

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, 83.....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.
G. E. McTAGGART, Agent, Watford

MEDICAL

JAMES NEWELL, PH.D., 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. MINIELLY.....Director
THOMAS LITGOW.....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
ROY E. McPHEDRAN, Wanstead
Agent for Warwick and Plympton

A. D. Hone

Painter and Decorator
Paper Hanging
Watford - Ontario
Good Work, Prompt Attention,
Reasonable Prices and
Estimates Furnished.
Satisfaction Guaranteed.
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FOR SALE—Ladies' new style
panelled visiting cards at The Guide-
Advocate. Phone your orders.

Have You Tried Our Malto Cream Bread

IT'S REAL
Not an Imitation

F. H. Lovell
Bakery and Confectionery

ABLE TO DO HOUSEWORK NOW

Sick a Year. Got Great Benefit from Lydia E. Pinkham's Vegetable Compound

Bloomington, N. S.—"I took Lydia E. Pinkham's Vegetable Compound for pains and backache, also for nervousness, sick headaches and sleeplessness. I was troubled in this way for over a year, and a friend told me about the Vegetable Compound and induced me to take it. I must say I have received great benefit from it and am able to do my housework now. I recommend the Vegetable Compound myself and am willing for you to use this letter as a testimonial."—Mrs. WILLIAM MORSE, Bloomington, Annapolis County, N. S.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes."

This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.

Mrs. Morse is simply another case of a woman receiving "great benefit." Women suffering from the troubles so common to their sex should listen to what other women say who have experienced the same sufferings and found relief. Give this dependable medicine a chance—and at once. It is sold at all drug stores.

MOTHER!

Clean Child's Bowels
"California Fig Syrup" is Dependable Laxative for Sick Children



Hurry Mother! A teaspoonful of "California Fig Syrup" now will sweeten the stomach and thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even if cross, feverish, bilious, constipated or full of cold, children love its pleasant taste. It never cramps or overacts. Contains no narcotics or soothing drugs.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on the bottle. Mother, you must say "California." Refuse any imitation. 414-k

DR. THOMAS' ECLECTIC OIL

A SURE, SAFE AND SIMPLE REMEDY FOR ALL THE COMMON AFFLICTIONS OF MAN AND BEAST. IT SHOULD ALWAYS BE KEPT ON HAND, AS A MORE SERVICABLE PREPARATION FOR SUCH USES CANNOT BE FOUND. GET A BOTTLE TODAY AND HAVE IT READY FOR THE TIME WHEN YOU WILL NEED IT.

AFTER ALL There's Nothing To Equal Zam-Buk FOR THE SKIN!

ICE CROP HARVESTING

Practical Methods Suggested for Farm Storage

Ice May Be Formed in Moulds—Artificial Ponds—How to Cut the Blocks—Loading and Packing—The Use and Abuse of Sawdust.

(Contributed by Ontario Department of Agriculture, Toronto.)

The ice crop every winter in Canada is an enormous one, and if it could be marketed in the cities for summer use, the revenue would amount to many millions of dollars. The farmers must rely upon the ponds, rivers and lakes close by for their supplies, as it has not been found practicable to ship ice by rail. In some sections ice is not available, as there are few if any bodies of water large and pure enough to freeze water to sufficient thickness. Farmers could make their own ice, weather permitting, by making a few ice moulds close to the well and gradually freezing them full, or by tasking a solid block of ice in a metal lined chamber by pumping into it a little water every day or so and allowing it to freeze solid. Twenty cakes of ice, each 18 inches square and 12 inches thick, would make a ton of ice as stored.

The Artificial Pond.

Still another method for manufacturing ice on the farm is to make an artificial pond where there is an abundant supply of water available from well or spring and the pumping is done by power or hydraulic ram. The area required to produce a ton of ice is not great, depending of course on the thickness of the ice. If the probable freezing will make ice 12 inches thick but thirty-five square feet of pond surface is required for each ton needed.

