

SYMPTOMS OF ANAEMIA
An Inherited Tendency to Anaemia May be Overcome.

Some people have a tendency to become thin-blooded just as others have an inherited tendency to rheumatism, or to nervous disorders. The condition in which the blood becomes so thin that the whole body suffers comes on so gradually and stealthily that anyone with a natural disposition in that direction should watch the symptoms carefully. Bloodless-ness, or anaemia, as the medical term is, can be corrected much more easily in the earlier stages than later. It begins with a tired feeling that does not overcome, the complexion becomes pale, and breathlessness on slight exertion, such as going up stairs is noticed.

Dr. Williams' Pink Pills are a home remedy that has been most successful in the treatment of diseases caused by thin blood. With pure air and wholesome food these blood-making pills afford the correct treatment when the symptoms described are noticed.

You can get these pills through any dealer in medicine or by mail, postpaid at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

New Lamp Burns 94 Percent. Air
BEATS ELECTRIC OR GAS

A new oil lamp that gives an amazingly brilliant, soft, white light, even better than gas or electricity, has been tested by the U. S. Government and 35 leading universities and found to be superior to 10 ordinary oil lamps. It burns without odor, smoke or noise—no pumping up, is simple, clean, safe. Burns 94% air and 6% common kerosene (coal oil).

The inventor, F. N. Johnson, 246 Craig St. W., Montreal, is offering to send a lamp on 10 days' FREE trial, or even to give one FREE to the first user in each locality who will help him introduce it. Write him to-day for full particulars. Also ask him to explain how you can get the agency, and without experience or money make \$250 to \$500 per month.

MURINE FOR EYES
SUN, WIND, DUST & CINDERS
IRRITATED BY
RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS
WRITE FOR FREE EYE CARE BOOK, MURINE CO. CHICAGO, ILL.

STORM WINDOWS & DOORS
SIZES to suit your opening. Fitted with glass. Safe delivery guaranteed.
Write for Price List and Catalogue.
THE HALLIDAY COMPANY, Limited
TRURO, N. S. HAMILTON, ONT.

TOO MANY GIRLS—

dread winter weather for the torture it brings from sore faces, chapped hands, frostbite and cold-sores.

With the face, hands and arms protected by Zam-Buk, frost and cold winds simply cannot redden, roughen and chafe your skin. Wash with Zam-Buk Medicinal Soap and apply the Zam-Buk balm after drying.

There is nothing like this Zam-Buk treatment for keeping the skin smooth, strong and flexible. Composed exclusively of rich herbal essences, Zam-Buk soothes and purifies the tissues and prevents all roughness and soreness.

Where the skin has already become chapped, blistered and sore, Zam-Buk, because of its great antiseptic and healing power is doubly valuable. It takes away the smarting irritation almost immediately, kills dangerous disease germs and quickly heals with new, healthy skin.

Zam-Buk is the best remedy obtainable for chapped, cracked hands, cold-sores, frostbite, chilblains, winter eczema, burns, scalds, and all wounds and injuries. 50c. box, all chemists.

WILSON'S FLY PADS

Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.

Corns are painful growths. Hollaway's Corn Remover will remove them.

Autumn Weddings
NEWMAN-DAVIS

Holy Trinity church, Toronto, was the scene of a quiet wedding on September 17th when the marriage was solemnized by the rector, Rev. Canon Sherman, of Ruth, the only daughter of Mrs. A. J. Davis, formerly of Sutorville, and Arthur C. Newman, B.C.L., Barrister, Port Elgin, the second son of Mr. and Mrs. W. S. Newman, Toronto. Mr. and Mrs. Newman will reside in Port Elgin.

TAYLOR-McPHERSON

St. James' Presbyterian church was the scene of a pretty wedding Saturday morning, Sept. 22nd, when Clarabelle, youngest daughter of Mrs. Clara McPherson, of Forest, was united in marriage to Mr. Herbert R. K. Taylor of Pontiac, Mich., Rev. H. D. Cameron, pastor of the church officiated. After a motor trip to New York, Mr. and Mrs. Taylor, will reside at 146 W. Russell Ave., Pontiac, Mich.

DURSTON-NICOLS

A quiet wedding was solemnized Monday afternoon at the parsonage of the Parker street Methodist church when Frederick Sidney Durston of Sarnia, formerly of Watford, and Lilian Winifred Nicols of Sarnia, formerly of England. The parties were unattended. Mr. and Mrs. Durston left for a visit to Watford, and will return to reside on Christina street south. Mr. Durston being an employee of the Canadian National Railway.—Sarnia Observer.

CAMPBELL-GRAY

A very pretty wedding took place at the Manse, Forest, on Thursday, September 27, at 3 p.m. when the Rev. H. D. Cameron, united in marriage Mr. Archie Campbell, son of Mr. and Mrs. Ernest Campbell, farmer near Watford, and Miss Jennie Gray, daughter of Mr. and Mrs. Geo. Gray of Forest. The bride was charmingly attired in a navy blue travelling suit and carried a bouquet of flowers. She was assisted by Miss Elsie Campbell, sister of the groom who had as his best man, Mr. Philomen Anderson of Bosanquet. The party including the pastor and his wife retired to the home of the bride where a wedding dinner was served before the happy couple began their honeymoon trip to points west.

