

Business College
Yonge and Alexander Sts., Toronto
Noted for high grade instruction and superior employment service.

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, 9.11 p.m.

MEDICAL

JAMES NEWELL, PH.B., M.D., L.R.C.P. & S., M.B.M.A., England.
Corner County of Lambton, Watford, Ont. Office—Corner Main and Front Sts. Residence—Front st., one block east of Main st.

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. Orthodontics 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
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J. F. ELLIOTT
ROBERT J. WHITE, Fire Inspectors
ALEX. JAMIESON
F. J. McEWEN, Auditors
W. G. WILLOUGHBY, Manager and Watford Sec.-Treasurer
ROY E. McFEDRAN, Wainstead 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.

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.

NERVES AND FAINTING SPELLS

Sent Woman to Bed. Great Change After Taking Lydia E. Pinkham's Vegetable Compound

Sarnia, Ontario.—"After my girlie was born I was a wreck. My nerves were too terrible for words and I simply could not stand or walk without pains. I suffered with fainting spells until I was no longer any good for my household duties and had to take to my bed. The doctor said I should have an operation, but I was not in a fit condition at that time. My neighbor said, 'Why don't you try Lydia E. Pinkham's Vegetable Compound?' I am sure it will do you good and will save those doctor's bills. So I was advised by my husband to try it after I told him about it. I am very thankful to say that I was soon able to take a few boarders for a while as rooms were scarce at that time. My baby is 17 months old now and I have not yet had an operation, thanks to your medicine. I have recommended the Vegetable Compound to a few people I know and have told them the good it has done me. I know I feel and look a different woman these last few months and I certainly would not be without a bottle of your medicine in the house. You can use this letter as you see fit, as I should be only too glad for those suffering as I have to know what I had done for me."—Mrs. ROBERT G. MACGREGOR, R. R. No. 2, Sarnia, Ontario. A recent canvass of women users of the Vegetable Compound has netted out of 100 received beneficial results. This is a remarkable proof of its merit.

MOTHER!

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



Hurry Mother! Even a fretful, feverish, bilious or constipated child loves the pleasant taste of "California Fig Syrup" and it never fails to sweeten the stomach and open the bowels. A teaspoonful today may prevent a sick child tomorrow. It doesn't cramp or overact. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup. 417-k

GIRLS! HAIR GROWS THICK and BEAUTIFUL

35-Cent "Danderine" Does Wonders for Lifeless, Neglected Hair



A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalps 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.

A Real Asthma Relief. Dr. J. D. Kellogg's Asthma Remedy has never been advertised by extravagant statements. Its claims are conservative indeed, when judged by the benefits which it performs. Expect relief and permanent benefits when you buy this remedy and you will not have cause for disappointment. It gives permanent relief in many cases where other so called remedies have utterly failed.

Use the "Want Ads" to buy or sell

SCOURGE OF ENGLAND RHEUMATISM IS VERY PREVALENT IN THE OLD COUNTRY.

British Health Department Says Sickness Benefits Total \$10,000,000 Annually and 3,000,000 Weeks Are Wasted.

Rheumatism is a veritable scourge in England. A Canadian visitor to the Old Country would be inclined to think that the unheated houses, the almost total lack of rubber in male footwear, and the practice among the well-to-do, even in winter weather, of clothing small children in short socks instead of stockings, might have something to do with the prevalence of the malady. But the British Health Ministry, though evidently blaming the damp climate generally, doesn't appear to consider the absence of central heating a contributory cause. The Ministry after a careful survey of rheumatism and its results, reports that it estimates that societies pay out in sick benefits annually \$10,000,000 and that the nation loses an additional 3,000,000 weeks in work from the insured population alone. This, however, says a medical correspondent of the London Times, is by far the least serious aspect of the loss. Rheumatism poisons the nerves of youth and saps many young people by heart disease. But its most severe onslaughts are made on men and women in middle age. These it cripples both in mind and body, causing each year great loss to the community from the withdrawal of its most active and experienced brains, asserts the writer. The days when goose grease and red flannel (the red was supposed to have some peculiar virtue of heating) were esteemed sovereign remedies for the comparatively small proportion of rheumatism sufferers in Canada have gone by. Medical science has discovered more efficacious treatments. But doctors are still groping for the cause of the disease. They have established, however, that sufferers from acute and sub-acute rheumatism are specially liable to sore throats, while those whose rheumatism is seated in the joints appear to suffer a great deal from dental defects of various kinds. Are the teeth and the throat the result of the rheumatism or vice versa? The doctors don't know yet.

