

SAVED FROM AN OPERATION

Restored to Health By Taking "Fruit-a-lives"

Made of Fruit Juices and Tonics

The most convincing proof of the true worth of "Fruit-a-lives" as a medicine for women is found in the letters written by them to "Fruit-a-lives". For instance:

"I suffered with all the symptoms of female trouble, pains low down in the back and sides, constipation, and constant headache. A doctor advised an operation. I started taking "Fruit-a-lives" and this fruit medicine completely relieved me of all my misery."

Mrs. M. J. GORSE, Vancouver, B.C.
50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-lives Limited, Ottawa, Ont.

HOT SLUGS from our Linotype

Be flush and the world is with you. Be broke and you must go it alone.

Turn your worries into thoughts and your liabilities will become assets.

That cafeteria man who is advertising for a slogan might try: "Heaven helps those who help themselves."

Someone has discovered that it takes 140 nuts to hold a Ford together and only one to hold it in the road.

UPS AND DOWNS

Jack sailed out one fine evening To call on a fair young miss, And when he reached her residence, this:

He ran up the stairs like this:

Her father met him at the door— He'll never go there any more, For

he went down like this.

"Woman, you make me see red," said the Watford youth, as he gazed at her rouged cheeks and painted lips.

LET US SMILE

The thing that goes the farthest towards making life worth while, That costs the least and does the most is just a pleasant smile. The smile that bubbles from a heart that loves its fellowmen

Will drive away the cloud of gloom and coax the sun again; It's full of worth and goodness, too, with manly kindness bent— It's worth a million dollars, and it doesn't cost a cent.

I shot an arrow into the air; it fell in the distance, I know not where, till a neighbor said it killed his calf, and I had to pay him six and a half. I bought some poison to slay some rats, and a neighbor swore it killed his cat; and rather than argue across the fence, I paid him four dollars and fifty cents. One night I sat sailing a toy balloon, and hoped it would soar till it reached the moon; but the candle fell on the farmer's straw, and he said I must settle or go to law. And that is the way with the random shot; it never hits the proper spot; and the joke you spring that you think so smart; may leave a wound in some fellow's heart.

Now that all stores have delivery service, about the only thing the average householder takes home is his grouch.

TO GET TO THE TOP ONE USUALLY HAS TO GET IN ON THE GROUND FLOOR.

The Postoffice Department is having a NEW experience. It's getting along without WORK.

The only way to save daylight is to use it.

COUNTER CHECK BOOKS

The Guide-Advocate is agent for the Appleford line—a better grade book and at the lowest price. Before you give your order to any travelling agent phone 117. There is a tendency among some of the check book firms towards higher prices in the near future; however, we have been instructed to accept orders at present prices for delivery any time in the next three months. Look up your supply and if you will require more in the next six months, give your local agent the order.

Children Cry FOR FLETCHER'S CASTORIA Is Your ad. in this paper this week?

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.



Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." C

Internal parasites in the shape of worms in the stomach and bowels of children sap their vitality and retard physical development. They keep the child in a constant state of unrest and if not attended to, endanger life. The child can be spared much suffering and the mother much anxiety by using a reliable worm remedy, such as Miller's Worm Powders, which are sure death to worms. m Everyone reads the "Guide-Advocate Want Column" on page 4.

MEDICAL

JAMES NEWELL, PH.B., M.D., L.R.C.P. & S., M.B.M.A., England, Coroner County of Lambton, Watford, 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 Library. Day and Night calls phone 36. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

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., Watford. At Queen's Hotel, Arkona, 1st and 3rd Thursday, of each month.

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.

AUCTIONEER

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.

INSURANCE

THE LAMPTON

FARMERS' MUTUAL FIRE INSURANCE COMPANY (Established in 1875)

JOHN W. KINGSTON, ... President
JAMES SMITH, ... Vice President
ALBERT G. MINDELLY, ... 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 Sec.-Treasurer
PETER McPHERDAN, Wainstead Agent for Warwick and Plympton

Wedding Stationery

ANNOUNCEMENTS INVITATIONS CAKE BOXES CARDS

Newest Designs Finest Quality

The Guide-Advocate

GRAND TRUNK RAILWAY SYSTEM 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, 6, 6.51 p.m.
(a) Chicago Express, 9.11 p.m.

GOING EAST

Ontario Limited, 80, 7.48 a.m.
Chicago Express, 6, 11.22 a.m.
Express, 2.50 p.m.
Accommodation, 112, 5.38 p.m.
(a) Stops to let off passengers from Hamilton and east thereof, and to take on passengers for Chicago.