MUNRO-HICK

A very pretty autumn wedding took place on Saturday, Sept. 22nd, at the home of the bride's brother, Charles F. Hick of Brooke township, when Florence M., youngest daughter of Mrs. W. H. Hick, became the bride of Neil W. Munro, elder son of William Munro of Brooke township. The bride who was dressed in tan silk brocade crepe with sand trimmings and carried cream roses and ferns, was given away by her brother Charles, and took her place beneath an arch of evergreens and autumn leaves, while Mrs. Dougald Munro played Lohengrin's Bridal Chorus. The Rev. J. L. Foster tied the nuptial knot.

After the usual congratulations, the guests numbering about thirty-repaired to the diningroom which was decorated with gladioli and asters and a dainty luncheon was served.

The happy young couple left on the evening train amid showers of confetti and good wishes for Detroit, Windsor and other points. The bride traveling in a nigger brown canton crepe dress, brown marcella coat and hat to match.

On their return they will reside on the groom's farm near Glencoe where they will be at home to their friends after November 1st.

Glencoe Transcript please copy.

JAMES-MITCHELTREE

At four o'clock Wednesday afternoon, Sept. 19, in Empress Avenue Methodist church London, made lovely with white and pink asters and ferns, Rev. J. S. Chapman united in marriage Evelyn Perle, eldest daughter of Mr. and Mrs. James Mitcheltree, to Dr. Frederick W. James, of Strathroy. Miss Hazel Taylor played wedding music. The bride, who was given away by her father, was gownned in fawn silk lace, with touch of turquoise blue flowers, with which she wore a fawn silk velvet hat and the groom's gift, a rope of pearls, and carried a shower bouquet of Ophelia roses and valley lilies. Miss Helen Bowie was bridesmaid and wore a pretty frock of brown satin crepe and fawn hat, and carried a shower of pink roses. Dr. Arthur James, of Corunna, acted as best man. Following the ceremony a reception was held at the home of the bride's parents, in Wharfedale road north, where pink and white asters made the house beautiful. Mrs. Mitcheltree, mother of the bride, received in a smart brown pleated canton crepe gown and wore Sweetheart roses. The Misses Laura, Viola and Merle Mitcheltree, sisters of the bride, assisted in looking after the thirty-five guests. Later the bride and groom left by motor for Detroit and Ionia, Mich. The groom's gift to the organist was a gold bargin set with rubies, to the bridesmaid a silver mesh bag, and to the best man a leather bill fold. The out-of-town guests included Harold Mitcheltree, of Detroit; Miss Laura Mitcheltree of Sarnia; and Mr. and Mrs. Cecil

James and Mrs. David James of Strathroy.
Wedding cake boxes for sale at the Guide-Advocate office. The latest designs.

Tea and eggs are in the same class. You insist on fresh eggs, and since tea deteriorates even more rapidly if exposed to the air, you should insist on tea sealed like "SALADA" in air-tight aluminum to keep it fresh. Do not accept bulk teas of questionable age.

FOREST

Engineers of the Provincial Board of Health were in town Thursday making a test of the deep water wells. Dr. Gordon Seaton, D.S., who has been with Dr. Walters during the past year, left Monday for Toronto, where he will practice his profession.

Ephriam Pierce has received word of the death of his brother's wife, Mrs. H. O. Pierce, of Petermaritzburg, South Africa, formerly of Forest.

Mr. Wm. Ross, Forest, Ont., announces the engagement of his daughter, Bertie Muriel, to Mr. Lloyd R. McIntyre, only son of Mr. and Mrs. L.R. McIntyre, Sault Ste Marie, Mich.; the marriage to take place the middle of October.

Mrs. Emily Hodgson leaves Thursday afternoon for St. Catharines to spend a week with her son Garfield. She goes from there to Rochester, N. Y., to visit her daughter, Mrs. (Rev.) Drysdale. On her return she will visit some friends in Georgetown and Kitchener.

Hon. Dr. Forbes Godfrey, of Mimico, M.P.P., and Provincial Minister of Health, accompanied by Dr. T. J. McNally of London, M.O.H., for this district, and F. A. Dallyn, Provincial Sanitary Engineer, were in Forest on Tuesday afternoon, and held an interesting consultation with six members of the Town Council in regard to the installation of a system of water works in town. No valid objections to water works were offered but there is a probability that a test well will be put down before the actual work is proceeded with.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds do not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

When You Try "SALADA" TEA
you will realize the difference between "Salada" and "just tea."

There's nothing like piping hot, delicious soup to start the hearty meal. Here is a fine pot that will do a lot to help you make good soup—the SMP Enameled Ware London Kettle. Even after the greasiest or stickiest cooking SMP Enameled Ware cleans as easily as a china dish. Ask for

SMP Enameled WARE

Three finishes: Pearl Ware, two coats of pearly grey enamel inside and out. Diamond Ware, three coats, light blue and white outside, white lining. Crystal Ware, three coats, pure white inside and out, with Royal Blue edging.

SHEET METAL PRODUCTS CO. LTD.
MONTREAL TORONTO WINNIPEG EDMONTON VANCOUVER CALGARY

S.M.P. Kitchenware is sold in Watford by
McCormick & Paul

Brother says
"Keeps the skin feeling fit—lots of lather—quickly."

All the family use it
INFANTS DELIGHT
TOILET SOAP

JOHN TAYLOR & CO., LIMITED
TORONTO