

KEPHALDOL

CURES COLDS AND LA GRIPPE IN HALF A DAY

Thank the famous Herr Doctor Stohr, of Vienna, Australia, for allowing his personal prescription for relieving pain, to be sold in Canada. The Doctor has used "Kephaldol" in thousands of cases, both in private practice and in his hospital clinics. He has proved to the delight of the medical profession, that attacks of La Grippe and Colds could be warded off and broken up in 12 hours, by using "Kephaldol" at the first sneeze or sudden chill. Two or three "Kephaldol" tablets at bedtime and two the first thing in the morning, will usually make a complete cure, although in very severe cases, it may be necessary to continue the treatment for a short time, taking one "Kephaldol" tablet every three hours. "Kephaldol" has the pleasant property of relieving all the distressing symptoms of a "bad cold"—clearing the head—stopping the throbbing headaches—easing the pain in the back and limbs—and enabling one to eat and sleep in comfort. Keep "Kephaldol" in the house, ready to take at the first sign of a cold. If your druggist should not have the 50c tubes of these tablets, write Kephaldol Limited at Latour Street, Montreal.

Adenoids in Children

Many young children are troubled with a growth in the throat called "Adenoids" which affects their hearing, taste, smell, etc., and causes them to catch cold easily, suffer from earache and a general lowering of the vitality. Often through lack of knowledge they are classed as stupid and had and are unjustly punished for their misfortune.

The advent of the school nurse such as appointed in Sarnia, and the doctor is now changing all that. A simple and harmless operation occupying only a few minutes removes this unnecessary growth while the beneficial results are so immediate and gratifying as to make both parents and teachers enthusiastic advocates of it. A few years of medical inspection in the schools, with hygienic teaching and practice, should see this scourge of childhood completely wiped out, or at least robbed of its possibilities for harm. When this is done, in the opinion of Mr. Neil McDougall, P. S. I., at least two-thirds of all cases of arrested development and three-fourths of backwardness in children will disappear.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *W. D. Hoagland*

DAIRY VALUE

Dominion Department of Agriculture Dairy Division, Ottawa

In the commercial world it is reasonable to assume that what you pay and what you get determine value; a low price, in itself, does not spell value; price and quality, together, determine value.

As applied to the dairy herd, how does this work out? A farmer does not necessarily buy a cow because the price is low, he wants quality; in this case quality may be interpreted to mean dairy capacity, or ability to produce plenty of good milk.

If he does not purchase, possibly the heifer coming into milk has been raised at rather to high a cost so that her dairy quality is impaired. She may not be of the right stock, that is, from a dam of deep milking qualities and a sire of known ability, and all may have suffered from lack of the right food.

The other part of the value side of every dairy cow, that is, what you get from her, is right in the dairyman's own hands. He can easily determine each cow's value, or dairy quality, by keeping individual records of production. Then if he wished to part with a good cow, her selling price is enhanced by reason of that certificate of value, her record, with which to fix the price. Right buying is true economy; the factory patron with the highest conception of value will buy or raise, right, and will know, by his own simple records that each cow in the herd separately, not averaged in a lump, fits his ideal of value. Fix a good standard, make each cow pay. Milk and feed record forms are supplied free by the Dairy Commissioner, Ottawa.

Dr. Morse's Indian Root Pills

exactly meet the need which so often arises in every family for a medicine to open up and regulate the bowels. Not only are they effective in all cases of Constipation, but they help greatly in breaking up a Cold or La Grippe by cleaning out the system and purifying the blood. In the same way they relieve or cure Biliousness, Indigestion, Sick Headaches, Rheumatism and other common ailments. In the fullest sense of the words Dr. Morse's Indian Root Pills are **A Household Remedy**

PAIN IN MY BACK IS ALL GONE

Since I Got a Box of Gin Pills

CRUICK ST., CORNWALLIS, N.S. January 23rd,

"About a year ago, I was suffering so much with a dreadful Lame Back and Hips, that I could not stand up straight. I was informed by a friend about GIN PILLS. I got a box. It helped me immediately. I have taken about twelve boxes and the pains in my back and hips are all gone. I cannot speak too highly of the wonderful effects of your GIN PILLS."



