



od of Health

get out of... atment they... right again... arise in the... ch and bow... bearing out... is prescribes... Baby's Own... en well. Un... tasting cas... ost children... to take anal... thorough, is... comfort to... owing child... a never fail... constipation... by break up... expel worms... period pain... ld by medi... at 25 cents... liams' Medi...



Remedy. A... D. Kellogg's... it the only... lief, though... had sought... dless suffer... y using this... first warn... simple, its... e purchased... m



ER... N... icians for



package... directions... 12 tablets... Drugists... of Monocotte... is well known... The Tablets... Bayer Cross...

NOTT Business College
 Yonge and Alexander Sts., Toronto
 Noted for high grade instruction and superior employment service. Enter any time. Catalogue free.
 W. J. ELLIOTT, Principal.

CANADIAN NATIONAL RAILWAYS

TIME TABLE
 Trains leave Watford station as follows:

GOING WEST
 Accommodation, 111.....8.42 a.m.
 Chicago Express, 17.....11.59 a.m.
 Detroit Express, 83.....6.51 p.m.
 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, No. 112.....6.08 p.m.
 J. E. McTAGGART, Agent, Watford.

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

DR. G. N. URIE, B.A.
 Licentiate General Medical Council United Kingdom. Member College Physicians and Surgeons of Ontario.
 Successor to Dr. W. G. Siddall
 Hours: 8.30 to 9.30 a.m.; 2 to 4 p.m. 7 to 8 p.m. Sunday by appointment.
 Office, Residence Main St., Watford Phone 32.

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.

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.

INSURANCE

THE LAMBTON FARMERS' MUTUAL FIRE INSURANCE COMPANY
 (Established in 1875)

JOHN W. KINGSTON... President
JAMES SMITH... Vice President
ALBERT G. MINIALLY... Director
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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
ROY E. McPEDRAN... Wanstound Agent for Warwick and Plympton

An Oil for All Men.—The sailor, the soldier, the fisherman, the lumberman, the out-door laborer and all who are exposed to injury and the elements will find in Dr. Thomas' Electric Oil a true and faithful friend. To ease pain, relieve colds, dress wounds, subdue lumbago and overcome rheumatism, it is excellent. Therefore, it should have a place in all home medicines and be amongst those taken on a journey. m

WE SELL

Counter Check Books
 AT LESS THAN THE COST OF Postage Stamps!
 Phone Us Your Orders
The Guide-Advocate

Mothers can easily know when their children are troubled with worms, and they lose no time in applying a reliable remedy—Mother Graves' Worm Exterminator. m

FULL OF AGES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small book was put in my case one day advertising Lydia E. Pinkham's medicines, and as I did not feel at all best at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. HARRY WESTWOOD, 543 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood, it is but one of a great many, all telling the same story—beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself? C



11 Bread Tickets \$1 Bread

SO wholesome you crave more of it and Tea Biscuits that literally "melt in your mouth" are always included amongst our daily, fresh-baked offerings. Try them to-day.

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"DIAMOND DYE" IT A BEAUTIFUL COLOR



Perfect home dyeing and tinting is guaranteed with Diamond Dyes. Just dip in cold water to tint soft, delicate shades or boil to dye rich, permanent colors. Each 15-cent package contains directions so simple any woman can dye or tint lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hanging, everything new.

FALL FAIR DATES

Strathroy	Sept. 14, 15, 16.
Wilkesport	Sept. 17.
WATFORD	Sept. 17, 18.
Petrolia	Sept. 21, 22.
Sarnia	Sept. 23, 24, 25.
Theford	Sept. 28, 29.
Brigen	Sept. 28, 29.
Sarnia Reserve	Sept. 29, 30.
Wyoming	Sept. 30, Oct. 1.
Florence	Oct. 1, 2.
Forest	Oct. 5, 6.
Alvinston	Oct. 6, 7, 8.

Speedy Relief

IS GIVEN TO COUGHS, COLDS AND BRONCHITIS WHEN TREATED WITH THAT WONDERFULLY EFFECTIVE HOUSEHOLD REMEDY

ROBERT'S SYRUP
 OF THE EXTRACT OF COD LIVER AND TAR

FOREST

A car of flax seed, seed wheat and oats was recently shipped from Forest by Howard Fraleigh, local flax man, consigned to a Mexican farmer near Vera Cruz, Mexico. Last year shipments were made to Czecho, Slovakia and other European countries. The fruits of the Forest are becoming world-wide travellers.

