

**HALL'S CATARRH MEDICINE**

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a tonic and Blood Purifier, and acts through the blood upon the mucous surfaces of the body, thus reducing the inflammation and restoring normal conditions.

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Yonge and Charles sts., Toronto. Is noted throughout Canada for high grade business education. Graduates readily obtain employment. Write for handsome catalogue. Enter any time.

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Coroner County of Lambton  
Watford, Ont.  
Office—Corner Main and Front Sts.  
Residence—Front st., one block east of Main st.

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Phone 13, Watford, Ontario.  
Office—Main st. Residence—Ontario street, east.  
Office Hours—8.30 to 9.30 a.m.; 2 to 4 and 7 to 8 p.m. Sundays by appointment.

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**CRIPPLED WITH RHEUMATISM**

Then She Took "FRUIT-A-TIVES" And Has Been Well Ever Since



MADAM SLOAT

PERTH JUNCTION, N.B., Jan. 22nd, 1920

"For many years, I was a great sufferer from Indigestion, Constipation and Rheumatism. My Stomach was weak and gave me constant distress, while Rheumatism in my joints made me almost a cripple. I was treated by two different doctors but their medicine did me no good.

Then I tried "Fruit-a-tives" and at once that fruit medicine helped me. Soon the Constipation and Indigestion were relieved and the Rheumatism began to go away, and in a few months entirely disappeared. For twelve years now, my health has been first class, and I attribute it to the use of "Fruit-a-tives" which I take regularly."

Mrs. CLARA SLOAT.

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

DO YOU KNOW of any good reason you should not patronize your own home goods? Remember you are part of the business of this town, when you help develop this business you help the town. Our bread is always good and full weight.

8c

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Bakery and Confectionery

**CHANNY FARM**

Shorthorn Cattle, Lincoln Sheep  
Silver Grey Dorkings  
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An extra good "Roan Lady" bull calf, good enough for any pure bred herd and priced right, also 1 ram 3 years old, 4 shearlings, and a number of lambs, both sexes. Now is the time to invest in a few sheep. Can spare a few nice cockerels.  
ED. DE GEX  
KERWOOD ONTARIO

**GRAND TRUNK RAILWAY SYSTEM**

**TIME TABLE**

Trains leave Watford station as follows:

**GOING WEST**  
Accommodation, 11.11... 8.44 a.m.  
Chicago Express, 17... 12.47 p.m.  
Detroit Express, 83... 6.48 p.m.  
(a) Express, 5... 9.11 p.m.  
(c) Express, 15... 10.10 p.m.

**GOING EAST**  
Ontario Limited, 80... 7.43 a.m.  
Chicago Express, 6... 11.16 a.m.  
Accommodation, 110... 2.28 p.m.  
Accommodation, 112... 5.38 p.m.  
(a)—Stops to let off passengers from Toronto, Hamilton and east.  
(c)—Stops to let off passengers from Kingston and east.  
C. W. VAIL, Agent, Watford

**A Corrector of Pulmonary troubles**  
—Many testimonials could be presented showing the great efficacy of Dr. Thomas' Electric Oil in curing disorders of the respiratory processes but the best testimonial is experience and the Oil is recommended to all who suffer from these disorders with the certainty that they will find relief. It will allay inflammation in the bronchial tubes.

To have the children healthy and sound is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Gravel's Worm Exterminator.

**FIRE PREVENTION ESSAYS**

Below are the essays written by pupils of the Watford Public School that won the medals given by the Ontario Fire Protection League:

**Fire Prevention**

(By Frances Lovell, IV Form)

October the ninth has been adopted by general consent as "Fire Prevention Day" throughout North America. The Public and High Schools have been asked to write Compositions on "How to Prevent Fire."

Fires are caused by dirty cellars, attics, decayed garbage and butts of cigars or cigarettes that are thrown away; dirty chimneys and clothes put away with matches in them and also children playing with matches.

Do not go into a clothes-room with a lighted match. Use a flashlight. Do not hang clothes near stove-pipes or chimneys. Do not put soft coal on a grate and go away and leave it. Have a large screen to put in front of it. Never pile articles or merchandise against a cellar window as firemen have to use the windows in case of fire. Metal cans should be used to put hot ashes in instead of wooden ones. Never allow smokers to put the remains of cigars or cigarettes in a waste-basket. Never light a forest fire and go away and leave it, as it might spread and cause great disaster. Stairways and passages should be kept clear of any waste material. When lighting bonfires be careful of children around them as their clothes might catch on it.

