

FIVE YEARS' AGONY ENDED

When He Took "Fruit-a-tives" For Rheumatism

The Medicine Made From Fruit
There can be no doubt that "Fruit-a-tives" is the long sought remedy for Rheumatism and Lumbago. From all over Canada come letters testifying to this fact.
Mr. John E. Guilderson of Parrsboro, N.S. writes: "I suffered badly with Rheumatism for five years—tried different medicines—was treated by doctors in Amherst—and here at home—but the Rheumatism came back.
In 1916, I saw an advertisement for "Fruit-a-tives" and took a box and got relief, so I took them for about six months and the Rheumatism was all gone and I have never felt it since."
Box, a box, 8 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

Sores Flee Before It.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Electric 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.

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, 88.....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.

When a mother detects from the writhing and fretting of a child that worms are troubling it, she can procure a reliable remedy in Miller's Worm Powders which will expel all worms from the system. They may cause vomiting, but this need cause no anxiety, because it is but a manifestation of their thorough work. No worms can long exist where these Powders are used. m

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Charles H. Pritchard*
Read the Want Ads on Page Four.

ITEMS FROM FAR AND NEAR

Some Wise, Some Otherwise
Some Newsworthy, All Readable.

When a man's stomach works harder than his hands, everything will become a bore to him sooner or later.
Something like thirty dollars will make a man a millionaire, in German marks, but if he waits a little longer, thirty cents may do the trick.
A generous sobbing spell seems to be as satisfying to a woman as a two-pound box of candy, and is much better for her physically. It also has an economic feature that should not be overlooked.
A staunch old Presbyterian says he isn't particular one way or the other about church union, but he doesn't want to sit in the same pew with those men who write to the newspapers abusing those who do not agree with them on the subject.
A young woman at Newark, N.J., died from burns received when her clothing caught fire from a match head that ignited when she stepped on it. In this part of the country the skirts are still too far away from the ground to be in danger from fire near the feet.
Shipments of Alberta coal have been received in several Ontario cities, where tests have been made and the coal pronounced a success. Many are convinced that Canadian coal mined in Alberta will solve Ontario's coal problem for many years to come.
The general public is perhaps not aware of who may or may not act as jurors. No man who is over 60 years of age can be chosen. Others barred from occupying seats in the jury box include ministers, newspaper men, lawyers, physicians, surgeons and school teachers.
We made a mistake in last week's issue of the paper. A good subscriber told us about it. The same day there was a letter in our post office box that didn't belong to us. We called for 98 over the phone and got 198. We asked for a copy of No. 50 thread and got No. 60. The train was reported 30 minutes late. We arrived at the depot 20 minutes after train time and the train had gone. We got our milk bill and there was a mistake of ten cents in our favor. We felt sick and the doctor said we were eating too much meat. We hadn't tasted meat for two months. The garage man said the jitney was missing because it needed a new timer. We cleaned the spark plugs and it's run fine ever since. Yes, we made a mistake in the last issue of the paper.—Carleton Place Canadian.

A prominent medical authority of the province of Quebec, has given to the public a statement that insanity is increasing at a tremendous rate not only in his own province but throughout the world, and he gives as one of the principal causes for this alarming condition the tremendous pace at which people have come to live. Up until perhaps the advent of the automobile and the motion picture there was no such mad race in humanity to crowd so much into life. And one is led to believe there is a great deal of truth in this opinion by reading of such ridiculous "stunts" as non-stop dances. A staid and more rational attitude towards the great purposes of life would undoubtedly tend to more sanity.

WANSTEAD

Mr. Vincent McNeil is seriously ill in Sarnia Hospital at present.

Mr. Lawson Dodge is wearing a broad smile these days. It's a boy.

The Wanstead Farmers Club shipped a double deck of hogs to Toronto on Saturday and unloaded a car of cement on Tuesday.