C. W. VAIL, Agent, Watford.

Sores Flee Before It.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Eclectric Oil. All similarly troubled should lose no time in applying this splendid remedy as there is nothing like it to be had. It's cheap, but its power is in no way expressed by its low price. m

UNEXCELLED IN THE DOMINION

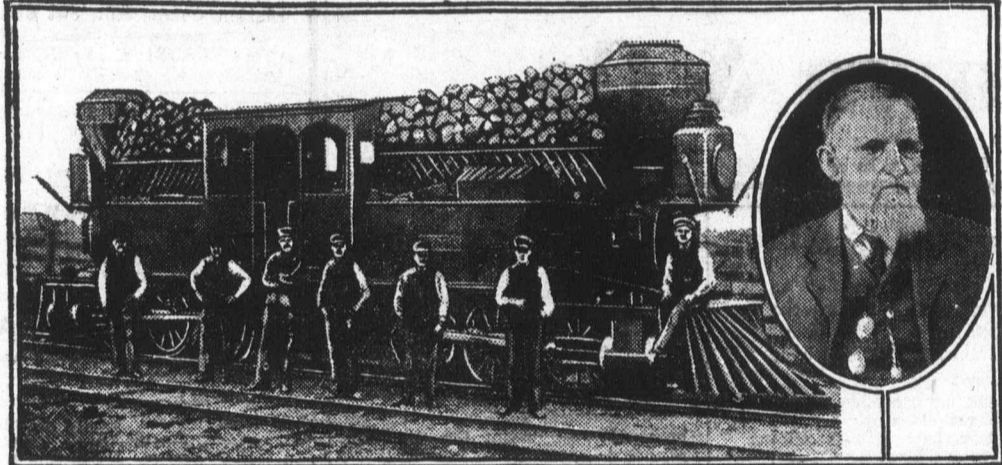
ELLIOTT Business College
Yonge and Charles sts., Toronto.
It is noted for high grade preparation for choice business positions and for promptness in helping graduates to get employment. Open all year. Enter now.
W. J. ELLIOTT, Principal.

Central Business College STRATFORD, ONTARIO

WINTER TERM FROM JAN. 2
The leading practical training school of Western Ontario. The school where you get a thorough course under competent instructors in Commercial, Shorthand and Telegraphy Departments. We assist graduates to positions. Write for free catalogue.
D. A. McLACHLAN, Principal.

A. D. Hone

PAINTER AND DECORATOR PAPER HANGING
WATFORD - ONTARIO
GOOD WORK
PROMPT ATTENTION
REASONABLE PRICES
ESTIMATES FURNISHED
SATISFACTION GUARANTEED
RESIDENCE—ST. CLAIR ST.



Double-ender and Driver.

In the passing of Charles Clarke at his Toronto home, the Canadian Pacific lost one of its oldest locomotive engineers. In the pioneer days of Canadian railroads, the late Mr. Clarke used to drive an old wood-burning engine known as a double-ender, and the engine on which he made his first run as engineer on the Canadian Pacific is shown above. He was born in England 76 years ago and started railroading at the age of eighteen with the old Midland line, joining the company from whose service he was retired about twelve years after.

More Hebridee Canada Bound



THE Hebrideeans are a home loving race of people not much given to wandering from their native hearths, but the arrival at St. John aboard the Canadian Pacific steamship, Marloch and Metagama of over six hundred sturdy men and women of the western isles, favored by seven men, the jealousy of the white tauders. When the settlement was wiped out on one occasion and many of them wiped out, the remainder were forced to leave. However, they returned in time to harvest the first western wheat crop and funny attribute to this fact that Winnipeg stands where it does to-day.

Life will not be a bed of roses for those who have newly arrived and they will have to work, and hard; but this they can do. They are the descendants of the "Lords of the Isles" who by strength of arms repulsed the invasions of the Scandinavians and Sengs. Social and industrial development was retarded to a great extent by the clan system, but those who have adopted Canada are well educated and a simple life of toil in adversity through generations has given them a splendid physique and simple dignity. Although forced by hard times to leave their homes to make new ones, most of them are in sufficient funds and not a few families aboard the Montegh were possessed of over \$1,000. Some have stopped in Ontario but the larger proportion of them have gone to Red Deer, Alberta, where they will form a small colony.

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