundays by ornegistre ext appointment.

DR. HAMLET D. THOMPSON Physician and Surgeon .334 Oakwood ave., TORONTO. Phone Hillcrest 7012 Office Hours: 9a.m., 1-3, 7-8 p.m. 6m-d12jan

DENTAL

WEAK, RUN DOWN AND AILING Thirsday-

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C. -- "I took Lydis E. Pinkham's Vegetable Compound because I was fired and run-down. I had head-aches and no appe-tite and wastroubled for two years with

for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I nothing did me any real good. While I was living in Waah-ington I was recom-mended byastranger to take Lydia E. Pinkham's Vegeta-ble Compound. I am stronger and feel fine since then and am able to do my housework. I am willing for you to use these facts as a testimonial."-Mrs. J. C. GREAVES Port Mann. B. C. J. C. GREAVES, Port Mann, B. C.

Feels New Life and Strength Feels New Life and Strength Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pink-ham's Vegetable Compound and I also used Lydia E. Pinkham's Sanstive Wash. I am able to do my work and feel new life and strength from the Vegeta-ble Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N.H. Sick and ailing women everywhere in the Dominion should try Lydia E. Finkham's Vegetable Compound. C



Waedding Stationery

ANNOUNCEMENTS INVITATIONS CAKE BOXES CARDS

> Newest Designs **Finest Ouality**

The Guide-Advocate

CANADIAN NATIONAL RAILWAYS

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 pm.. GOING EAST Ontario Limited. 80.....7.48 a.m.

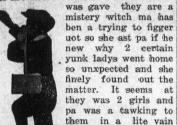
THE WATFORD GUIDE . ADVOCATE

Flats' Diary And ma shuts rite up and kep still frum then on. For quite a wile. Teusday-Well I have lernt my lesson never to tell a girl a secrit. I went and told Elsy what I had got

By Ross Farguhar Thirsday-They are 2 girls got to xplane sum thing to me when I get

a chance to ast them about it. They kep looking at me all the p.m. & I cuddent tell weather they was admiring me or slandering me behind my face.

Friday-well they was a big party at are house tonite and ever since it



pa was a tawking to them in a lite vain and for lack of haveing nothing better to say he told them they was the very pictures of each another. And since that they both got mad at pa and wont speak to him. Nor to each

another. Saterday-Ant Emmy says they

has ben a grate change cum over the modern girls of the present day of ages. She sed girls use to use dum Bells to get Rosy cheeks. But nowofdays the girls uses rosy cheeks to get dum bells.

Sunday-Are little happy famly went to chirch to day accompanyed by me also and I gess ma must of injoyed the sirmon a lots moren common because she set all threw the sirmion and never ast pa what time it was.

Monday-I see that pa has dis-covered the proper way to get in the wird when he has a argument with ma. Tonite they was discusting on weather he shud give her the money to by her a new hat and finely

The WonderFul DFATHEABLE (120)

he up and says. All rite dernit I will.

Jane for a Crismas present & cum to find out aJne had new all abuot it

before I give it to her. I have come

to the conclusion that the only secrit

a girl can keep to herself is about

has en-

sumthing she dont no nothing about.

formed us that are histry lesson to-morro will be a easy 1. Just have to

give all the mane dates of the Revol-

ution. Easy like fun. About as easy

as putting a needle threw the Eye

Thirsday-Ant Emmy cant hardly

treat me and pa desent just because

she is a unmarryed ole made I gess

and has just xackly no use a tall for

members of the muscular Genders.

Wensday-The teacher

of a Camel.

A STATE OF THE STA All Dealers 500, box, or from The Peps Co., Toronto.

