

## SEVEN YEARS OF TORTURE

Headaches and Indigestion Ended By "Fruit-a-lives"

The Marvellous Fruit Medicine

Like thousands and thousands of other sufferers, Mr. Albert Varner of Buckingham, P.Q., tried many remedies and went to doctors and specialists; but nothing did him any good.

Finally a friend advised him to try "Fruit-a-lives"—now he is well. As he says in a letter:

"For seven years, I suffered terribly from Headaches and Indigestion. I had belching gas, bitter stuff would come up in my mouth, often vomiting, and was terribly constipated. I took Fruit-a-lives and this grand fruit medicine made me well."

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent by Fruit-a-lives Limited, Ottawa, Ont.

**Asthma Victims.**—The man or woman subject to asthma is indeed a victim. What can be more terrifying than to suddenly be seized with paroxysms of choking which seem to fairly threaten the existence of life itself. From such a condition Dr. J. D. Kellogg's Asthma Remedy has brought many to completely restored health and happiness. It is known and prized in every section of this broad land.

A HIGH GRADE SCHOOL

ELLIOTT Business College

Yonge and Charles sts., Toronto.

Open all year

Demand for our graduates during the last sixteen months more than double our supply. Enter now, particulars free.

W. J. ELLIOTT, Principal

ARKONA ROLLER MILLS

Mfgs the following High Grade Flour Quality and Prices Right.

ARKONA SPECIAL, Pure Western PRIDE OF THE WEST, Blended THE PEELESS, Pastry BRAN, SHORTS AND GRAHAM FLOUR

Sold at

TRENTON'S, Watford

JAMES, Warwick Village

STORES, Arkona

Phone

E. H. STONER, Prop. Arkona

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. Bone

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, 83.....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.

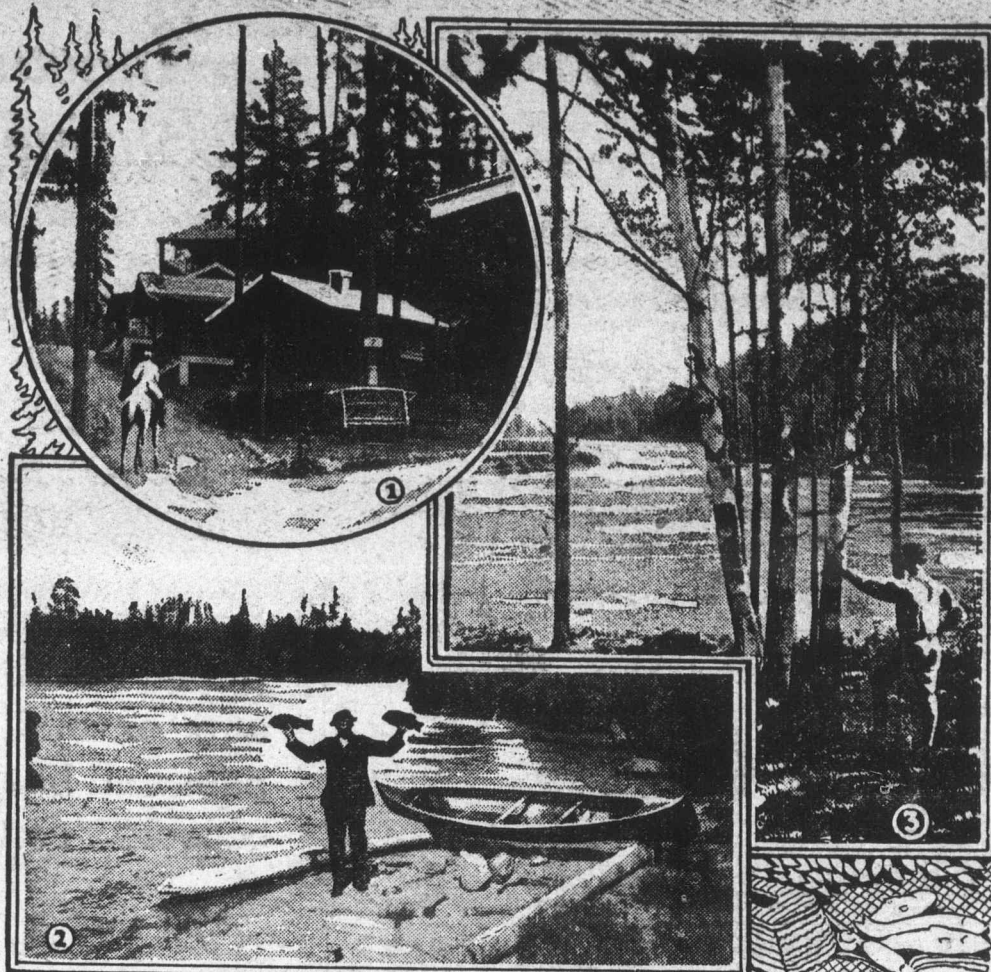
Express.....2.50 p.m.

Accommodation, 112.....5.38 p.m.

(a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.