The usual method of harvesting the supply of ice for the farms is to cut it from some nearby pond, stream or lake and haul it home and store it in the ice house, or some form of enclosure where it will cover deep with dry sawdust. The source of ice should be free from contamination and clean of weeds and other vegetable matter.

Harvesting the Crop.

The method consists of the following operations—

- (1) Cleaning off the snow, if any, by means of a suitable form of scraper. The snow is either dragged off to the shore or pulled into windrows, depending on the size of the area.
- (2) Marking off the ice into squares or laying off the field. This operation should be done accurately in order to have blocks of equal size and cut straight and even to make handling and packing in the house as economical as possible. Success in this depends largely on getting the first line straight, and this can be done by stretching a line between two stakes and placing a straight edge board 12 or 14 feet long along the line, and marking the ice with hand tool or hand plough along the edge of the board. The board is moved along as the marking is done, piece by piece. After marking in one direction is completed it is necessary to establish a line across the area which is at right angles to the first direction. Probably the best way to start this is by using a carpenter's large square made of pieces of straight-edge boards 10 or 12 feet long, and tied across the corner to hold them fast at angle of 90°. Once the first line is marked straight and at right angles to the first line the rest can easily be marked off properly.

Cutting the Ice.

The ice is cut both ways by either a horse-drawn ice plough or a circular saw driven by a gasoline engine, the whole mounted on a sled pushed along by hand. The latter method of cutting is very satisfactory and is done on a large scale, as is the case with a large ice dealer or group of farmers harvesting their ice co-operatively. The ice field is usually cut in one direction with the machine and to a point two or three inches of the full depth. The long strips one way are detached from the field by striking into the saw cut with a heavy chisel, and then pushed up to the loading platform and there cut up into blocks by a hand saw or by the chisel in case the field has been cut both ways by the ice plough or power saw. When a small quantity of ice is harvested the cutting is done by saws.

Loading and Packing the Ice.

There are several devices used for loading the ice on the sleigh, wagon or motor truck, depending upon the amount of ice being handled. The main object in this case is to get a mechanical outfit that is cheap, convenient to operate and which will save the handling of the ice by hand. A small hoist, or a horse-power driven elevator answers very well. It is advisable to store the ice on cold, dry days as it will be better for handling and will keep better after storage. The cakes should all be the same size, and be evenly cut, in order that they may be packed together with as little air space as possible.

Any spaces should be filled with small pieces of ice. The more compact the mass of ice the better it will keep. Below the ice there should be a foot of dry sawdust or shavings, and as the filling proceeds the same material should be packed between the ice and the walls. Do not put sawdust about individual cakes of ice. Pack the ice with a little dip toward the centre, so that it cannot press outwards against the walls. After the ice is stored there should be a couple of feet of sawdust over the top. O. A. C. Extension, R. R. Graham, Department of Physics, O. A. C., Guelph.

BOVINE TUBERCULOSIS

Progress of the Disease is Slow, Insidious and Chronic

The Symptoms Described—How Milk-
ing Cows Become Affected—Post
Mortem Appearances—The Septic
Tank.

(Contributed by Ontario Department of Agriculture, Toronto.)

The onset of this contagious and infectious disease of farm animals is slow, insidious and chronic, with no outward manifestations for some time.

Symptoms of the Disease.

A short, dry cough, intermittent and more noticeable when the resting animal is made to rise quickly should be regarded with suspicion. A cough alone while suspicious is not entirely characteristic, nor should its absence mean that the animal is not tubercular. The breathing may be quickened, there may be an unthrifty condition and chronic diarrhoea. In some cases the loss in condition is very marked, and the animal recedes to a thin hide-bound condition, with sunken eyes and rough coat; such animals are usually referred to as wasters. There may be enlargement of the lymphatic glands, such as the submaxillary or the prescapular. Enlargement of any of the lymphatic glands should always be considered with suspicion. Slight bloating, which may be due to enlarged glands interfering with the normal functioning of the digestive tract, should be regarded as suspicious, since the mesenteric glands if badly infected may cause irregular action of the intestines, with bloating and constipation followed by diarrhoea. In cases where tuberculosis is affecting the bones and joints the animal may move with unnatural gait or show lameness.

