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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.....	9.11 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.

W. J. McTAGGART, Agent, Watford.

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

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, Orthodontia 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
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ROBERT J. WHITE Fire Inspectors
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W. G. WILLOUGHBY, Manager and Watford Sec.-Treasurer
ROY E. McPHERDAN Wanstead 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.

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NERVOUS BREAK-DOWN

Pains in Back and Legs Relieved by Lydia E. Pinkham's Vegetable Compound

Ford, Ontario.—"I had a nervous break-down, as it is called, with severe pains in my back and legs, and with fainting spells which left me very weak. I was nervous and could not sleep nor eat as I should and spent much time in bed. I was in this state, more or less, for over two years before Lydia E. Pinkham's Vegetable Compound was recommended to me by my neighbor. Before I had taken five doses I was sitting up in bed, and when the first bottle was taken I was out of bed and able to walk around the house. During my sickness I had been obliged to get some one to look after my home for me, but thanks to the Vegetable Compound I am now able to look after it myself. I have taken Lydia E. Pinkham's Blood Medicine in turn with the Vegetable Compound, and I certainly recommend these medicines to any one who is not enjoying good health. I am quite willing for you to use these facts as a testimonial."—Mrs. J. SHEPHERD, 130 Jos. Janisse Avenue, Ford, Ontario.

Nervousness, irritability, painful times, run-down feelings and weakness are symptoms to be noted. Women suffering from these troubles, which they so often have, should give Lydia E. Pinkham's Vegetable Compound a trial. All druggists sell this medicine.

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When your child is constipated, bilious, has colic, feverish-breath, coated tongue, or diarrhea, a teaspoonful of genuine "California Fig Syrup" sweetens the stomach and promptly cleans the bowels of poisons, gases, bile, souring food and waste. Never cramps or overacts. Contains no narcotics or soothing drugs. Children love its taste. Ask your druggist for genuine "California Fig Syrup" which has full directions for babies and children of all ages, plainly printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup. 416-k



FOR THAT Bad Cold YOU MUST TAKE Peps
NEW REDUCED PRICE 25c

There is a preacher in Kansas who should have his salary raised for making the following announcement from his pulpit: "Brethren, the pew opener and I will hold our regular prayer meeting next Wednesday evening as usual."

INFECTIOUS ABORTION

A Serious Trouble Threatening Cattle Herds

Sellers Should Be Honest With Buyers—Outside Cows Purchased Need Careful Examination—How to Deal With Infected Animals—Chicken Lice and Mites

(Contributed by Ontario Department of Agriculture, Toronto.)

To protect a clean herd from becoming infected precautions must be taken to prevent infected cows from mingling with healthy ones. Suspected animals should be kept isolated until a test of their blood has been made. If the test results indicate a positive reaction, the animal should not be admitted into the clean herd. As already stated, the disease is generally introduced into a clean herd through obtaining adult breeding cattle from an affected herd. Before purchasing breeding cattle careful enquiry should be made to ascertain if the herd from which they are being obtained is affected. One can sometimes gain a fair idea of this by checking up the number of calves and yearlings with the number of females of breeding age.

Sellers Should Be Frank With Buyers.

As the bases of an honorable transaction between breeders, the buyer has a moral right to receive from the seller a frank answer as to the existence or otherwise of contagious abortion in his herd. The buyer may further protect himself by having newly obtained pregnant females kept isolated pending a test of their blood or until they calve. By sending blood samples to a suitable laboratory for examination by the agglutination test, a person is acting discreetly. This can conveniently be done and a report received back within a week. The same thing should be done in the case of a bull. In purchasing cattle at public auctions from unknown herds the safest plan is to select only young cattle at weaning age, or not over one year old, and which have not been bred. In all cases where the blood of an animal reacts to the test it indicates that it is infected, and is not a safe animal to be added to a clean herd, but should be excluded, and, if the agreement of purchase will permit, should be returned to the seller or the original owner.

Outside Cows Should Be Carefully Examined.

In event of outside cows being permitted to come to be bred to the bull of a clean herd, they should only be bred providing they are free from vaginal discharge, and service should take place in a small yard or pen kept for that purpose. Needless to say outside cows from doubtful herds should not be allowed to mingle with those of a clean herd, nor occupy the pastures on the premises in order to prevent contamination. Precautions should also be taken in the case of cows from clean herds being sent to another herd to be bred. Likewise precaution must be taken in the case of clean-bred females being taken to live stock fairs and exhibitions. The precautionary measures which have been described are quite simple and applicable to any herd, and if consistently carried out may prevent infectious abortion from entering a clean herd. Should perchance a cow abort in a supposedly clean herd, it should be regarded irrespective of excusable circumstances, as being probably the contagious form rather than purely accidental and precautions taken accordingly.

How to Deal With Individual Cows.

In the event, therefore, of any animal aborting in the stable, or at pasture, it should at once be removed from the herd and kept isolated for at least three weeks, or until it has properly cleaned and all discharges have ceased. At the end of ten days from the time of aborting an examination of her blood should be made. Immediately after the abortion has taken place the aborted fetus and afterbirth should be safely disposed of by burying deeply in the ground. All of the contaminated bedding and litter should be removed from the stable and burned. The stable walls and stalls up to a height of about six feet, and the floors and gutters should be thoroughly cleaned and washed with a solution of ordinary lye and hot water, and then disinfected with lime wash and cresol or carbolic acid, in the proportion of one pound of cresol or crude carbolic acid to five gallons of whitewash.—C. D. McGILVERAY, D. V. Sc., Ontario Veterinary College, Guelph.

Chicken Lice and Mites.

The presence of lice and mites indicates indifference, or too much don't care. Lice and mites lower the vitality of the birds, making them more susceptible to colds, rump and other diseases. Mites are killed by spraying the house inside, paying particular attention to the roosts and nesting boxes, saturating well with an oily fluid. A mixture of kerosene and spent oil from the auto crank case does very well and is not expensive. For lice use sodium fluoride—one ounce to a gallon of warm water. Dip the chickens, saturating feathers and

SKIN. DO THIS ON A WARM BRIGHT DAY. During cold weather use the sodium fluoride as a dusting powder, placing small quantities at the points most frequented.—L. STEVENSON, Director of Extension, Ontario Agricultural College.

Four fundamental factors to succeed in dairying are: 1. Cows of dairy type and breeding. 2. Feed for suitable dairy rations. 3. Care to provide all necessary conditions for good production. 4. Milk which is dairy mixed and



Pity the Salesman who cannot—

The salesman who is not free to use Long Distance without being criticized is probably not covering his territory in the most economical manner. He is competing with salesmen who call up their customers between visits; secure repeat orders; or sell additional items;—with Sales Managers who encourage salesmen to use Long Distance, because it saves money and time;—with salesmen who, when travelling, telephone to customers in small towns from some central point. Of two salesmen who both preserve a proper proportion between expense and sales, the one who uses Long Distance the most is usually the most effective.



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