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 Office Hours, 8 to 10 a. m., 1 to 4 p. m., and 7 to 9 p. m., and by appointment. Telephone connection. Eyes tested for glasses. Glasses supplied. At Warwick Village on Tuesday from 2 to 3 p. m.

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

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 Watford, Ont.
 OFFICE—MAIN STREET, formerly occupied by Dr. McLeay. Calls night or day at office.

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 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's office. Residence—Main St., one door north of Dr. Gibson's office.

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SOCIETIES.

WATFORD CAMP NO. 23
 C. W. W.
 Meets the Third Tuesday in every month at 8 p. m. in C. O. F. hall. Visitors always Welcome.
 Geo. Dodds, C. C. S. W. LOOKS, Clerk.

COURT LORNE 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. P. J. DODDS, C. R. J. H. Hume, R. S.; J. E. O'Neil, F. S.

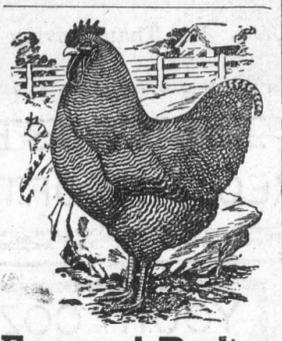
Headache Causes and a Cure
 Blood pressure or congestion—rushing of blood to the frontal region is the direct cause for all Headaches. To cure instantly and positively, this pressure must be relieved and the blood sent to its proper channels. Dr. Shoop's Twenty Minute Headache Cure never fails—it puts into circulation congested blood which presses and irritates the nerves. In handy tablet form—pleasant to take. Suited for all temperaments. For sale and recommended by

T. B. TAYLOR.
GRAND TRUNK RAILWAY SYSTEM
TIME TABLE.
 Trains leave Watford Station as follows:
 WEST. EAST.
 Accommodat'n... 8:44 a.m. | Buffalo Exp. 10:27 a.m.
 Accommodat'n... 2:00 p.m. | Accommodat'n 12:15 p.m.
 Chicago Express 5:42 p.m. | New York Exp. 5:00 p.m.
 Accommodat'n 5:24 p.m.

THROUGH TICKETS
 To all the Principal points in Canada and United States on sale. Baggage checked through to destination. Choice of routes.
 Parties contemplating taking a trip to the Northwest or British Columbia would consult their own interests by calling at the S. T. K. station and getting rates.
D. O'NEIL, Agent.
 WATFORD.

Vapo-Resolene
 Established 1879
 Whooping Cough, Croup, Bronchitis
 Cough, Grip, Asthma, Diphtheria
 Cresolene is a boon to Asthmatics

Does it not seem more effective to breathe in a remedy to cure disease of the breathing organs than to take the remedy into the stomach?
 It cures because the air rendered strongly antiseptic is carried over the diseased surface with every breath, giving prolonged and constant treatment. It is invaluable to mothers with small children.
 Those of a consumptive tendency find immediate relief from coughs or inflamed conditions of the throat.
 Sold by druggists.
 Send postal for booklet.
 Lescage, Milks Co.,
 Limited, Agents, Montreal, Canada. 307



Farmers' Poultry
 We want all your Poultry, alive or dressed, and will pay the HIGHEST PRICES for it.
 Your Poultry may be Delivered at Watford, buyer, S. STAPLEFORD,
 Kerwood, " O'NEILL & MORGAN,
 Arkona, " T. PRESSY,
 Wyoming, " W. B. JONES,
 Forest, " wanted.

FLAVELLES, Limited,
 65 St. LONDON, ONT.

They Want to Come Home.
 Toronto, Oct. 11.—The deputy minister of lands and forests received a letter today signed by 24 young men, all born in Canada, but now residing in New York, who want to return to this country and settle in Ontario.
 They have formed a club with that end in view, and in their letter ask for information as to homesteading.

Are You Losing Looks or Strength?
 Once you were robust, bright and happy. To-day you are dull, worried, falling in vitality and appearance. Just when you should be at your best you're played out and need a cleansing, bracing tonic. Your blood will soon redden, your vivacious spirit will soon return, you'll be yourself again if you regulate the system with Dr. Hamilton's Pills. A truly wonderful medicine. It searches out disease, positively drives away headache, weariness, and lack of vital force. Give yourself a chance. Use Dr. Hamilton's Pills and watch the result. Sold everywhere in 25c. boxes.

PLYMPTON COUNCIL.

Plympton council met Oct. 6th. Members all present. Minutes of last meeting read and approved. Coun. Paul was authorized to assist the Sarnia Councillor in repairing Deer creek bridge. The Reeve and McKinley to repair the Smith bridge S. L. 18 and 19, con. 13. Robert Green was granted permission to fence the township gravel pit on his farm to prevent trespassing. Bylaws were passed in due form increasing the assessment on 30 creek drains \$100.41, as these drains cost more than the estimate.

ACCOUNTS PASSED.