How Milked Cows Are Affected.

The mammary glands of milking animals is a common seat of tubercular lesions. Hard areas in the glandular substance, painless on pressure, which may be very small or even involve the entire quarter of the udder, should be regarded with grave suspicion. These painless nodules or tumors if present can be felt by the most inexperienced. In cases where the udder is affected the supramammary lymph glands also become much enlarged and may be easily felt.

Post Mortem Appearances.

The effects produced in the body tissues are characterized by the formation of tubercles or nodules, which in the advanced condition are of a yellowish color and cheese-like consistency. Such nodules may be single and of small size, or they may be quite large and in masses. The common seat of tubercular lesions is in the following glands: bronchial and mediastinal lymph glands, the cervical, pre-scapular, pre-pectoral, portal, inguinal, sub-lumbar, popliteal and mesenteric glands. The lungs and the pleura are also common locations for the lesions of tuberculosis, in which they (the lesions) appear as hard lumps, easy to see and easy to feel. These when cut into are found to be cheese-like, and contain a thick yellowish pus.

The "Pearl Disease" Condition.

When the pleura (covering of the lungs and lining membrane of the chest or thoracic cavity) is affected it presents over its surface clusters of small round nodules, pale creamy red in color and resembling grape-like masses, commonly spoken of as "pearl disease" condition. When the organism successfully invades the liver caseous masses and tubercular abscesses are formed. These when cut open show the characteristic yellow cheesy pus and gritty feeling on the passing of the incising knife. Where the peritoneum (the lining membrane of the abdominal cavity) is attacked the "pearl disease" condition is characteristic. Lesions in the udder, lymph glands, ovaries, kidneys and spleen resemble the caseous masses and abscess formation common in the liver. The oviduct, the uterus, the bones and joints may also be affected with tubercular lesions. In old standing cases the pericardium (sac covering the heart) and the heart may be a position of attack by this destroying organism, the work of which is characterized by the destruction of tissue and the formation of tubercles.—L. Stevenson, Director of Extension, O. A. C., Guelph.



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Do you realize that the smallest item in the family budget is the telephone bill? It averages only 1 per cent.

A careful study of families with incomes from \$1500 to \$6000 a year shows that food costs 43%, rent and taxes about 17%, clothes 13%, telephone 1% and miscellaneous from 20% to 26%.

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Beautiful 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 tin lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hanging, everything new.

Buy "Diamond Dyes"—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton, or mixed goods.

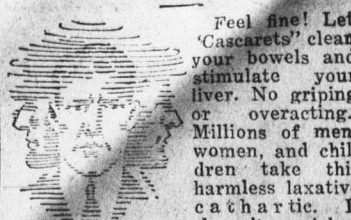
Girls! A Gleamy Mass of Beautiful Hair

35-Cent "Danderine" Soap Improves Lifeless, Neglected Hair

An abundance of luxuriant hair full of gleams and life shortly follows a genuine toning up of neglected scalp with dependable "Danderine." Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.

"Cascarets" for Liver and Bowels—10c a Box

Don't Stay Dizzy, Bilious, Headachy, Sick or Constipated



Feel fine! Let "Cascarets" clean your bowels and stimulate your liver. No gripping or overacting. Millions of men, women, and children take this harmless laxative each day. It doesn't sicken.

Tastes nice—acts wonderful. Sold at drug stores.

A New York telephone company has completed a tunnel fifty feet below the business district. It is eight feet high and eight feet wide, and has room for sixteen million miles of wire.