PAGE SEVEN

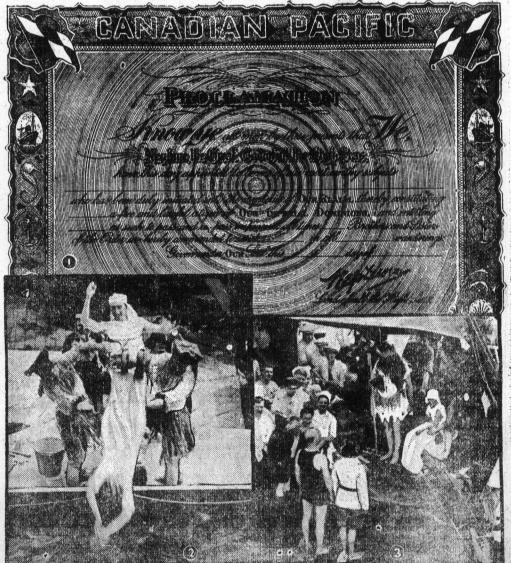
HEADACHES FOR WEEKS

They Soon Disappeared After Using Dr. Williams' Pink Pills

Every woman, at times, finds the routine of housework irksome. But how much more difficult are the daily tasks of the home to the woman who is nervous and rundown? She prepares meals for the family, but has no appetite for food. What she does eat distresses her, headaches and dizziness follow, there is a fluttering of the heart, and the complexion becomes pale. In cases of dtbility of this kind building up the blood is generally effective. By improving generally effective. By improving the quality of the blood and increasing its quantity, nourishment is carriedto the shattered nerves. The appetite invariably improves and gradually the whole outlook of life is brightened, Mrs. Geo. Grant, R.R. No. 1, Markdole; Ont; teMs for the benefit of others thegreat benefit Dr Williamo' Pink Pills were to her in a run down condition. She says, "If anyone can strongly recommend Dr. Williams' Pink Pillo I feel I can.For over four years I had been troubled with my nerves, and for weeks at a time I would suffer berribly with headaches. My blood was very bhin, I about. I was afraid to stay come in the house and feared comething would happen me. Finally I decided to try Dr. Williams' Pink Pills and they have made me a new woman, as I am now the picture of heath. I have increased in weight, the head-aches come no more, and my nerves are as good as ever they were. Be-fore I began taking Dr. Williams' Pink Pills life was a burden; now I enjoy Eving, and I hope some other woman will take courage from my experience, for I feel sure that what this medicine did for me it can do for others.'

You can get these Pills from any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co; Brockville, Ont.

NEPTUNE TO VISIT WORLD CRUISERS



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 meth-ods employed to preserve the natural teeth. Office-Opposite. Siddall's Drug Store. Main st 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 Appli-ances 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 speciatly. All diseases of domestic animals treated on scientific prin-ciples. Office—Two doors south of the Guide-Advocate office. Residence Main streat on control of De -Main street, one door north of Dr. Siddall's office.

AUCTIONEER

J. F. ELLIOT, Licensed Auction-eer, for the County of Lambton. Prompt attention to all orders, rea-sonable terms. Orders may be left at the Guide-Advocate office.

INSURANCE

THE LAMBTON	8
FARMERS' MUTUAL FIRE	
INSURANCE COMPANY	
(Established in 1875)	
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THOMAS LITHGOW Director	2
GUILFORD BUTLERDirector	۰.
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J. F. ELLIOT	*
ROBERT J. WHITE.Fire Inspectors	
ALEX. JAMIESON	
P. J. McEWEN Auditors	
W. G. WILLOUGHBY, Manager and	
Watford SecTreasurer	
ROY E. McPHEDRAN Wanstead	-
Agent for Warwick and Plympton	
	٠

Untario	Limited, 80	G.
Chicago	Express, 611.22 a.m.	I
Express		ł
Accomm	odation, 1125.38 p.m.	í
(a) Stor	os to let off passengers from	I
Hamilton	and east thereof and to	ł
	passengers for Chicago.	l
C.	W. VAIL. Agent Watford.	ł

Rub it in for Lame Back .--- A brisk rubbing with Dr. Thomas' Eclectric Oil will relieve lame back. The skin will immediately absorb the oil and it will penetrate the tissues and bring speedy relief. Try it and be convinced. As the liniment sinks in, the pain comes out and there are ample grounds for saying that it is an excellent article.

Central Business College STRATFORD, ONTARIO prepares young men and young women for Business which is now Canada's great-est profession. We assist graduates to positions and they have a precision * ·*· they have a practical train-ing which enables them to * meet with success. Students are registered each week. * Get a free catalogue and learn something about our different departments. **** * * D. A. McLACHLAN, Principal- W * * * * * * * * * * * A. D. Hone PAINTER AND DECORATOR PAPER HANGING WATFORD - ONTARJ') GOOD WORK PROMPT ATTENT.ON REASONABLE PRICES ESTIMATES FURNISSED . SATISFACTION GUARANTEND . RESIDENCE--ST. CLAIR ST. * * * * *

The certificate as shown above will be issued to all passengers abourd the Empress of Canada who appear re Neptune, as did those passengers on the Empress of France last year, who are shown in pictures 2

Then to travel upon the sea was to venture in great the mysteries of the deep.

W

When to travel upon the sea was to venture in great
danger it was usually thought wise by the voyagi
before sea, and had, therefore, when Neptune dis-
daps had great power over the waves, especially though
the sea, and had, therefore, in his hands the welfare of
the vessels and their human and other freight. The
tal vessels and their human and other freight. The
tal vessels and their human and other freight. The
tal vessels and higher civilization erased the source in the sea, when Neptune disactifices to Neptune deased, but event
and log shad great power over the waves, especially those
to seal and had, therefore, in his hands the welfare of
the vessels and their human and other freight. The
tal vessels and their human and other freight. The
tal vessels and higher civilization erased the sometriated in the initiation caremony. Most
of the passengers were summoned to his august presence
and were tried for their misdemeanour, punishment or
the searement from trial.This were tried for their misdemeanour, will issue to all those
thore are initiated by the Royal Barber and other high
of the passengers were summoned to his august presence
and were tried for their misdemeanour, punishment or
or due are verificated to having been "initiated" hefore were,
of the passengers were summoned to having been "initiated" hefore were,
of the passengers were summoned to have a Round the World
which heases before the God of the Waters, certificates to
hat effect, which will be countersigned by Captain S.
Rohenson, R.N.R., who commands the vessel, and which
the pass before the god of the trip, will exempt
abelies being valuable souvenirs of the trip, will exempt