The chimneys should be kept clean. Never place paper near or over a flue opening. See that they are free from all rust holes. It is not well to have elbows in the pipes because they collect soot and shut off draft.

Never fill an oil lamp, oil stove, or heater when burning, and don't fill it too full, have some room for the air to expand. Most fires from oil are due to glass lamp chimneys. Never leave children alone with lamps.

The lives of many children are taken by playing with matches and with careless parents. The matches used should be "Safety". Never throw a burnt match away unless you are sure it is out. A good plan would be to break it in two and you will be sure there is no fire in it. Matches should not be kept loose in a person's pocket. Never start a bonfire nor burn rubbish near the house or fence and never when the wind is blowing. Keep the grass, weeds and brush cut, as a spark from a locomotive or cigarette might light on it. Do not permit the accumulation of any waste material such as shingles, waste paper and boxes near a building.

**The Prevention of Fire in the Home and in the Factory**

(By George Tait, III Form)

Every year many persons lose their lives, and homes are destroyed because of some person's carelessness.

This is a good time of the year to clean up anything that would cause a fire. All waste paper, oily rags, or shavings should be carefully destroyed.

Electricity is a useful thing to have in the house but sometimes fires are caused by the wiring not being properly done. This should be examined by an electrician. The lady of the house should be very careful not to leave the electric iron on until it becomes over-heated and thus cause a blaze.

Coal oil stoves should be carefully cleaned to prevent explosions and coal oil should never be put in a stove where there is already a fire. If lamps are used they should not be left within the reach of small children. Too much oil should not be put in them.

Stoves should have a piece of zinc or some other suitable material under them to protect the floor from live coals from the stove. When ashes are thrown out they should never be thrown into wooden vessels or any other place that would cause a fire. Furnace pipes should be wrapped in asbestos.

Matches are the cause of many fires. They should be kept out of the reach of small children. Men should be very careful not to throw a lighted match or cigarette away. Matches should be kept in metal holders.

All houses should be supplied with fire extinguishers.

Great care should be exercised in the use of gasoline, benzine and other explosives. They should not be kept near an open blaze.

When gas is used for cooking one should not look for leaks with a lighted match, as many explosions are caused in this way. The stove should be watched to see that the gas has not been accidentally turned on before trying to light it.

Oily rags should not be thrown in a heap because sometimes fires are caused in this way.

One should not go into closets, bedrooms or cellars with lighted matches or candles.

Candles should not be used on Christmas trees.  
Just as much care should be taken to prevent fire in the factories as in the homes.  
**Makes Breathing Easy.**—The constriction of the air passages and the struggle for breath, too familiar evidence of asthmatic trouble, cannot daunt Dr. J. D. Kellogg's Asthma Remedy. This is the famous remedy which is known for and wide for its complete effectiveness even under very severe conditions. It is no untried, experimental preparation, but one with many years of strong service behind it. Buy it from your nearest dealer.

**Children Cry for Fletcher's**

**CASTORIA**

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

**What is CASTORIA?**

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**

Bears the Signature of

*Chas. H. Fletcher*

**In Use For Over 30 Years**

THE CENTAUR COMPANY, NEW YORK CITY

there is in the private homes. Spontaneous combustion sometimes occurs where there is a great deal of dust, as in grain elevators. The windows should be left open to prevent this. Factories in which cotton has been stored have sometimes become heated. Large coal piles should be watched as they sometimes take fire

under certain conditions. It is well to have both houses and factories supplied with lightning rods.

John W. Gibson, a resident of Strathroy for 26 years died in the hospital there last week. He was in his 80th year and a native of York-shire, Eng.

**Cowan's**  
THE HOME BAKERY

Christmas Candies, Chocolates  
Fruits and Nuts

Fancy Biscuits, Cakes, Rolls  
and all kinds of Pastry

Leave your order with us  
for your Christmas Baking

You will enjoy having Our Bread every meal.  
Try it. Once a customer—always a customer.

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**Garage Service**

We are equipped for the most expert garage service for any make of car—including Exide Battery Service and Oxy-Acetylene Welding.

**as to Gasoline**

Of course we sell the best there is, but if you drive an OVERLAND you won't need so much—Owners get 25 to 30 miles to the gallon. Ask us for a copy of "Owners' Opinions."

**Williams Bros.**

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