The spa where mineral spring water is taken internally or externally still holds a high place in the opinion of the medical world. The British doctor writes that those who suffer from rheumatism do well to visit such places annually and "take the cure." He declares that the British spas are just as good as the renowned French and German resorts, which doubtless applies with equal force to Canadian resorts. The sufferer from rheumatism, states the British doctor, requires to be given instruction in the care of his health. Clothing is of vital importance in this connection, for the disease undoubtedly exercises a profound influence on what is known as the "heat regulating mechanism" of the body. Thus rheumatic children are subject to flushings and to shiverings without any very adequate cause. Older sufferers, too, share in these disabilities. "No one with rheumatism should ever expose himself to chill winds without making sure in the first instance that he is very warmly clad indeed," declares the physician. "Above all things must the victim of this disease avoid becoming too hot and standing about in a cold place. For the tendency is to perspire very freely and so to cool down with great rapidity. The best winter wear is wool lightly woven so as to entangle the air and yet allow of free ventilation over the surface of the skin. In summer linen or cotton should be worn. "Food again, requires very careful attention," says he. "It is doubtless true that the dyspepsias which are so common in the case of rheumatic subjects are a consequence and not in any way a cause of the trouble. Yet they form a disabling complication and should at all costs be avoided. The general rule is that a light diet succeeds better than a heavy one. Alcohol is certainly contraindicated. Indeed most rheumatic people discover this for themselves sooner or later and become water drinkers, or at most use only a little whiskey and soda. Wine drinking is also always harmful."

A dry climate is of course a great advantage. The Riviera which despite its border on the Mediterranean is not a "sea atmosphere" but really an Alpine one and Egypt are ideal winter resorts for rich rheumatic folk. During the war rheumatic people ordered to German East Africa were remarkably free from their pains and aches. But there is no permanent cure as yet in the British climate, concludes the doctor who hopes that scientific research now being directed along these lines will meet with a speedy reward.

The Scottish Parliament. The Scottish Parliament, when the union took place in the days of James First and Sixth was only adjoined and can be called together

at any time. This claim is made by the Scottish Home Rulers, who have been fighting for the restoration of the Scottish Parliament. The process of calling together the Scottish Parliament would however be a somewhat difficult one as there is not one official left to carry out the procedure, but the principle is there. The Parliament was adjourned and has never been recalled, and the King can if he chooses the orders for the members to be recalled. The members of the Parliament could then clear all the vacant and the orders for a new Parliament.

FAMOUS DYKED LANDS. Crops Raised on Land Reclaimed From the Sea.

The dyke lands, or hay marshes as they are called locally, are one of the most interesting sights of the Maritime Provinces. They extend around the head of the Bay of Fundy, in Cumberland, Colchester, Hants, Kings and Annapolis counties of Nova Scotia, and in Westmorland and Albert counties of New Brunswick. While the term "marsh lands" is applied to these low lying areas, they are far from being what the name implies. Looking at them from an eminence they bear the appearance of great flat stretches of prairie lands or meadows, covered with rich grass, while almost as far as the eye can reach, innumerable hay-barns and hay-stacks dot the landscape. The marshes have been brought into existence by the extraordinary power of the tide of the Bay of Fundy, where there is sometimes a difference of sixty feet between the level of the water at high and low tide. Large areas were therefore subjected to inundation at periods of high tide. The early French settlers built dykes to keep out the tide from these lands, and the areas thus reclaimed form a vast natural meadow of approximately 50,000 acres in extent. This marshland retains its fertility in a marvelous way, producing hay crops averaging from two to three tons per acre. When the soil appears to be deteriorating it is only necessary to open the dykes, allow the tide to flood the land again, close the dykes and resume cropping the land. The periods when it is necessary to open the dykes for renewal purposes are widely separated, some of those familiar with conditions giving fifty years as the interval between floodings.

