

LIFE BURDENED BY DYSPEPSIA

Health and Happiness Came With "Fruit-a-tives"

Made From Fruit Juices and Tonics "Fruit-a-tives", the wonderful medicine made from the juices of apples, oranges, figs and prunes, is one of the greatest means of doing good that this country of ours has ever known. "Fruit-a-tives" is bringing health to hundreds and hundreds of people who suffer with chronic Constipation, Biliousness and Dyspepsia. Mr. Frank Hall of Weyburn, Ont., says, "I purchased a box of 'Fruit-a-tives' and began the treatment. My condition improved immediately. The dyspepsia ceased to be the burden of my life as it had been, and I was freed of Constipation."

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent by 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 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. 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, 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.

ITEMS FROM FAR AND NEAR

Some Wise, Some Otherwise Some Newsy, All Readable.

Nine-tenths of the men on the bridges of United States vessels on the Great Lakes are of Canadian birth. The Ku Klux Klan claim that it is "Here Forever". That brag may go across the border. It is not true, and will not be true, of Canada. Surely this is a money-mad age. The young suitor now has to say it with roses, chocolates and gasoline, whereas conversation lozenges used to do the whole thing. From "Swansdown," by Duncan Swan: Marriage is like a future life. Of neither state can mortal man obtain any advance information worth a rap. He has to cross the threshold to find out for himself how matters stand.

Anna Renich of Milford, New Hampshire, who "invented" porterhouse steak, has passed away at the age of 87. The name was derived from a hotel, the Porter House, in North Cambridge, Mass., where she was chef.

What's in a name? Well, there's the L. R. Steel Company, the head of which has seen fit to silently steal away and whose stockholders are now hopefully holding the bag for returns on the twenty-six million invested.

The Wingham town council intend to try out the method of allowing citizens to pay taxes any time from the middle of July to the middle of December, a half per cent. per month discount to be allowed for such payments. Couldn't this system be tried out in Watford with a saving to the municipality?

They are doing things by legislation in United States. In South Carolina it is against the law to play pool or billiards. In Utah smoking in public is eliminated. In Oklahoma, the mention of evolution is forbidden in school books. "Thou shalt not" seems to be coming into its own with the law makers. The fever has been very high in Canada for some time now.

At Canadian government central experimental farm, Ottawa, after a great deal of experimental work, a new cheese has been originated. It is termed Meilleur cheese, being named after the dairyman at the Farm of Joseph Meilleur. While the process of manufacture can not as yet be considered to have been perfected, results that have been obtained indicate a product of the first quality among full-flavored cheeses. The cheese is described as presenting, when properly ripened, an attractive bright yellow color and possessing fine texture. It is more open than Cheddar, resembling to some extent the Emmentaler or "Swiss-hole" cheese.

In increasing the value of Canadian produce in ten years from \$550,000,000 to \$984,000,000 Canadian farmers were a deciding factor and largely responsible for the stabilizing of the Canadian dollar. J. H. Gundy, Toronto, an authority on finance, told a gathering of 300 Wentworth men and women at a luncheon in Hamilton. "The farmer is responsible for the increase, for he has produced more from the soil with no appreciable increase in population," said Mr. Gundy. "It is by increased production that we brought our dollar back to the mark where we hope to keep it, and where we can keep it if we continue the good work. In this country we have resources and the brains and the energy to develop these. With the proper financial administration and strict economy, I see a bright, happy prosperous future for Canada."

Don't sign up with the "20-minute late" class who, apparently, like the cow's tail, are always behind. Late for church, school, lodge, business and every engagement almost that could be mentioned. It's an imposition on business arrangements or on the temper and time of your friends to always have to wait for the late comers. We have known a concert program held up nearly a half hour because of someone's tardiness. When we speak of "the late Mr. So and So" people take it for granted that they have gone hence but in the case of the "20-minute late" fellows that is not the case as they have yet to come. Turn over a new leaf and get every place on time, without a run for it or such a fuster that an hour or half a day is almost essential to have you get breathing naturally after the chase. Don't have folk always waiting on your time table, but over come it by making an earlier start.

THE INCOME TAX

You are struggling every spare minute with that blank report and still it is not finished, although you are, or just about.

Your face is wearing one of those blank expressions so often mentioned in the classics. This is due to the fact that you have received the income-tax blank in the morning mail or from the Postoffice. The government has sent you a long ballot this year, presupposing that you cleaned up more than \$20,000 during 1922. The government compliments you. You thank the government, but would like to say that it is no time for joking. You get your personal cash book and you do some quick figuring. You find you have made more than you thought during the past year—more than you had any right to make. You had no idea you were taking in so much. There must be some mistake. You add it up again and \$2,563.67 more than you got the first time. No man should make as much money as you did. It's outrageous. You hastily count up the number of little exemptions you have running around at home. There are only five at \$300 apiece. Every man should have a large family—at least ten exemptions. You can take out \$1,000 for your wife and \$1,000 for yourself. You rapidly calculate that your wife cost you in the neighborhood of \$9,574.85 and the government allows you \$1,000. What does the government know about married life? You refer constantly to the instruction ballot. You stick your fountain pen in your mouth and light it by mistake for a cigar. It doesn't draw well, but don't notice it until somebody in your office calls up the board of health.