The prevalence of local legal cases municipal and private, has brought a Sarnia law firm closer to the scene of action, Weir, Weir and Bell intend opening an office over Lawrie's store in the near future.

R. T. McIntosh has sold his residence property and garage on King street to Stanley Hare, who will take possession in April, as it is a double house, it is probable that Mr. and Mrs. L. C. Jennings will occupy the other half. Since Mr. Hare operates the Sarnia bus and Mr. Jennings the London bus, the new arrangements will have both services at the one garage. Mr. McIntosh has not decided if he will leave Forest.

A children's clinic will be held here on Tuesday, April 7th, under direction of the department of public health. Dr. Bell of the department will be in charge assisted by Nurse Riddell, who for several weeks has been making an examination of the school pupils. The clinic is free for all children of town and country under 16 years of age.

Considerable changes have taken place in the management and arrangement of the Maylor store business, one of the largest store buildings in the county. Messrs. Reg. and Victor Maylor are retiring from the firm. John Maylor will continue the dry goods business in the southwest end of the store. The grocery department has been taken over by Roy Paisley of Forest and his brother-in-law, Ed. McIntosh of Sarnia. The east end of the main floor will be occupied by William Braun, plumber. The entire third floor has been rented as a hand room by the Excelsior band, and it is reported that the Oddfellows lodge is considering the rental of the second floor. A new stairway with an outside entrance will be constructed. PRINTED MATTER of all kinds when you want it.—Guide-Advocate



Beverage Peddler in Cairo
 Beverage Peddler in the Cairo Bazaars photographed on Canadian Pacific B.S. Empress of France during her world tour which concludes May 2 and then goes on the "Round America" trip via San Francisco, Balboa, Colon, Havana to New York which is reached May 23. A number of Canadians will take this latter part of the trip.

DOBBIN ON SNOWSHOES IN ROCKIES



It looks funny and it sounds even funnier, but after all why not? It is bad enough to carry 140 pounds on two feet in deep snow. Figure for yourself what it would be like to quintuple the poundage even though it is distributed over double the human allowance of footage.

This genial idea was put into practice by Walter J. Nixon member of the Council of the Trail Riders of the Canadian Rockies and it was found to work out quite well. In the particular instance shown in the cuts, the task was to break the trail through deep snows to the Phoenix mine in British Columbia and this onerous task would have been impossible without some such device as the one depicted.

The idea of the Trail Riders Order came into being one rainy day last summer on a bed of white heather under a tent in the Canadian Rockies about 7,000 feet above sea level. There were present or nearby about 28 saddle or pack horses and 14 trail riders who had ridden or fished along the Kootenay from the Crossing to the river's unmapped source in Warfield Basin and had landed on the plateau beside Tumbling Glacier at the head of the Wolverine Pass. It was there and then decided to form the Order and buttons were awarded to those who had travelled distances on the trail from 2,500 miles down to as low as fifty miles. Among the

Taking heavy load to Phoenix Mines. Inset, Horse on snowshoes. Right Top, Country that Trail Riders Traverse.

2,500 mile button holders is Mr. Nixon.

The first Pow-Wow of the Order was held last summer in the Yoho Valley and with the co-operation of the Canadian Pacific Railway accommodation at the Bungalow Camp at Takakkaw Falls was supplemented with twenty Indian teepees and a large circular tent decorated as a Sun Dance Lodge. It was expected that 150 people would be present, but actually no fewer than 207 were counted at the inauguration. It was at this function that the bronze plaque of Tom Wilson, one of the outstanding old-time guides of the Canadian Rockies, was unveiled.

The next Pow-Wow will it is stated take place early in August of this year beside Waapta Bungalow Camp

after a three day (45 mile) cross-country ride from Marble Canyon on the Banff-Windermere Road. The trail to be used calls at the Vermilion Paint Pots, climbs up Tumbling Creek to the Wolverine Plateau where it connects with a new trail over the High Alps east of Helmit and Goodwin, and after dropping down to Goodwin Creek rises again alongside McArthur Pass to Lake O'Hara and so to Waapta. This route traverses some of the most spectacular scenery in the world.

Membership in the Order of the Trail Riders of the Canadian Rockies has increased greatly in the first year of its formation. At the August Pow-Wow there should be between a thousand and the 200 odd participants in the function last year.