The regular meeting of the U.F.W.O. club was held at the home of Mrs. Orville Ramsay on Wednesday afternoon, April 18th. Sixteen members and one visitor answered roll call. The meeting opened by all singing "The Maple Leaf" and after the secretary, Mrs. Jackson, had read the minutes of the previous meeting and correspondence on hand the treasurer, Mrs. Alexander, gave a carefully prepared and interesting and instructive paper on "Beautifying the Home and Home Surroundings," which was much appreciated by those present. Flower seeds were exchanged by the members. The meeting closed with the national anthem, after which the hostess served lunch. The May meeting of the club will be held at the home of Mrs. Russell Alexander.

ALVINSTON

On Friday morning Bishop Fallon paid his official visit to St. Matthew's church here, to administer the sacrament of confirmation. The church was filled with the large congregation present. There were 17 candidates in the class. The bishop himself examined the candidates on the rosary and its meaning and the divine mysteries, which elicited ready answers from the youthful class, showing the careful instruction they had received for the solemn rite from Rev. Fr. Kelly, assisted by Rev. Fr. Schellery. His Lordship said he was gratified to see a vast growth, temporal as well as spiritual, in St. Matthew's congregation, due to the energy of the pastor, Rev. Father Kelly assisted by a loyal people.
On Thursday afternoon Mr. Walter Knox, all around athletic champion, will give demonstrations for the benefit of the pupils of the local school, in the correct methods of preparing for various athletic competitions. He will demonstrate the high jump, broad jump, hop, step and jump, pole vault, shot put, discus throw and other forms of athletics. In the evening there will be free exhibition of moving pictures showing athletes performing various stunts.
Several from here attended the funeral of the late Col. Kewward in Watford on Sunday last.
Union services were held in the Methodist church here on Sunday when the Baptist church united with the above congregation and Rev. P. Pollock preached a very able sermon to a large congregation both morning and evening.
Miss F. C. Willis spent the week end at the home of Miss Calla Debeer.
Mr. D. T. Appleton spent Saturday in London.
Mrs. Martyn and daughter Ella accompanied by Miss Mary Binder are spending this week in Toronto where Miss Martyn and Binder play in Professor Gordon's orchestra at Massey Hall.
Several fine catches of fish have been reported within the past week.
Mr. Robert Yorks intends establishing a barber shop in the Grand Central Hotel and will move his family here this week.
Mrs. Archibald McIntyre is in Windsor attending the convention of the Women's Missionary Society.
Misses Jeanetta and Hessel McAlpine spent the weekend in London.

INWOOD

Miss Beatrice McAuslan spent last week at her home near Shetland.

Mrs. Johnson of Bridgen called on her sister, Mrs. John Rundle on Friday.

Mr. Walker Atkin spent Sunday with his parents near Sarnia.

Nurse Allie Atkin is spending a week at her home here.

The many friends of Mrs. Clayton Johnson will be pleased to know that she returned home on Thursday from Petrolia Hospital.

Mrs. R. McEachern and children of Alvinston spent Tuesday with Mrs. Wm. Munro.

Mr. and Mrs. Jos. Bannister and Mr. and Mrs. Ed. Bannister of Forest were guests at Mr. E. Bannister's on Sunday.

Mrs. Albert Johnson is visiting her son Alfred in Detroit.

Mr. John Hill of Detroit visited his father, Mr. Jas. Hill over the weekend.

Mr. and Mrs. Wm. Munro spent Sunday at Mt. Brydges.

Mrs. John Munro spent the week end with Mrs. F. McNally.

Mrs. McGillicuddy and son Lloyd or Watford, spent the weekend with Mrs. E. Bannister.

Mrs. (Dr.) McLean and son Raymond, have returned home after visiting at London, Brantford and Galvin.

We understand that Mr. Albert Atkin has purchased the hardware building from Mr. Johnston Vance.

Mrs. Albert Atkin and Miss Reta were in Alvinston on Thursday.

Mrs. Alfred Clarke and Mr. Fred Clarke are visiting Mr. Alex. Clarke of Detroit, who is very ill.

Master Sammy Lusemore entertained a number of guests at a birthday party on Thursday afternoon.

The play put on by Bridgen young people on Friday evening was well attended and much enjoyed by all.

Mr. and Mrs. Wm. Dawson of Dresden spent Sunday at Mr. Robt. Dawson's.

