

Dread of Asthma makes countless thousands miserable. Night after night the attacks return and even when brief respite is given the mind is still in torment from continual anticipation.

WINTER TERM FROM JANUARY 3rd

Central Business College STRATFORD, ONTARIO

Western Ontario's best commercial school with Commercial, Shorthand and Telegraphy departments. We give individual instruction, hence "Entrance" standing is not necessary.

D. A. McLACHLAN, Principal

ELLIOTT Business College

Open All Year. Enter Now. The high grade business school of Ontario. Our graduates are in strong demand.

W. J. ELLIOTT, Principal

MEDICAL

JAMES NEWELL, PH.B., M.D., L.R.C.P. & S., M.B.M.A., England, Coroner County of Lambton, Watford, Ont.

C. W. SAVERS, M.D., Phone 13. Watford, Ontario. Office—Main st. Residence—Ontario st. east.

W. G. SIDDALL, M.D., Watford, Ontario. Office—Next to Public Library. Day and Night calls phone 26.

DENTAL

GEORGE HICKS, D.D.S., Trinity University, L.D.S., Royal College of Dental Surgeons of Ontario, and the University of Toronto.

G. N. HOWDEN, D.D.S., L.D.S., Graduate of the Royal College of Dental Surgeons of Ontario, and the University of Toronto.

VETERINARY SURGEON

J. MCGILLICUDDY, Veterinary Surgeon. Honor Graduate Ontario Veterinary College. Dentistry a specialty.

AUCTIONEER

J. F. ELLIOT, Licensed Auctioneer, for the County of Lambton. Prompt attention to all orders.

INSURANCE

THE LAMBTON FARMERS' MUTUAL FIRE INSURANCE COMPANY

JOHN W. KINGSTON, President. JAMES SMITH, Vice President. ALBERT G. MINIBELLY, Director.

Protect the child from the ravages of worms by using Mother Graves' Worm Exterminator. It is a standard remedy, and years of use have enhanced its reputation.

WHAT IS A LETTER

Many Times It's a Guide to Health as is This One

Women—Read It

Marmion, Ontario.—"Before using Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had terrible pains in my sides and was not regular. Finally I got so weak I could not go up stairs without stopping to rest half-way up."

Letters which you read in the newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine expressions from women who have been helped by this splendid medicine.

A. D. Hone

PAINTER AND DECORATOR PAPER HANGING

WATFORD - ONTARIO

GOOD WORK

PROMPT ATTENTION REASONABLE PRICES ESTIMATES FURNISHED SATISFACTION GUARANTEED

RESIDENCE—ST CLAIR ST.

SHARTHORN CATTLE

LINCOLN SHEEP SILVER GRAY DORKINGS BLACK LEGHORNS

CHANTRY FARM

ED. DE GEX KERWOOD - ONTARIO

GRAND TRUNK RAILWAY SYSTEM

TIME TABLE

Trains leave Watford station as follows: GOING WEST Accommodation, 111, 8.42 a.m.

GOING EAST

Ontario Limited, 80, 7.43 a.m. Chicago Express, 6, 11.22 a.m.

remember

WHEN WE advertise that we are baking first-class bread and cakes we back that up with our goods.

That also applies to our Confectionery, Chocolates and Etc.

Lovell's

Wedding Cakes a Specialty

A Prime Dressing for Wounds.—In some factories and workshops carbolic acid is kept for use in cauterizing wounds and cuts sustained by the workmen.

THE WESTERN FAIR

Sept. 9th to 16th, 1922

One of the most interesting features of last year's Exhibition was the Boys and Girls calf feeding competition which was put on for the first time.

This competition will be repeated again this year on similar conditions the first prize being \$100 and a silver cup in addition to this yearling feeding competition will be put on for Boys and Girls somewhat similar with generous prizes which have been kindly donated by Mr. Weld of The Farmers' Advocate.

SCHOOL REPORTS

Report of S. S. No. 1 and 13, Brooke and Warwick, for May. Names in order of merit. Class IV—Christina Ruth, Earl Gilliland, Clare Cran, Phoebe McNeil.