B. C. DAVID Liniments and plasters won't cure Lame Back—because they never reach the part that is causing the pain. The whole trouble is with the Kidneys and you must cure the Kidneys in order to stop the pain. GIN PILLS cure weak, sick, strained Kidneys as nothing else will. GIN PILLS drive away the pain every time—or your money promptly refunded. 50c. a box, 6 for \$2.50. Sample free if you write National Drug & Chemical Co. of Canada, Limited, Toronto. MANGA-TONE BLOOD AND NERVE TABLETS help pale, nervous women to get well. 50c. a box. 199

The Experimental Farms Report

The information contained in the Annual Reports of the Experimental Farms of the Dominion Department of Agriculture is so varied and complete as to render these yearly volumes almost worthy the name of "Encyclopedia of Agriculture." The Experimental Farms System embraces the Central Farm and twenty Branch Farms and Stations, each managed by a staff of specialists. At these wide-spread, well-equipped institutions practically every phase of agriculture, from the study and suppression of plant diseases to the breeding and raising of all manner of orchard, garden and field crops and

classes of farm animals, are taken up. In addition, seven outlying substations carry on and report upon work of an agricultural nature.

The report for this year ending March 31st, 1913 makes a volume of nearly 700 pages crammed with the most of what was accomplished and found out during the year. The information is so classified and treated as to be readily available to the reader in whatever subject he may chance to be interested. A large edition has been printed so as to supply for some time at least every applicant who will drop a card for a copy to the Publications Branch, Department of Agriculture, Ottawa.

A Smile or Two

A foreigner meeting an American friend, said to him, "How are you?" The latter replied, "Out of sight." The man considered this very clever, and decided to use the expression on the next occasion. Shortly after he was met by a friend who asked, "How are you?" With visible pride he answered, "You don't see me."

Husband (shaving) —Bother the razor!
Wife—What's the matter now? You're dreadful ill-tempered!
Husband—the razor is so abominably dull!

Wife—Dull? Why, I ripped up an old skirt with it yesterday and it cut beautifully.—Punch.

"No adults admitted," interposed the stage-door keeper as the frenzied mother tried to break in on the children's fancy dress ball."

"But I must go in. My little girl's in there and she's forgotten part of her costume. She has gone on as a butterfly without her wings. I want to put the wings on her."

"Can't help it, mum; my order is to let no adult pass. You'll have to let your little girl go as a caterpillar."

Tommy was having a quiet talk with his mother. He wanted to know why Mr. Jinks married Mrs. Jinks. His mother wasn't able to tell very clearly. Tommy thought a while, and then asked: "Mother, why did you marry dad?"

"Tommy, I married your father because he saved me from drowning," replied his mother.

"Is that why dad's always telling me not to learn how to swim?" said Johnny.

A REAL NERVE AND

BODY-BUILDING MEDICINE

We believe Rexall Olive Oil Emulsion is the best remedy made for toning the nerves, enriching the blood, building up wasted tissues, renewing health, strength and energy—the best medicine you can use if you are run-down, tired out, nervous and debilitated, no matter what the cause. It doesn't depend for its good effect upon alcohol or habit-forming drugs, because it contains none. It may not make you feel better in a few hours, but it will make you feel better, we are sure, just as soon as the tonic and food properties it contains have a chance to get into the blood and, through the blood into the rest of the system. Pure Olive Oil and the Hypophosphites have long been endorsed by successful physicians, but here, for the first time, they are combined into one preparation which, as a nerve-food and a builder of strength and health, we believe, has no equal.

If you don't feel well, begin taking Rexall Olive Oil Emulsion today, and build your health and strengthen your systems against more serious illness. To convalescents, old people, puny children and all others who are weak, run-down or ailing, we offer Rexall Olive Oil Emulsion with our personal promise that, if it doesn't make you well and strong again, it will cost you nothing. If we didn't have the utmost faith in it, we wouldn't offer it with this guarantee, nor even recommend it to your friends, and thank us for having recommended it to you. Sold only at the more than 7,000 Rexall Stores, and it is this town only by us. 51.00. J. W. McLAREN, Watford.

The Wallaceburg Electric Light Company has accepted the town's offer of \$30,000 for the plant.

At the regular monthly meeting of Glencoe council on Monday evening a by-law to consolidate the floating debt of the village by issuing debentures to the amount of \$8,000 and a by-law to establish a Carnegie Library were provisionally adopted. These will be submitted to the vote of the ratepayers on Monday, May 11th.

When Holloway's Corn Cure is applied to a corn or wart it kills the roots, and the callosity comes out without injury to the flesh.

Sandwich town and council has decided to lay cement pavements on London street and Askin avenue at an estimated cost of \$50,000, and petitions for the paving of other streets are under consideration. No trouble will be experienced in raising the money for local improvement works, as Dr. Dupuis, a wealthy resident of the town, has promised to furnish all the cash needed for such undertakings.