The grasses which grow upon the better parts of the dyked lands are the English hay grasses, of a superior quality. But one crop of hay per year is taken off the land, but farmers find in the marshes after having excellent forage for their cattle. No fertilizer of any kind are used upon the marsh land, and the only cultivation consists in an occasional ploughing, on an average once in ten or fifteen years, when a single crop of oats is sown; followed at once by grass. An extensive market exists for the hay grown on the Bay of Fundy marshes, and at good prices. Large quantities are shipped to the West Indies, Newfoundland, Boston and other New England cities. During the war enormous quantities were supplied to Great Britain and France. To the inland Canadian, unused to the ocean tides, these dyked lands or hay marshes present a fascinating appearance. Accustomed as they are to but slight variations in the shoreline of lakes and rivers, it is hard to realize that but for the dykes these large areas would at high tide be covered with water. The value of the land, however, was readily appreciated by the original settlers, many of whom in their native lands had been compelled to battle against the encroachments of the sea. How well these early settlers did their work may be judged from the fact that at various points the original dykes are still in existence, after a period of close to two hundred years. These famous dyked lands are today, as in the past, a great asset to the provinces of Nova Scotia and New Brunswick, and as they continue, decade after decade, to produce their hay crops for home and export consumption, they bear testimony to the energy of the people who in the early part of the eighteenth century fought and won the battle with the sea for their possession.

ACROSS ENOUGH.

The city man was in the habit of lunching regularly at the same restaurant. One day he called the waiter to him, and said: "John, instead of tipping you every day I'm going to give you a lump sum at the end of every month. It will be more convenient for me." "Thank you, sir," answered the waiter. "But, I wonder if you'd mind paying me in advance?" "Well, that's rather a strange request," returned the customer. "However, here's a couple of dollars. I suppose you are rather hard up for money just now? Or is it that you don't trust me?" "Oh, no, sir," smiled John, slipping the money into his pocket. "Only, I'm leaving here to-day!"

FOR SALE—Ladies' new style paneled visiting cards at The Guide-Advocate. Phone your orders.

STOMACH MISERY ACIDITY, GAS, GAS, INDIGESTION

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

Baby's Welfare During February

February is one of the hardest months of the year on little ones. It is a month of cold, blustery days that prevent the mother taking her baby out for the fresh air so necessary to its welfare. Baby is consequently confined to the home. More often than not the rooms are overheated and badly ventilated and the little one catches cold or gripe. What is needed to keep the baby well is a gentle laxative that will regulate the stomach and bowels; banish constipation and indigestion and in this way will either prevent or break up colds and gripe. Such a laxative is Baby's Own Tablets. They are mild but thorough in action and are absolutely safe as they are guaranteed to contain no opiates or narcotics. They never fail to be of benefit to little ones and may be given to either the newborn babe or the growing child. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Hostess FRENCH ORGANDIE Writing Paper For Social Correspondence "The paper that's good to write upon"

PRINTED MATTER of all kinds when you want it.—Guide-Advocate

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

"Cascarets" if Bilious, Constipated—10c a Box

If Dizzy, Headachy or Stomach is Sour, Clean the Bowels



To clean your bowels without cramping or overacting, take "Cascarets." Sick headache, dizziness, biliousness, gases, indigestion, sour upset stomach and all such distress gone by morning. Nicest laxative and cathartic on earth for grown-ups and children. 10c a box—all drug stores.

COLOR IT NEW WITH "DIAMOND DYES"

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 tint lingerie, silks, ribbon, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings, 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.



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