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 Watford, Ont.
 Office and Residence, Main St.
 Eyes Tested for Glasses; Glasses Supplied.
 Private and Bell Phone Connections.

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 Watford, Ont.
 OFFICE—Main St., next door to Merchants
 Bank. Residence—Front street, one block east from
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 OFFICE—MAIN STREET, formerly occupied
 by Dr. McLeay. Calls night or day at office.

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 ONTARIO LAND SURVEYOR
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 Box 200. STRATHROY, ONTARIO.

DENTAL.
F. B. Kenward,
 D. D. S., L. D. S.
 GRADUATE CHICAGO COLLEGE OF DENTAL
 Surgeons and Royal College of Dental
 Surgeons, Toronto. Only the Latest and Most Approved
 Appliances and Methods used. Special Attention to
 Crown and Bridge Work. Office—Over Dr. Kelly's
 Surgery, MAIN STREET, WATFORD.

George Hicks,
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 D. S. ROYAL COLLEGE DENTAL SURGEONS
 L. D. S., Trinity University.—1893 First Grad.
 in Bridge and Crown Work. Orthodontia and
 Porcelain Work.—1899. Painless Extraction by use
 of Nitrous Oxide Gas and local anaesthetics, pres-
 ervation of natural teeth by the latest approved
 methods. Artificial Teeth inserted with or without
 plates. Careful Attention Given to Every Operation
 and All Work Guaranteed. Office—Over Thompson's
 Confectionery, Main Street, Watford. Visits Arkona
 1st and 3rd Thursdays of each month.

Veterinary Surgeon.
J. McGILLICUDDY,
 Veterinary Surgeon,
 HONOR GRADUATE ONTARIO VETERINARY
 College, Dentistry a Speciality. All diseases
 of domestic Animals treated on scientific principles.
 Office—One door south of the Guide-Advocate
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 office.

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.

SOCIETIES.

WATFORD CAMP NO. 28
 G. W. W.
 Meets the Third
 Tuesday in every
 month at 8 p. m.
 in C. O. F. hall.
 Visitors always
 Welcome.

J. D. BROWN, C. C. S. W. LOUKS, Clerk.
COURTLORNE No. 71
 Regular meetings the Second
 and Fourth Monday in
 each month at 8:00 o'clock p.
 m. Court Room, over D. G.
 Parker's Store, Main Street,
 Watford. I. J. Keady, C.
 R.; J. H. Hume, R. S.; J. E.
 Collier, F. S. 1

SOUTH END BAKERY.

PEARCE BROS.,
 Bakers and Confectioners.

OYSTERS
 AS YOU WANT THEM.

Full lines of best Fruits and
 Confectionery.

WEDDING CAKES are a
 specialty with us. We never fail to
 do.

ALL THE POPULAR BRANDS
 OF CIGARS ON SALE.

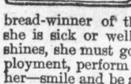
STAGE LINES.
WATFORD AND WARWICK STAGE LEAVES
 Warwick Village every morning except Sun-
 day, reaching Watford at 11:30 a. m. Returning
 leaves Watford at 3:45 p. m. Passengers and freight
 conveyed on reasonable terms. D. M. Ross, Prop'r.

WATFORD AND ARKONA STAGE LEAVES
 Arkona at 9 a. m. Watford at 10:10 a. m.
 Returning leaves Watford at 3:45 p. m. Passengers
 and freight conveyed on reasonable terms.—FRID
 JACKSON, Prop'r.

CORDIAL INVITATION

ADDRESSED TO WORKING GIRLS

Mlle. Robitaille Tells How Mrs. Pinkham's Advice Helps Working Girls.



Girls who work are particularly susceptible to female disorders, especially those who are obliged to stand on their feet from morning until night in stores or factories. Day in and day out the girl toils, and she is often the bread-winner of the family. Whether she is sick or well, whether it rains or shines, she must go to her place of employment, perform the duties exacted of her—smile and be agreeable.

Among this class the symptoms of female diseases are early manifested by weak and aching backs, pain in the lower limbs and lower part of the stomach. In consequence of frequent wetting of the feet, periods become painful and irregular, and frequently there are faint and dizzy spells, with loss of appetite, until life is a burden. All of these symptoms point to a derangement of the female organism, which can be easily and promptly cured by Lydia E. Pinkham's Vegetable Compound.

Mlle. Alma Robitaille, 78 rue St. Francois, Quebec, Quebec, tells what this great medicine did for her. She writes:

Dear Mrs. Pinkham:—Overwork and long hours at the office, together with a neglected cold, brought on a very serious female trouble until finally I was unable to go to work. I then thought of a friend who had taken Lydia E. Pinkham's Vegetable Compound when her health was in the same condition that mine was and straightway sent out for a bottle. I finished that and took two more before I really began to improve but after that my recovery was very rapid and I was soon well and able to go back to work again. I certainly think your medicine for sick women is a great blessing and am indeed glad to endorse it.