AN OIL WITHOUT ALCOHOL.—Some oils and many medicines have alcohol as a prominent ingredient. A judicious mingling of six essential oils compose the famous Dr. Thomas' Electric Oil, and there is no alcohol in it, so that its effects are lasting. There is no medicinal oil compounded that can equal this oil in its preventive and healing power.

BRONCHITIS CONQUERED

Royersford, Pa., Man Tells How

At this season of year with such sudden changes, it is so easy to take cold, and almost before one is aware there is inflammation in the bronchial tubes—a hard cough and unless checked in time chronic pulmonary troubles may result.

Townsend Young of Royersford, Pa., says: "A severe bronchial trouble contracted caused me much difficulty about breathing. My chest felt clogged up and there was considerable soreness. I tried different remedies without help; but I am glad to say that Vinol cured my bronchial trouble which had lasted for three months. My breathing is all right and the soreness entirely gone from my chest."

Vinol contains the curative, healing principles of fresh cod's livers (with-out oil) and tonic iron. We guarantee it to be delicious in taste and to satisfy you with its medicinal effects.

T. B. TAYLOR & SONS, Watford.

Veterinary Surgeon.

J. McGILLICUDDY
Veterinary Surgeon,

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 Street, one door south of Dr. Brandon's office.

CIVIL ENGINEER.

W. M. MANIGAUULT,
ONTARIO LAND SURVEYOR
AND CIVIL ENGINEER,
Box 500 STRATHROY, ONTARIO

Auctioneer

J. F. ELLIOT,
Licensed Auctioneer,
For the County of Lambton.

PROMPT attention to all orders, reasonable terms of sale may be had at the Guide-Advocate office.

INSURANCE

General Insurance Office

Life, Fire and Accident Insurance, including Sick Benefits, Live Stock, and Automobile Insurance. Farmers' Special Weather Insurance against wind storms, hail and frost. Also Guarantee Bonds issued for collectors and other offices of trust.

F. J. HUGHES, AGENT,
OFFICE OPPOSITE McLAREN'S DRUG STORE

J. H. HUME.

AGENT FOR
FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.
REPRESENTING
Five Old and Reliable Fire Insurance Companies

If you want your property insured please call on J. H. HUME and get his rates.

—ALSO AGENT FOR—
C. P. R. Telegraph and Canada Permanent Loan and Saving Co.

Ticket Agent For C. P. R.—Ticket sold to all points in Manitoba, Northwest and British Columbia.

THE LAMBTON

Farmers' Mutual Fire Insurance Company.
(Established in 1875)

J. W. KINGSTON	President.
JAMES SMITH	Vice-Pres.
JAMES ARMSTRONG	DIRECTOR.
A. G. MINIELLY	DIRECTOR.
THOS. LITHGOW	DIRECTOR.
GUILFORD BUTLER	DIRECTOR.
W. G. WILLOUGHBY	MANAGER AND SEC. TREAS.
J. F. ELLIOT	FIRE INSPECTORS.
R. J. WHITE	FIRE INSPECTORS.
P. J. McEWEN	AUDITOR.
ALEX. JAMIESON	AUDITOR.
PETER McPHEEDRAN	Wanstead, P.O.

AGENT for Warwick and Plympton.

Farmers Attention

WE HANDLE
COCKSHUTT IMPLEMENTS'
MELOTTE CREAM SEPARATORS
KEMP MANURE SPREADERS
TORONTO WINDMILLS
BUGGIES, WAGONS
GASOLINE ENGINES
LIGHTNING RODS

—AND—
EVERYTHING NEEDED ON THE FARM

Call and let us talk matters over.

CAMERON & GRAHAM

OPPOSITE HOWDEN'S GROCERY,
127-11

Clean Up and Paint Up

COME ON. Let's all get together next week. Let's make our streets—our gardens—our homes—something to be proud of. Let's clean up and paint up. Let's turn our town into the brightest, happiest, healthiest spot in the whole province. Let's reflect our good taste in home beautifying, in the painting we do.

Next Week is "SPIC AND SPAN WEEK"—
Let's make Our Whole Town Spic and Span.

Right now, take a look around your home and see what you need in the way of Paints, Varnishes, Stains and Enamels—then, come in and let us explain the advantages of Martin-Senour "100% Pure" Paint and "Spic and Span" Finishes.

J. MCKERCHER

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