

IMPOSSIBLE TO GET RELIEF

Until She Started To Take "Fruit-a-tives"

The Medicine Made From Fruit

R.R. No. 1, Everett, Ont.
"I had been troubled for years with Dyspepsia, Liver and Kidney Trouble, and could not get relief until I started taking 'Fruit-a-tives'. Thanks to their beneficial action, I am in normal health again."

Mrs. THOMAS EVANS
"Fruit-a-tives" alone can give such happy and successful results because "Fruit-a-tives" is the famous medicine made from fruit juices and tonics. "Fruit-a-tives" is pleasant to take and will always restore the health when taken regularly as directed. 50c. a box, 6 for \$2.50, trial size 25c. At dealers' or from Fruit-a-tives 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 PEERLESS, Pastry BRAN, SHORTS AND GRAHAM FLOUR

Sold at
TRENOUTH'S, Watford
JANES, Warwick Village
STORES, Arkona
Phone
E. H. STONER, Prop. Arkona

Central Business College
STRAFORD, 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, 83.....6.51 p.m.
(a) Chicago Express.....9.11 p.m.

GOING EAST
Ontario Limited, 89.....7.43 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.

One of the oldest pioneers of Enniskillen township in the person of William Leith, Sixth line west, died on Saturday at the age of 96 years. Mr. Leith was born in Enniskillen,

Ireland, in 1827, and came to this country at the age of 40 years, and lived in Enniskillen the balance of his life. He is survived by his widow and four sons.

HYDRO AND COAL

By J. E. Middleton
The Hydro-Electric System is selling 544,000 horse-power of energy derived from water-power to 335,000 customers. In 1915 the output was 104,000 horse-power, sold to 120,000 customers. The average rate is the lowest in the world. The service is reliable and of the highest grade and the demand is steadily increasing throughout all the Province.

The amount of coal required to generate one horse-power of continuous electrical energy varies from 6 to 32 tons in accordance with the efficiency of the plant. In a generating station producing 100,000 horse-power under the most modern and economical conditions a consumption of 6 tons has been registered. But this is an exceptional, as is the 32 tons needed by an ancient boiler wastefully fired. There is authority to justify the use of 20 tons as an average, but to be on the conservative side, let it be supposed that one hydraulically produced horse-power is the equivalent of 10 tons of coal.

Then the present production of the Hydro-Electric System is equal to 5,440,000 tons of steam coal per annum which is worth at present prices more than Fifty Millions of Dollars. The customers of the "Hydro" pay for their service about \$10,000,000 a year, so that co-operative municipal ownership is saving the people of Ontario fully \$40,000,000 a year and is reducing the production-cost of all manner of manufactured goods.

Furthermore the reduction in the demand for steam coal by reason of the use of "Hydro" power is lessening materially the burden on the railways. It would take 136,000 cars to transport 5,440,000 tons of coal at 40 tons to the car. That is the equivalent of a train 1,030 miles long—or of one train 3 miles long every day in the year.

By the wider and still wider use of electricity in all branches of industry it will be possible to reach the place where all the coal imported from the United States to Ontario may be reserved for heating purposes. The economic advantage to the Province by keeping all this money at home cannot be plain to every business man.

In the rapid growth of the Hydro-Electric system and in its prospective expansion Ontario and Canada have a potent creator of Prosperity.

Read the Want Ads on Page Four.

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.

WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my housework. I am willing for you to use these facts as a testimonial."—Mrs. J. C. GREAVES, Port Mann, B. C.

Feels New Life and Strength
Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H.
Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.

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.

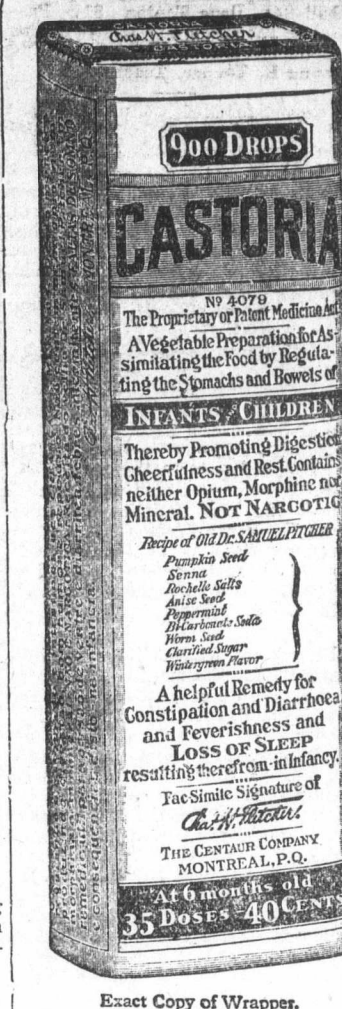
DENTAL
GEORGE HICKS, D.D.S., Trinity University, L.D.S., Royal College of Dental Surgeons, Post graduate of Bridge and Crown work, Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth. Office—Opposite Siddall's Drug Store, Main st., Watford. At Queen's Hotel, Arkona, 1st and 3rd 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, Auditors
F. J. McEWEN, Manager and
W. G. WILLOUGHBY, Sec.-Treasurer
PETER McPHEDRAN, Wanstead Agent for Warwick and Plympton