ASTHMA USE

NO Smoking—No Spraying—No Snuff

Just Swallow a Capsule

RAZ-MAH is Guaranteed

to restore normal breathing, stop mucus

gathering in the bronchial tubes, give long nights of quiet sleep; contains no

habit-forming drug. \$1.00 at your drug-

gist's. Trial free at our agencies or write

Templetons, 143 King W., Toronto.

Local Agent—J. W. McLaren

IN THE STUD-SEASON OF 1922



The Highly Bred Stallion

PETER V. DILLON (63080 - 1895)

Enrolled under the Ontario Stallion Act. Inspected and Approved.

Enrolment No. 4324, Form II.

2 year old record 2:28 3/4, 3 year old trial 2:15. Foaled in 1912. Bred by Vimont Brothers, Millersburg, Ky.

Sired by Peter the Great, by Pilot Medium. Dam, Little Wonder, by Baron Dillon.

Peter V. Dillon will make the season of 1922 at the Race Track, Watford, with the exception of Tuesday night when he will stand at Chas. Anderson's stable, Forest.

For particulars address George Kilmer, Forest, or James O. Brush, Watford.

ROYAL MARK

(imp.) [23359] (20170) FORM A1 and PREMIUM

Enrolled under the Ontario Stallion Act. Inspected and Approved.

Color, black, with white hair, face and legs white, foaled 1917.

SIRE—Royal Print, by Dunure Foot-Print.

DAM—Kirkton Jean, by Dunure Blend.

Imported by Brandon Bros., Forest, in October, 1921.

ROUTE

MONDAY—will leave his own stable for Walter Mansfield's, 2nd line, S.E. R., for noon; thence to Roche Barns, Watford, till three o'clock, Tuesday.

TUESDAY—Night at Frank Moffat's 2nd line, S.E.R.

WEDNESDAY—At Wm. Howden's, Main Road, for noon; thence to David Ross', Main Road, one mile East of Warwick Village for supper and then home to his own stable for night.

THURSDAY & FRIDAY—At his own stable.

SATURDAY—At C. Anderson's barns Forest, till four o'clock, thence to his own stable till Monday morning.

Royal Mark held the Central Forfarshire premium in Scotland in 1921. He is one of the nicest and best horses in Canada and is being held at very reasonable terms. Anyone having good mares should see him and use him.

TERMS—\$15.00 to insure.

BRANDON BROS., Forest, May 19-31

CASH PRIZES OFFERED FOR FORESTRY ESSAYS

The Canadian Forestry Association has announced a prize essay competition for the school children of Canada whereby rewards of \$25, \$15 and \$10 will be given in each of the nine provinces to those writing the most intelligent essays dealing with some phase of forestry or tree planting based upon local conditions.

The object of the competition is to stimulate study and enquiry as to the forest resources of Canada and their protection against the devastation of fire; the planting of trees on urban streets; the establishing and improving of farm woodlots, and the development of tree planting on the bare prairies.

Full particulars of the competition will be sent to every school teacher in the Dominion and replies should be in the hands of the Canadian Forestry Association, Ottawa, not later than November 1st.

The school boy or girl living in the village, town or city, far removed from the forest, is asked to tell of the importance of shade trees along the streets and in the parks, the service they render in human betterment and what species have been found to thrive best in the particular community.

Children living in a community close to the forest or where wood-using industries such as lumber or pulp and paper mills are located, are asked to describe the value of the forest as a source of employment and the great importance of preventing forest fires.

The child living on a farm is asked to tell about the use of wood in the running of a Canadian farm with answers to a series of questions regarding the woodlots or bushlots in the district, whether they are better or poorer than twenty years ago and how a thriving woodlot on a farm may be developed.

For the child living on the prairie the task is given of describing any shelter belts of trees about local farms and their beneficial effect in stopping the drifting of the soil, saving the crops from being blown out by gales.

In these prairie essays also some attention will be given to the value of trees in beautifying home surroundings.

All competitors are discouraged from copying pieces out of books and the answers will be made in each province by the Canadian Forestry Association according to the general intelligence of the answers and the diligence shown in investigating local conditions.

IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be without a box of Baby's Own Tablets.

Childhood ailments come quickly and means should always be had to promptly fight them.

Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten the stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones.

Concerning them Mrs. M. J. Cadotte, Makamik, Que., writes: "Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health."

The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CHILD'S LETTER TO GOD

Little Girl Saves Man's Life and is Adopted by Him

London, May 28.—A remarkable instance of a child's precocity resulting in the frustration of a murder and robbery, is given in a letter from a correspondent at Przemyśl, Poland, published in the Daily News.

Means which the child, an 8-year-old girl, took to prevent the commission of the crime was a letter to the Almighty. It was found in a pill-box in a small town in Southern Poland and attracted considerable attention on account of the strangeness of the address.

On the envelope written in crude, childish characters, was the address: "To The Honorable Mr. God in Heaven."

The letter was opened by the postmaster. In the envelope was found a small piece of paper torn from an exercise book, and written on it the following message:

"Dear Mr. God: Keep death from the Rogala family and see that the danger which I know about does not take them."

The postmaster handed the letter to the police, who at once began to search for the writer. A police agent found that the envelope in which the letter was enclosed had been bought at a certain shop by a little girl eight or nine years of age, who had particularly asked for a nice envelope, and said she was writing to a very high person.

The little letter writer was found by the police, to whom she told her story. She said that one night she was in bed and could not sleep. In the same room was her father, a farm laborer, or the Rogala family, talking with another man. The child was horrified to overhear the two men plan to rob and murder the farmer, Rogala, when he had received money for horses he was about to sell. The date was fixed by them for the commission of the crime.

The girl, mortally afraid of her

UNABLE TO WALK FOR A YEAR

Paralysis Entirely Relieved by "Fruit-a-lives"

The Wonderful Fruit Medicine

Paralysis is a break-down of the Nervous System and affects the victim in various ways. Sometimes, nervousness makes itself known by hysteria, insomnia, constant headaches, or it may be so bad that one is partially or completely helpless in some part of the body, just as Mrs. Heacock was.

SAUL'S STE MARIE, ONT.

"When I was twenty-eight years of age, my doctor advised me to have an operation, which I did and it proved very serious, leaving me weak and unable to walk for a year. Seeing your 'Fruit-a-lives' advertised in the papers, I decided to try them. I continued to use them regularly, and today I am able to go about my home duties and care for my family".

MRS. J. W. HEACOCK.

Any form of Nervousness is often caused by, and is always aggravated by, Constipation, which poisons the blood, irritates the kidneys and inflames the nerves. "Fruit-a-lives" stimulates the action of liver and bowels, kidneys and skin—tones and sweetens the stomach—keeps the blood pure, and builds up the entire nervous system.

In a word, "Fruit-a-lives" has proved that it is the most scientific and effective remedy in the world for Nervousness or a disordered condition of the nervous system.

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

father, could think of no other way to prevent it than by writing to a Higher Power.

On the night fixed for the murder the police surrounded the house of the farmer, and the two would-be murderers were arrested. The little girl was adopted as his own daughter by the man whose life she had saved.

Use ELARTON SALT

—for— HOME—CATTLE—LAND

Unsurpassed for Strength and Purity. To be obtained from nearly every Store in this District

ELARTON SALT WORKS CO., Ltd. WARWICK, ONT.

ARKONA ROLLER MILLS

Mfgs the following High Grade Flour Quality and Prices Right

ARKONA SPECIAL, Pure Western PRIDE OF THE WEST, Blended THE PEERLESS, Pastry BRAN, SHORTS AND GRAHAM FLOUR

Sold at TRENOUTH'S, Watford JAMES, Warwick Village STORES, Arkona

Phone E. H. STONER, Prop. Arkona

M. CUNNINGHAM

PAINTER AND PAPERHANGER

Estimates given Prices Reasonable

WATFORD, ONT.

ARE YOUR EYES GETTING BETTER?

Your eyes are either getting better or they are getting worse. If your eyes need correction, any delay in getting glasses is slowly but surely damaging them.

Do not hesitate to wear glasses if you need them. You can select a style which is becoming, and the comfort to your eyes will be well worth while.

Have you had your eyes examined lately?

"Take care of your eyes"

Carl A. Class

Jeweller and Optician