Mrs. Richard Dawson is visiting her son at Dresden.

HALL'S CATARRH MEDICINE

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a tonic and Blood Purifier, and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and restoring normal conditions. m

Slats' Diary

By Ross Farquhar

Friday—Jane still continues to be dum yet on matters pertaining to Sports and horse races and etc. I was a telling her about Uncle Hens horse witch he ran in a steeple chase and she ast me did he ever ketch it yet.

Saturday—Ma has ben tawking pa into taking out sum insurance agen and today he went down to the Dr. to be kaminied to get a Policy. I geas he cum out all rite. Only he diddent no just Exactly what the Dr ment when he sed to him. You are as sound as a Nut.

Sunday—Mr. Gillem was at are chrich this morning and ma was a tawking about it at dinner time & pa sed the only time Gillem ever went to chrich was when he wanted to ketch up a little on his sleep. So this must of ben the reason as he has ben up pritty late here of lately for sevrul nites.

Monday—This evning they was a man here and ast pa did he have any old close to give away to send to the Epyleptick home for Invalida or sum thing. And pa replied and sed. No he was saveing all his old close for tramps and ministers.

Tuesday—Ma's Club give a big dinner by the name of a Luncheon today and ma wasent very keen on a tending as she always gets the neck to eat when they have chicken or lae the back bone. She sed the only time she ever got a tender piece of meat at a Club luncheon was 1 time when she bit her toung.

Wednesday—well I had a narry escape from trouble. I cum home late and before ma got started to jawing me I ast her if she wood ever punish me for sum thing I had not done and she sed Why no dear I woodent. Then I told her I haddent pulled the weeds in the onyan patch witch she had informed to pull up. And she was as good a sport as her wurd and sed You shud ought to get into the Diplamatick Core when you grow up. And we laffed hartily. A speshally me. She dussent belong to such a bad Sex after all.

Thursday—The preacher was asting ma what had become of her younger bro. and she sed she gess he was in the publishing business as the last thing she herd of him he was making books over in Maryland sum place. Uncle Hen and me passed a sly smile to each another on the 4.

The North Essex Liberal convention will be held at Ford City, May 12th, and the South Essex at Kingsville.

For Healing Give Me Zam-Buk

It is the finest thing I know," writes Mrs. Villiers, of Stadacona St., Montreal. "It saved me from a poisoned hand, rid my three children of scalp sores, and healed my husband's badly crushed finger. We wouldn't be without Zam-Buk at any price."

A Grand Household Remedy

"For over ten years Zam-Buk has been our household remedy," writes Mr. S. B. Folkins, of Somerville, Mass. "There has never been a healer made to take its place. We wouldn't be without Zam-Buk whatever it cost. It never fails in burns, scalds, cuts, chafing and other skin troubles."

Of All-Round Usefulness.

"Whenever the children get cut, bruised or burnt, we find Zam-Buk simply indispensable," writes Mrs. T. Fothergill, Ridge Farm, Bousman River Man. "Once when my wrist was badly cut and doctor tried stitching it would not heal. But Zam-Buk soon put it right. Zam-Buk is also a soothing remedy for skin rash and irritation, also for piles."

Zam-Buk

Saves Many A DOCTOR'S BILL

If you have never used this wonderful healer, send postal for FREE SAMPLE BOX to Zam-Buk Co., Toronto, or 50c. box, 5 for \$1.25, all druggists & stores.

EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Edwards, Ont.—"I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash, told me about it and I recommend it now, as I have received great relief from it."—Mrs. NELSON YOTT, R. R. 1, Edwards, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for ailments common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system and help to perform its functions with ease and regularity.

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. C. SIDDALL, M.D., Watford, Ontario. Office—Next to Public Library. Day and Night calls phone 26. 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 Forcelain 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 LAMBTON

FARMERS' MUTUAL FIRE INSURANCE COMPANY (Established in 1875)

JOHN W. KINGSTON, President
JAMES SMITH, Vice President
ALBERT G. MINIELLY, 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 McPHEDRAN, Wanstead Agent for Warwick and Plympton