Ah, here you go, at last. One blond wife, five children, mother-in-law, sedan car. If the wife has been a blonde all the year you can deduct \$1,000. Three of the children are going to school. Very good. In that case figuring this combination as it stands, you take your grandfathers age at his death, multiply it by 6%, subtract your automobile license number, divide by the number of lodges you belong to, add your club dues, subtract your telephone number, multiply by the number of electric lights in your house, subtract your best golf scores and add your life insurance policy premium and divide by your chest measurement, add your surtax and subtract your luxury tax. That gives you the result.

You show the result proudly to your bookkeeper in your office and she advises you to consult an alienist. You hunt an expert accountant. He says you have it all wrong; you hand him \$25 and tell him to mix the dope. He labors over it for two weeks and you send a cheque for \$347.83 to the government.

Six months after a man from the federal office calls on you and tells you you have it all wrong. He figures it up for you and you find you still owe the government \$53.67.

A year later another man calls and tells you you are still all wrong, and that you still owe, according to the intensive audit of Ottawa \$32.59.

NURSES ADVISE

Zam-Buk, because they have proved that it does what is claimed for it. Miss E. L. Dosey, graduate nurse, of 2220 Michigan Ave., Chicago, says: "I have a patient who suffered terribly with piles. Zam-Buk is the only remedy that gave her relief."

"I have used Zam-Buk myself for the same ailment, also for sores and burns, and have the greatest confidence in it."

Zam-Buk Lovell's Bread

"the Bread that's Pure Bread" Have you tried it lately? Phone 73 and our wagon will call.

THE TONIC THAT GIVES STRENGTH

Now is the Time to Invigorate Your System and Throw Off Winter's Ills

An unusually trying winter is almost over, but the spring will find many whose strength has been sapped and systems undermined by winter colds, influenza, pneumonia or close confinement indoors. Recovery from this condition is often slow, but it can be hastened by the use of a true tonic medicine. Strength and energy can be restored, the stomach toned up, head aches banished and nervousness overcome through a fair use of Dr. Williams' Pink Pills. These pills have a direct action on the blood, enriching and purifying it, thus bringing new strength to every organ and nerve in the body. In this way this medicine has brought new health to thousands of weak and despondent people. Among those who owe their present health to Dr. Williams' Pink Pills is Mrs. Clarence E. Misner, Chipman's Brook, N.S., who says: "I had a very severe attack of influenza, but after the characteristic symptoms of that trouble passed, I was left in a very weak and depressed condition. I could not keep on my feet for half an hour at a time, and words can scarcely tell how badly I did feel. I had been taking the medicine my doctor gave me, but it was not helping me, and as I had used Dr. Williams' Pink Pills on a former occasion with great benefit I decided to try them again. I got half a dozen boxes, and soon after beginning their use I could feel my strength returning. By the time I had used up my supply of pills, my old-time strength had come back, I could do my housework and keep on my feet all day without feeling used up as formerly. I feel that these pills have been worth their weight in gold to me, and I strongly recommend them to other weak, run down people."

Children Cry FOR FLETCHER'S CASTORIA

HOW'S THIS? HALL'S CATARRH MEDICINE will do what we claim for it—rid your system of Catarrh or Deafness caused by catarrh. We do not recommend it for any other disease.

HALL'S CATARRH MEDICINE is a liquid, taken internally, and acts through the blood upon the mucous surfaces of the system, thus reducing the inflammation and assisting Nature in restoring normal conditions.

All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

How Flower and Seed sales are increased by Long Distance

Some quotations from recent reports:

"19 calls costing \$18 sold 15,000 blooms. Nearly all our sales are made by Long Distance."

"90% of our orders from dealers are by Long Distance."

"We call dealers once a week during busy season."

"Do all our buying by Long Distance in the evening."

"Long Distance is essential in buying seeds from growers."

"Sold over 1,100 bags of seed by telephone."

May we tell you how Long Distance is being used to increase sales in your business?

THE BELL TELEPHONE CO. OF CANADA.



Read the Want Ads on Page Four.

BEFORE MY BABY CAME

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."—Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.

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.

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.

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. MINIALLY, Director THOMAS LITHGOW, Director GUILFORD BUTLER, Director JOHN PETER McVICAR, Director JOHN COWAN K.C., Solicitor J. F. ELLIOT, Fire Inspectors ALEX. JAMIESON P. J. McEWEN, Auditors W. G. WILLOUGHBY, Manager and Sec.-Treasurer PETER McPHEDRAN, Wainstead Agent for Warwick and Plympton