R. W. VAIL, Agent, Watford.

## Tourists Help Develop Ontario



1. A Typical Bungalow Camp at Emerald Lake. 2. This from the Nipigon. 3. A Vista of the French River.

MOST of the newer parts of Canada have received their first impetus toward development through the tourists. In many cases it has been the tourists that have first gone in to spy out the land. They have found it good, and, by the trade which they brought in, have encouraged settlers to set up their homes with the result that the district has been well started on its way to becoming an organized and productive community.

With the idea of inducing traffic, and by so doing, helping to popularize and settle those vast, beautiful and productive lands along the right-of-way in Central and Western Ontario, the Canadian Pacific Railway has decided to establish a number of Bungalow Camps, modeled on those which have proved so successful in the Canadian Pacific Rockies during

the past three years, and it is expected that in a very short time this part of the country will be as famed for its scenic and sporting possibilities as any other part of the Dominion. The French River, Nipigon Bay and Lake of the Woods districts are, and have been for many years, well and most favourably known to anglers and hunters, particularly those from the United States and the Western provinces; but owing to lack of adequate housing facilities the traffic has been confined chiefly to the more adventurous spirits who are satisfied to live in tents. It is in these districts that the first three of the Bungalow Camps will be located, and it is expected that they will be ready for occupation by July first.

The Camps will consist of a central community house where meals will be served, and which will also serve as a

recreation hall, surrounded by small rustic bungalows suitable for two or four persons. The privacy, simplicity and rusticity of these bungalows appeals to those who like outdoor life, and the moderate cost of construction and maintenance makes it possible to charge much lower rates than an elaborate hotel where operating expenses are necessarily high.

The Hon. Mr. Bowman, Minister of Lands and Forests in the Ontario Government, has expressed himself as entirely sympathetic to the extension of the Bungalow Camp idea in Ontario, and any sites that may be selected on Crown Lands will be available at agreed rates with the cordial co-operation of this department, so that the Company will be able to establish camps in some of the choicest spots of this beautiful and inspiring country.

## THEY TELL THEIR NEIGHBORS

Women Tell Each Other How They Were Helped by Lydia E. Pinkham's Vegetable Compound

Woodbridge, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles. I would have headaches, backaches, pains between my shoulders and under my shoulder-blades and dragging down feelings on each side. I was sometimes unable to do my work and felt very badly. My mother-in-law told me about the Vegetable Compound and I got some right away. It has done me more good than any other medicine I ever took and I recommend it to my neighbors. You are quite welcome to use this letter as a testimonial if you think it will help some poor sufferer."—Mrs. EDGAR SIMMONS, R. R. 2, Woodbridge, Ont.

In nearly every neighborhood in every town and city in this country there are women who have been helped by Lydia E. Pinkham's Vegetable Compound in the treatment of ailments peculiar to their sex, and they take pleasure in passing the good word along to other women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

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.

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. G. 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 Porcelain 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 Thursdays, 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  
PETER McPHERDAN, Wainstead Agent for Warwick and Plympton

FOR FLOORS  
SENOUR'S FLOOR PAINT

FOR EVERY PURPOSE

MARTIN-SENOUR

100% PAINT & VARNISHES

FOR EVERY SURFACE

FOR WALLS AND CEILING  
NEU-TONE

FOR FURNITURE  
WOOD-LAC STAIN

FOR VERANDAS  
100% OUTSIDE PORCH PAINT

FOR INTERIOR WOODWORK  
MARTIN'S WHITE ENAMEL

**Spruce Up**

Now is the time you can greatly improve the appearance of your home with a touch of paint here and there. Don't neglect your furniture and woodwork. A coat of protection will work wonders. Save the surface and you save all.

**Paint Up**

Now is the time you can greatly improve the appearance of your home with a touch of paint here and there. Don't neglect your furniture and woodwork. A coat of protection will work wonders. Save the surface and you save all.

**MARTIN-SENOUR**

**PAINTS AND VARNISHES**

**For the Walls and Ceilings**  
NEU-TONE—the washable, sanitary finish that will not fade or rub off. Many pleasing tints and suggestions for stenciled borders.

**For Woodwork, etc.**  
MARTIN'S WHITE ENAMEL—the enamel de luxe a beautiful finish for bathrooms, bedrooms, etc. It stays white.

**For Floors**  
SENOUR'S FLOOR PAINT—a wide range of colors. It dries hard with a beautiful enamel finish that wears and wears and wears.

**For Hardwood Floors**  
MARBLE-ITE—The perfect floor finish that withstands the hardest usage. A hard finish that will not mar nor scratch white. It can be washed with soap and water.

**For Furniture**  
WOOD-LAC STAIN—in many shades, Oak, Mahogany, Cherry, etc. Gives to inexpensive woods the appearance of the more costly. Easy to use.

**For Verandahs**  
OUTSIDE PORCH PAINT—dries hard in a few hours and wears like iron.

Come and consult us on any painting you contemplate. We will be glad to advise. We have a full range of MARTIN-SENOUR Paints and Varnishes—the easiest and most profitable to use. For every purpose—for every surface.

**J. McKercher**

WATFORD, ONTARIO

"Save the surface and you save all"—Paint & Varnish