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

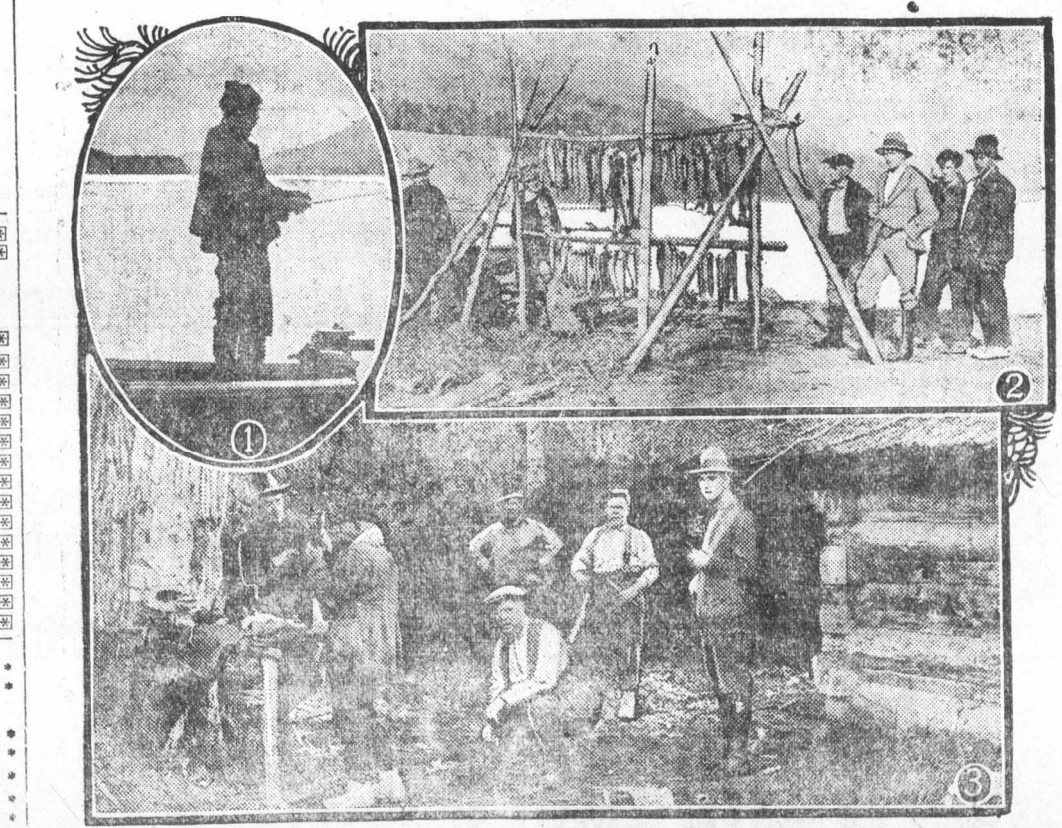
Always Bears the Signature of

Dr. J. C. H. H. H. H.

In Use For Over Thirty Years CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Cariboo and Caribou



1. Casting on Quesnel Lake; 2. A fair morning's catch; 3. Cleaning the gun for the hunt.

WHAT is one of the finest big game and fishing sections of North America and one of the last great stands for big game, lies within easy reach of the Canadian Pacific Railway in the Cariboo district of British Columbia. Here, as nowhere else on the continent, are found in abundance the bear, grizzly, brown and black; the moose and caribou, and the wary mountain goat and sheep. The cougar is often seen and heard and the smaller fur bearing animals make a trappers paradise of this vast virgin territory. As will be seen from the picture above, the fishing is superlatively good; it is this fishing country of the west.

"Who is the man with soul so dead and bent on irrisome chores, who hath not sometime to him said, 'I'll seek the Great Outdoors'?" Each year an increasing number of hunters and fishermen are absorbed by the district, but so vast and extensive is it, that there are yet parts of it that have never been visited by the hunter, and streams that have never had a line thrown-over-them. To reach the Cariboo district one usually leaves the railway at Ashcroft from

which place, arrangements having previously been made, one starts out by automobile over the famous Cariboo road to Quesnel Lake, Harpers Camp, Horseshoe Lake or one of the numerous camping sites. The road, which winds among the foothills for hundreds of miles, climbs to an elevation of 5,000 feet and drops gradually to below the 2,300 foot level by the lakes, was made famous by the horde of gold seekers who passed over it in the days of '49. The old road houses built in those days are still there, and white many of them are used as headquarters for the large ranches in the district they afford simple but comfortable accommodation on the trip.

From the camps one can just paddle along the still, black, green bordered streams and lakes over which the snow capped ranges tower or one can sit at ease by the camp fire and watch the sun sink behind the hills set ablaze with its glory, listening the while to the soft rustle of the wind in the tree tops and the gentle splashing of the water on the crags. If one is of a more aggressive nature one can, accompanied by a careful and well tried guide, strike through the wilderness in search of its natural denizens, or, armed with rod, fly and other bait, angle to the hearts content. One may spend weeks, making short trips by boat, canoe, or saddle horse, fishing in the lakes and streams near by, and getting back to camp each night, or travel with the necessities for bivouac and commune with the wilds for days or weeks at a time.

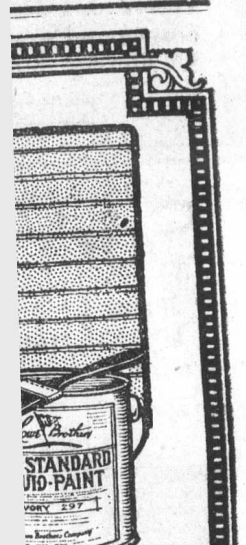
The Cariboo hunting and fishing grounds are located in the Great Interior Plateau, lying between the Rockies and the Cascades, east of the Fraser River. Ashcroft, the jumping off place, is on the main line of the Canadian Pacific 200 miles east of Vancouver. Equipment for trips can be purchased there or at one of the various hunting centres in the district close by. Guide and outfitting companies cater to every necessity and the "Cariboo" and other lodges adequately care for the wants of the business or professional man who does not care for an extended hunting or fishing trip but desires to get away from something or everything for a while.

3, 1923

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