It is to such girls that Mrs. Pinkham sends out a helping hand and extends a cordial invitation to correspond with her. She is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge. Her long record of success in treating woman's ills makes her letters of advice of untold value to every ailing working girl.

Why Dicken's Lives.
 Why is it that the sales of Dickens' works, in England alone, amount in a single year to those of any later novelist during his whole lifetime? The readers of his novels do not lack intelligence, and a good number of them are of a sufficiently advanced culture to detect his faults. But whatever the higher criticism may disclose against him, there still remains the fullness of his robust human sympathy and that mastery of genius which forever holds the mind even of children, as that of Shakespeare's does.—H. M. Alden, in Harper's.

Have You Bronchial Catarrh.
 It is easily recognized by the dry cough and hoarseness. Not difficult to cure with Catarrhoxone as Mr. Xavier Babio, of River Capelin, Que., proved. "No one could suffer more from Bronchitis than I did. I had a hard hacking cough that caused me great pain. My throat was hoarse, and I had great distress in my chest. Catarrhoxone reached the sore spots and gave immediate relief. Since using it I have not had a single attack." Every physician who is asked about Catarrhoxone says it is a sure cure—so will you if you try it. Sold everywhere, 25c. and \$1.00.

U. S. Navy Third.
 Washington, Dec. 1.—The United States will have third place among the navies of the world's great nations when the vessels now ordered are completed. England is first, France second, Germany fourth, Japan fifth, Russia sixth, Italy seventh, Austria eighth and Brazil ninth, according to the annual United States navy report, published today.

Pale, sickly children should use Mother Graves' Worm Exterminator. Worms are one of the principal causes of suffering in children and should be expelled from the system.

Why Colds Come.
 The fact that colds are more common in winter than in summer is not due simply to the lower temperature. It is mainly because people spend less of their time in the open air. Dreading the chilly air, they remain indoors, the health is proportionately lowered, and they take cold easily.—Cassell's Saturday Journal.

COLDS, HEADACHE, CATARRH
 Relieved in 10 Minutes by Dr. Agnew's Catarrhal Powder.

Rev. W. H. Main, pastor of the Baptist-Emanuel Church, Buffalo, gives strong testimony for and is a firm believer in Dr. Agnew's Catarrhal Powder. He has tried many kinds of remedies without avail. "After using Dr. Agnew's Catarrhal Powder I was benefited at once" are his words. It is a wonderful remedy and will relieve any form of head pain in ten minutes and eradicate catarrh.
 Dr. Agnew's Heart Cure helps the overworked heart. (3)

Distribution of Seed Grain and Potatoes From the Central Experimental Farm, Ottawa, 1907-8.

By instruction of the Hon. Minister of Agriculture a distribution is being made this season of samples of superior sorts of grain and potatoes to Canadian farmers for the improvement of seed. The stock for distribution has been secured mainly from the Experimental Farms at Indian Head, Sask., and Brandon, Man. The samples consist of oats, spring wheat, barley, Indian corn (for ensilage only) and potatoes. The quantity of oats sent is 4 lbs., and of wheat or barley 5 lbs., sufficient in each case to sow one-twentieth of an acre. The samples of Indian corn and potatoes weigh 3 lbs. each. A quantity of each of the following varieties has been secured for this distribution:—

OATS.—Banner, Wide-Awake, White Giant, Danish Island, Thousand Dollar, Improved Luzowo, all white varieties. Black oats are not recommended for general cultivation, a few samples, however, are available which can be sent if specially asked for.
WHEAT.—Red Fife (beardless); Preston, Pringle's Champlain and Huron (early bearded sorts); Percy and Stanley (early beardless varieties).
BARLEY.—Six-rowed.—Mensury, Odessa, Mansfield and Claude. Two-rowed.—Standwell, Invincible, Canadian Thorpe and Sidney.
INDIAN CORN (for ensilage).—Early sorts, Angel of Midnight, Compton's Early and Longfellow; later varieties, Selected Learning, Early Mastodon and White Cap Yellow Dent.
POTATOES.—Early varieties, Early White Prize and Rochester Rose. Medium late varieties, Canman No. 1 and Late Puritan. These later varieties are as a rule more productive than the earlier kinds.

Only one sample can be sent to each applicant, hence if an individual receives a sample of oats he cannot also receive one of wheat, barley, Indian corn or potatoes. Lists of names from one individual, or application for more than one sample for one household, cannot be entertained. The samples will be sent free of charge through the mail.
 Applications should be addressed to the Director of Experimental Farms, Ottawa, and may be sent in any time before the 15th of February, after which the lists will be closed, so that the samples asked for may be sent out in good time for sowing. Applicants should mention the variety they prefer, with a second sort as an alternative. Applications will be filled in the order in which they are received, so long as the supply of seed lasts. Farmers are advised to apply early to avoid possible disappointment. Those applying for Indian Corn or potatoes should bear in mind that the corn is not usually distributed until April, and that potatoes cannot be mailed from here until danger from frost in transit is over. No postage is required on mail matter addressed to the Central Experimental Farm, Ottawa.

