

LEGAL.

A. WEIR, M.A., L.L.B.
BARRISTER SOLICITOR, NOTARY PUBLIC
Office over MAXWELL & ENGLISH'S STORE
FRONT STREET, SARNIA.

MEDICAL.

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

JAMES NEWELL, PH. B., M. D.,
L. R. C. P., M. B. M. A., England, 2
Watford, Ont.
OFFICE—Main St., next door to Merchants
Bank. Residence—Front street, one block east from
Main street.

R. G. KELLY, M. D.
Watford, Ont.
OFFICE—MAIN STREET, formerly occupied
by Dr. McLeay. Calls night or day at office.

CIVIL ENGINEER.

W. M. MANIGAULT,
ONTARIO LAND SURVEYOR
AND CIVIL ENGINEER,
Box 300, STRATHROY, ONTARIO.

DENTAL.

F. B. Kenward,
D. D. S., L. D. S.
GRADUATE CHICAGO COLLEGE OF DENTAL
Surgeons and Royal College of Dental Sur-
geons, 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,
DENTIST.

D. S. ROYAL COLLEGE DENTAL SURGEONS
D. D. S., Trinity University.—1893 Post Grad.
in Bridge and Crown Work. Orthodontia and
Facial Work—1899. Painless Extraction by use
of Nitrous Oxide Gas and local anesthesia, 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. McILLICUDDY,
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 St., one door north of Dr. Gibson's
office.

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

PROMPT attention call 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.

COURT LORNE No. 71
Regular meetings the Sec-
ond and Fourth Monday in
each month at 8.00 o'clock p.
m. Court Room, over D. G.
Packard's Store, Main Street,
Watford. I. J. Kadey, 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
sue.

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.—FRED
JACKSON, Prop'r.

CORDIAL INVITATION

ADDRESSED TO WORKING GIRLS

**Mlle. Robitaille Tells How Mrs. Pink-
ham's Advice Helps Working Girls.**



Girls who work
are particularly
susceptible to fe-
male disorders, es-
pecially those who
are obliged to stand
on their feet from
morning until night
in stores or fac-
tories.

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 em-
ployment, 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 pain-
ful 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:

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. Pink-
ham'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 worthy of praise and am indeed
glad to endorse it.

It is to such girls that Mrs. Pinkham
holds 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 suf-
ficiently advanced culture to detect his
faults. But whatever the higher criticism
may disclose against him, there still re-
mains 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 Babine, 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. Catarrh-
oxone reached the sore spots and gave im-
mediate 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 every-
where, 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 sim-
ply to the lower temperature. It is main-
ly because people spend less of their time
in the open air. Dreading the chilly air,
they remain indoors, the health is pro-
portionately lowered, and they take cold
easily.—Cassell's Saturday Journal.

COLDS, HEADACHE, CATARRH

Relieved in 10 Minutes by Dr. Agnew's
Catarrhal Powder.

Distribution of Seed Grain and Potatoes
From the Central Experiment-
tal 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, In-
dian 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 fol-
lowing 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 gen-
eral 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,
Mausfield and Claude. Two-rowed.—Stand-
well, Invincible, Canadian Thorpe and Sid-
ney.

INDIAN CORN (for ensilage).—Early sorts,
Angel of Midnight, Compton's Early and
Longfellow; later varieties, Selected Leam-
ing, Early Mastodon and White Cap
Yellow Dent.

POTATOES.—Early varieties, Early White
Prize and Rochester Rose. Medium
late varieties, Chautauk No. 1 and Late Fur-
tan. These later varieties are as a rule
more productive than the earlier kinds.

Only one sample can be sent to each ap-
plicant, 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 ap-
plication 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. Ap-
plicants 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 disappoint-
ment. 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 ad-
dressed to the Central Experimental Farm,
Ottawa.

W. M. SANDERS,
Director of Experimental Farms.

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 approach-
ing apoplexy.

It seems like stiffness but you soon dis-
cover there's a lack of power—that the
endurance of this or that muscle is not
what it ought to be.
Your friend may notice a slight thick-
ness of speech, or that your memory is
decidedly failing.

These symptoms may grow worse very
quickly if they are not treated by Ferro-
zone. 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, in-
creases 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 in-
creased 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
nervous 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 restau-
rants always glance at these indices so as to
fix the social standing and probable liberal-
ity to their customers. The service is ac-
cording 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 pro-
fits of the national and state banks of New
York city were equally divided they would
give \$55 to each man, woman, and child in
the metropolis.—New York Herald.

Infants too young to take medicine may be
cured of croup, whooping cough and colds by
using Vapo-Cresolene—they breathe it.

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 re-
quires 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.

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

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 repu-
tation 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.

ORDERS RECEIVE PROMPT AND SATISFACTORY ATTENTION

M. A. LAWRENCE,
Mill and Yards, WATFORD, ONT.