Jas Dodge, bonus 55 rods wire fence.....	\$ 4 40
W. M. Shea, bonus 30 rods wire fence.....	2 40
J. Bell, bonus on 45 rods wire fence.....	2 40
W. Hartley, bonus on 34 rods of wire fence.....	2 72
F. Crossley, bonus on 75 rods of wire fence.....	6 00
Some 2 Hardist work on Barnister drain.....	170 00
Geo. Hammond, work on Archer drain.....	160 00
F. Crossley, filling abutments Livingstone drain.....	6 00
Joe Ryan, filling 5 culverts, on McAndrew drain.....	6 00
N. McLaughlin, 125 loads gravel.....	15 50
M. McGrath, 251 ".....	25 10
F. Crossley, 23 ".....	2 20
Mrs. Eganister, 23 ".....	1 30
W. F. Lawrence, plank McAndrew drain.....	12 80
W. Iron ide, teaming gravel for Maloney dam.....	3 97
F. S. Kije, advertising Green & Robertson Parker drains.....	2 30
Sutherland Inner Co., 576 feet oak plank.....	35 00
A. Greenless gravel.....	11 00
Plympton and Wyoming Agricultural Society bonus.....	35 00
A. Maclean, Registrar fees, on 30 creek drains.....	2 52
Thos. Nesbitt, attending Judges Court on voter's list.....	2 00
The clerk, quarter's salary, postage, telephone and express.....	37 70
The clerk, local drain fees, and D. and W. Act fees.....	9 00

A MEDICINE CHEST IN ITSELF.—Only the well-to-do can afford to possess a medicine chest, but Dr. Thomas' Electric Oil, which is a medicine chest in itself being a remedy for rheumatism, lumbago, sore throat, colds, coughs, catarrh, asthma and a potent healer for wounds, cuts, bruises, sprains, etc., is within the reach of the poorest, owing to the cheapness. It should be in every house.

OBEESITY A DISEASE.
 It is Not, as a Rule, the Result of Laziness or Gluttony.

It is a mistake and an injustice to many abstemious folk to assume that all fat persons are gluttons or large eaters. Very many excessively corpulent people, especially women, are small eaters, while some of the most doughty trenchermen are gaunt and thin.

It is not the quantity so much as the quality of the food one eats which determines the putting on of flesh. Yet it is not always the kind of food that makes the obese, for some stout people eat very sparingly of sugars and starches, while there are large consumers of sweets who never put on flesh. In such cases it is a question of constitution, often of heredity and not at all, or very little, one of diet.

Another prevalent error in regard to fat people is that they are inert or lazy and never exercise. Of course exercise does increase the processes of nutrition and so leads to the burning up of superfluous fat, but at the same time it causes an increase in the appetite and thus tempts to the consumption of a greater quantity of food. So one thing balances the other, and want of exercise alone is not a very potent cause of obesity. Many very fat persons are, it is true, sluggish, but they have become so since putting on their flesh, for it makes a great difference whether one carries 150 pounds about when one walks or whether it is necessary to propel half as much again or even double the weight. It is a tremendous handicap, and there is small wonder that the lightweights do the most exercising.

Obesity, indeed, is usually a disease and not merely the result of laziness or gluttony. Its cause lies deep down in the animal economy, in among those mysterious chemical changes by which the food we take into the mouth is converted into blood and bones and muscles, skin, hair and brain cells. It can often be warded off by a proper diet and mode of living, especially if taken in hand from the very first and not allowed to get the upper hand, but the tendency to stoutness will generally persist through life and can only be modified, but never removed.

Any treatment for the radical removal of flesh should be carried out under the advice of a physician, as violent measures directed to this end may be productive of terrible harm to the constitution.

POINTED PARAGRAPHS.

The only way some people know is their way.
 Hospitality is often nothing more than loneliness.
 A secret is never safe after some one knows you have it.
 If you are naturally rude it's pretty hard to disguise the fact.
 Are you so conceited that you believe people never talk behind your back?
 The trouble is some pushers are as liable to push on the wrong side as on the right.
 Watch your side issues. Don't give them so much attention as to ruin your main issue, which makes you a living.
 Don't be mad if you are interrupted when you are talking. It may have prevented you from saying something foolish.

ITCH. Mange, Prairie Scratches and every form of contagious Itch on human or animals cured in 30 minutes by Woldor's Sanitary Lotion. It never fails. Sold by T. B. Taylor & Sons.

One Cold and Another
 The season's first cold may be slight—may yield to early treatment, but the next cold will hang on longer; it will be more troublesome, too. Unnecessary to take chances on that second one. Scott's Emulsion is a preventive as well as a cure. Take

SCOTT'S EMULSION

when colds abound and you'll have no cold. Take it when the cold is contracted and it checks inflammation, heals the membranes of the throat and lungs and drives the cold out.

Send for free sample.
SCOTT & BOWNE, Chemists
 Toronto, Ont.
 50c. and \$1.00. All druggists

ITS SUPERIORITY
 Over Japan Teas is so pronounced that tea critics have nothing but praise for it on a teapot infusion.
"SALADA"
 CEYLON GREEN TEA.
 Every leaf is uncolored, undoctored and of virgin purity.
 LEAD PACKETS ONLY. 25c., 30c., 40c., 50c. and 60c. Per Lb. AT ALL GROCERS.

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 Estimates furnished for all classes of work.
PLANING MILL IN CONNECTION.
M. A. LAWRENCE.
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And Dairy Utensils.
 Complete Stock of everything required in above lines.

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 Let us give an estimate on your hardware bill. Close figures and reliable goods.
 Paints, oils, brushes, varnishes, alabastine. Everything to brighten up the home.
 Special Attention to Eavetroughing.

T. DODDS
 Hardware. Tinware.

Resists Wind
 Sold By
Geo. Chambers,
 DEALER IN
LUMBER and COAL.
 Planing Mill and Chopper, IN CONNECTION.

A. D. HONE, PAINTER, DECORATOR AND PAPER HANGER
 Frescoing in New Designs for Halls and Ceilings. See sketches at my residence, St. Clair St
 Graining in Natural Woods and Interior Decorating in the LATEST STYLE.
 St. Clair Street - - Watford