LOSING MUSCULAR POWER?
 The First Sign of Mental Decay—The Warning of General Break Down.

Changes in the nervous system manifest themselves slowly. They show first by muscular weakness—a feeling that threatens paralysis, or by a fullness in the head that indicates approaching apoplexy.

It seems like stiffness but you soon discover there's a lack of power—that the endurance of this or that muscle is not what it ought to be.

Your friends may notice a slight thickening of speech or that your memory is decidedly failing.

These symptoms may grow worse very quickly if they are not treated by Ferrozone. You must build up the nervous system. This can be accomplished in no other way as thoroughly and permanently as by the use of Ferrozone.

This remarkable remedy, which has cured tens of thousands of Canadian people, increases enormously the digestive power, stimulates the formation of blood, the rich, red kind that puts new life into the nerves.

The first result of these changes is increased strength. Natural circulation quickly follows, and that fullness in the head, so disturbing and alarming, too, quickly passes away.

These changes are wrought in a natural way, for the reason that Ferrozone treats the causes that excite these troubles.

For the aged and weak who need strength—for those run-down and thin,—for the sickly and nervous who lack staying power—nothing compares with Ferrozone.

No tonic gives such lasting good health; try it yourself. Sold by all dealers in 50c. boxes.

Some Odd Things About New York.
 New York city surface cars carry as many passengers each day as there are persons living within the borders of California.

New York city expenses for 1908 will be \$34,500 a day more than in 1907.
 During the last year there have been an average of seven houses built each day in the Borough of the Bronx.
 Labels in hats and tags on overcoats, showing the makers of these articles, are of some value. Waiters in New York restaurants always glance at these indices so as to fix the social standing and probable liberality to their customers. The service is according to their conclusion.
 New York city has one public servant for each 70 inhabitants.
 Paved streets of New York city are long enough to reach from the Atlantic ocean to Pike's peak.
 New York city imports \$3,500,000 worth of precious stones each month.
 If the capital surplus and undivided profits of the national and state banks of New York city were equally divided they would give \$53 to each man, woman, and child in the metropolis.—New York Herald.

BOVRIL creates appetite

BOVRIL added to any dish gives it the delightful odor of roasting beef.
 Makes your mouth water—puts your appetite on edge.
 Its rich, beefy flavor, starts the gastric juices flowing, helping the digestive organs extract more nutrition from the food you eat.
 BOVRIL is not a mere extract. It contains in concentrated form all the essence, substance and flavor of prime beef.
 When tired out, try a little BOVRIL in a cup of boiling water, with a soda biscuit. 'Twill refresh and strengthen you.
 All good cooks keep BOVRIL always on hand. There's not a day passes that it cannot help make some dish more palatable—more nourishing.
 All good grocers sell BOVRIL.

Shorthand

We teach the "Gregg" System of Shorthand because we know it is the best.
 It is written in one straight line and based on the movement required to write ordinary longhand. It requires no shadings, back slants or vertical strokes which are "hard to remember" and require "slackening up" to make correctly.
 The Gregg is thus easier to learn, write and read. A speedy, accurate stenographer is the result.
 The Principal of our Shorthand School graduated under the author of the "Gregg" system, and her two assistants are graduates of the Business Educators' Association. You are assured of the very best tuition here.
 More information in our large, illustrated catalogue, which we would like to mail you free. First lesson on Gregg sent free on application.
 A greater demand for our graduates than we can supply.

FOREST CITY BUSINESS COLLEGE
 Members of Business Educators' Association. J. W. WESTERVELT, Principal, London.

ONTARIO BLENDED FLOUR ASSOCIATION
 OFFICIAL LABEL
 Just try a blended flour once and see for yourself that it does make WHITER and tastier Bread and Biscuits—LIGHTER Pastry—MORE DELICIOUS Cake.
 And there's good reason for it, too.

Blended Flours
 combine the rich nutriment, the whiteness, lightness and delicate flavor of Ontario wheat with the strong qualities of Manitoba wheat.
 For all home baking—no flour, milled only from spring wheat, can compare with a BLENDED FLOUR.
 Look for this trademark on every bag or barrel of flour you buy.
 Take no other.
 "Made in Ontario"

FOR NEARLY THIRTY YEARS
 the firm of J. LAWRENCE & SONS has been a household word in this section.
 GOOD VALUES AND SQUARE DEALING with their host of customers has established a reputation and built up a trade excelled by few.
 CONTRACTORS and BUILDERS will find it to their interests to get our figures on all classes of
BUILDINGS, LUMBER, BUILDERS SUPPLIES COAL, ETC.
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