

## PAINS IN LEFT SIDE AND BACK

Other Troubles Women Often Have Relieved by Lydia E. Pinkham's Vegetable Compound

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back, and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. ROSE, 580 Notre Dame Street, Lachine, Quebec.

### Doctor Said an Operation

Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 54, Provost, Alberta. C

### 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.

### 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 Dental and Crown work. Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth. Office—Opposite Siddall's Drug Store, Main st.

**C. 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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**GUILFORD BUTLER**... Director  
**JOHN PETER McVICAR**... Director  
**JOHN COWAN K.C.**... Solicitor  
**J. F. ELLIOT**  
**ROBERT J. WHITE**... Fire Inspectors  
**ALEX. JAMESON**  
**P. J. McEWEN**... Auditors  
**W. G. WILLOUGHBY**, Manager and Watford  
**ROY E. McPHEDRAN**, Wanstead  
Agent for Warwick and Plympton

## CANADIAN NATIONAL RAILWAYS

### TIME TABLE

Trains leave Watford station as follows:

**GOING WEST**  
Accommodation, 11.1. 8.42 a.m.  
Chicago Express, 17. 11.59 a.m.  
Detroit Express, 83. 9.51 p.m.  
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, No. 112. 6.08 p.m.  
J.E. McTAGGART, Agent, Watford.

## Lambton Corn Growers Contest in Chicago Fair

For First Time Exhibits From This County Will be Shown

The corn growers of Lambton county will be represented at the international grain and hay show held in connection with the Chicago international livestock exposition from November 29 to December 6. This is the first year Lambton growers will have exhibited in this competition.

Because of climate and soil differences which are reflected in the grain and forage crops the United States and Canada have been divided into regions of approximately similar crops in order to conserve the interests of the exhibitors. Lambton county falls in class 1. In the competition they will meet all the counties in Ontario with the exception of Essex and Kent together with the northern part of the states of Michigan, Illinois and Minnesota.

There are classes for ten ears of Yellow Dent and White Dent (including White Cap Yellow Dent), single ears of Yellow Dent and White Dent and ten ears of Flint.

### What is Required

The American judges call for an ear from 8 1/2 to 9 1/2 inches in length. They pay more attention to uniformity and quality than they do to the ears. They require the kernels to be uniform in size, shape and color, strongly dented without chaffiness, shaped so as to touch from tip to crown as deep as possible, but plump bright, clean and with well developed germs.

Through the office of the county agricultural representative, W. P. Macdonald, Petrolia, an exhibit of ten ears and single of the classes of corn were secured from Lambton veteran corn growers, Harry Sheller and Bert Payne, Port Lambton; Jas. Abra, Corunna; John Welsh, Moore-

town; Dan Wright and A. A. Dewar, Petrolia; James Hand, Alvinston; William Davis, Florence; J. H. Powell, Inwood.

James Ralph of Florence contributed one peck of red winter wheat and one peck of white oats.

The combined entry was forwarded to the office of the agricultural representative Essex county, who will accompany and set up the exhibit in Chicago.

## "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 griping or overacting. Millions of men, women, and children take this harmless laxative cathartic. It doesn't sicken you like pills, oils, calomel and salts. Tastes nice—acts wonderful. Sold at drug stores.

Many mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

## Discovered in 1513

Four hundred and eleven years ago an intrepid Spanish explorer and adventurer, Juan Ponce de Leon, by name, first set foot on land of luxuriant sub-tropic growth known today as Florida.

Since that time Florida has become perhaps the most alluring Winter Resort in the world. A warm-watered ocean offers bathing at its best; a few miles off-shore the monstrous and sporty Tuna and Tarpon await the more adventurous disciples of Izask Walton; a marvellous beach fringed with exotic palms, broad motor highways, scores of green, velvet-smooth golf courses—the whole steeped in glorious sunshine and perfumed with the fragrance of fruit blossoms and sub-tropical flowers.

Nature has lavished her bounties on Florida, and man has moulded them for his convenience. There are facilities for every summer recreation—surf-bathing, deep sea fishing, boating, golfing, tennis, riding, morning, bowling and dancing; beautiful hotels, splendid apartments and bungalows house the visitor in luxurious comfort.

Canadian National Railways can offer a splendid service in helping you plan your visit, together with many choices in routing. Any agent

## ONE 50c BOX BROUGHT HEALTH

Years of Constipation Ended By "Fruit-a-tives"

### The Wonderful Fruit Medicine

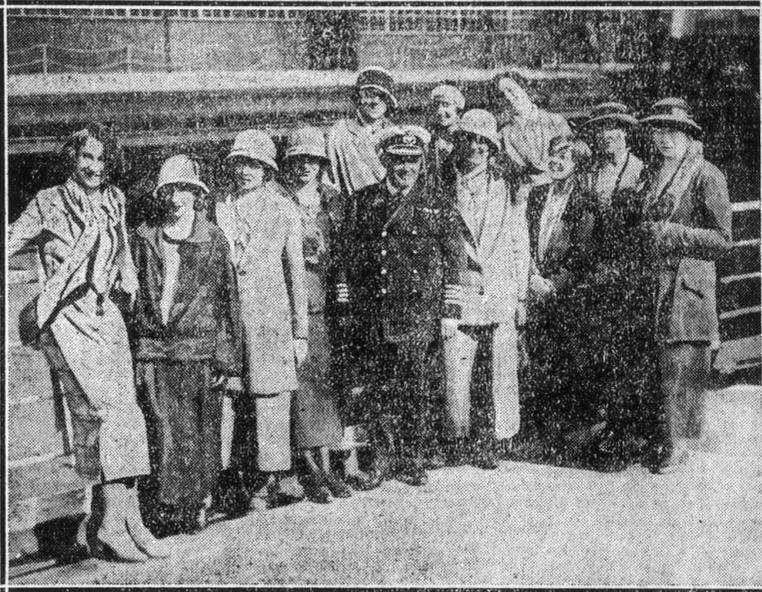
Anyone who suffers with miserable health; who is tortured with Headaches; and who is unable to get any real pleasure out of life; will be interested in this letter of Mrs. Martha de Wolfe of East Ship Harbor, N.S.

Mrs. de Wolfe says, "For years I was a dreadful sufferer from Constipation and Headaches and I was miserable in every way. Nothing in the way of medicine seemed to help me. Then I tried 'Fruit-a-tives' and the effect was splendid; and after taking only one box, I was completely relieved and now feel like a new person."

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

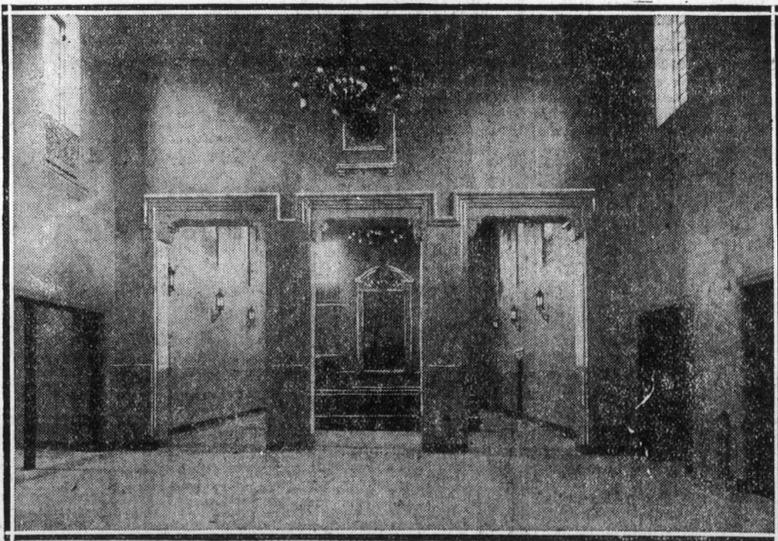
will gladly supply full information and make your reservations. n7-4t

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



### ALL THE NICE GIRLS

The Canadian Pacific liner "Montreal" recently brought 200 happy Canadian University Students home from a stay of several weeks in England and on the continent. A happy group of girls are here seen with Captain John Hall, commander of the ship. The steamer called at Cherbourg to pick up 250 returning Canadian teachers who had spent part of the summer abroad.



### Three Rivers, Quebec, Has New Station

Citizens of Three Rivers, Quebec, regard the recent inauguration of the new Canadian Pacific Railway Station as marking a new epoch in the life of their city inasmuch as it affords proof of the status already attained by Trois-Rivieres as an industrial centre and of the greater prominence it is expected to occupy in the future. The new station building is the most up-to-date and magnificent of its kind in eastern Canada. Of its construction cost, not less than \$200,000 represents the amount of money spent in Three Rivers.

Some ideas as to the way Three Rivers has developed from a few remarks made by E. J. Hebert, first assistant general passenger agent, Canadian Pacific Railway, in proposing a toast at the banquet that marked the official opening. "Until 1875 navigation was the only transportation facility" he said. "Then the Northern Railway was built between Quebec, Three Rivers and Montreal, but it was not until 1905 that industries began to appear. With the opening of the St. Maurice Valley Railway trade developed rapidly. The towns of Shawinigan Falls, Grand Mere, Cap-de-la-Madeleine, La Gabelle, small hamlets in 1905, have become important industrial centres, with populations respectively of 12,000, 7,600 and 3,000 people, while Three Rivers itself has over 30,000 population now and is still growing."

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