

YOUR AD. HERE
WOULD PAY!

CANADIAN NATIONAL RAILWAYS

TIME TABLE

Trains leave Watford station as follows:

GOING WEST	
Accommodation, 111.....	8.42 a.m.
Chicago Express, 17.....	12.09 p.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.....	11.25 a.m.
Express.....	2.50 p.m.
Accommodation, No. 112.....	6.08 p.m.
G.E. McTAGGART, Agent, Watford.	

A. D. Hone
PAINTER AND DECORATOR
PAPER HANGING
WATFORD - ONTARIO
GOOD WORK
PROMPT ATTENTION
REASONABLE PRICES
ESTIMATES FURNISHED
SATISFACTION GUARANTEED
RESIDENCE—ST. CLAIR ST.

HIGH GRADE INSTRUCTION
ONLY!
ELLIOTT
Business College
Yonge and Charles sts., Toronto.
Remains open all year and admits students at any time. Demand for our graduates far greater than our supply. Write to-day for free catalogue.
W. J. ELLIOTT, Principal.

MEDICAL
JAMES NEWELL, PH.D., M.D., L.R.C.P. & S., M.B.M.A., England, Corner 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.

W. G. SIDDALL, M.D., Watford, Ontario. Office—Next to Public Library. Day and Night calls phone 26. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

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 Siddall's office.

AUCTIONEER
J. F. ELLIOT, Licensed Auctioneer, for the County of Lambton. Prompt attention to all orders, reasonable terms. Orders may be left at the Guide-Advocate office.

INSURANCE
THE LAMBTON
FARMERS' MUTUAL FIRE INSURANCE COMPANY
(Established in 1875)
JOHN W. KINGSTON, President
JAMES SMITH, Vice President
ALBERT G. MINDELLEY, Director
THOMAS LITGOW, Director
GUILFORD BUTLER, Director
JOHN PETER McVICAR, Director
JOHN COWAN K.C., Solicitor
J. F. ELLIOT
ROBERT J. WHITE, Fire Inspectors
ALEX. JAMIESON
P. J. McEWEN, Auditors
W. G. WILLOUGHBY, Manager and Watford
ROY E. McPHEDRAN, Sec.-Treasurer Wanstead
Agent for Warwick and Plympton

ONE 50c BOX
BROUGHT HEALTH
Years of Constipation Ended
By "Fruit-a-lives"

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-lives' 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-lives Limited, Ottawa, Ont.



Every Home Needs
Zam-Buk

It is the purest, safest and most wonderful skin remedy the world has ever known. Whether it be a cut, burn or scald, a festering, inflamed or poisoned wound, eczema, pimples, rash, ringworm, boils, ulcers, abscesses, sprains or swellings—Zam-Buk should be applied with the least possible delay.
Always Soothing & Reliable.
The skin readily absorbs this herbal Zam-Buk. It is a rare balm that gets right down into the innermost tissues, soothing, healing and purifying the skin in a way impossible to fatty salves and ointments.
50c. box, 3 for \$1.25. of dealers and druggists everywhere, or Zam-Buk Co., Toronto.

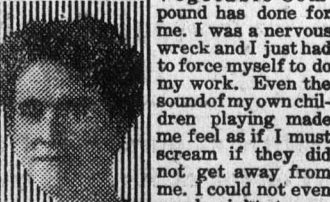
Splendid For SKIN TROUBLES

The worms that infest children from their birth are of two kinds, those that find lodgement in the stomach and those that are found in the intestines. The latter are the most destructive, as they cling to the walls of the intestines and if not interfered with work havoc there. Miller's Worm Powders dislodge both kinds and while expelling them from the system serve to repair the damage they have caused.

MRS. DAVIS NERVOUS WRECK

Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.



Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ont. This book contains valuable information.

"On Parliament Hill"

(By a Member of The Parliamentary Press Gallery)
Ottawa, May 5th, 1924—The business of Parliament, last week, was transacted not so much in the House of Commons as in the committee-room of the Committee on Private Bills, where came under consideration a very famous bill in the name of Robert Forke, Progressive Leader—to wit, the bill to incorporate the United Church of Canada.

Not in a decade—probably never before—has Ottawa seen such activity in connection with a private bill. Never before has there been crystallized behind potential legislation such a manifestation of public concern and curiosity. Never before have legislators been so given to feel the weight of public opinion. The capital is now, has been for more than a week, the camping ground of hundreds—clergymen, educationists, lawyers, prominent laymen of all walks of life and churchwomen of all creeds and classes and from all parts of Canada—all of them keeping a sharp eye on the progress of the measure sponsored by the member from Brandon.

The whole issue covered by the bill is extremely controversial, full of "dynamite" be it viewed from any angle whatsoever. Suffice it to say that, should the bill be sent forward from the committee (and that is not at all certain, if one may judge by present circumstances) the legislation based thereon is apt to provide one of the stormiest debates in the history of Canada's Parliament. In a sense, the lucky member is one who is not on the roll-call of the committee meeting under the extremely diplomatic and judicial chairmanship of Hal B. McGivern (Liberal member for Ottawa.)

AN ALL ELECTRIC PAPER MILL

There is now in full swing at historic Three Rivers, P.Q., a modern plant—The International Paper Co.—which fabricates every twenty-four hours a sheet of paper 12½ feet wide and 1,161 miles long. The mill is engaged in the manufacture of newspaper paper. Between two succeeding noons it makes 300 tons of this material.

Each ton of paper calls for the consumption of about 1.3 cords of wood in its production; and the daily output utilizes the equivalent of 30 acres of standing timber. Further, to transform the logs into newspaper each ton of paper requires the expenditure of 1,347 kilowatt hours of electric current. 15 man hours of labor and supervision, and 5½ minutes in its actual making. Every twenty-four hours 128,400,000 gallons of fluids must be pumped to serve this mill. In many ways the paper mill is unique in its employment of electricity, and it is said to be the only 100 per cent. electrified mill of its kind in this important industry.

For supplying the enormous amount of water necessary for paper production a pump and filter plant is installed at the river bank. This pump pit contains nine pumps with a combined capacity of 55,800 gallons per minute, or enough water to supply a city of 700,000 population. The raw water and fire pumps are below the low water level of the river. Protective devices, meters and control elements are installed on a gallery overlooking the pit, where they are out of danger due to flood-

All Adelaide Township Soldiers Returned Home

NOT ONE KILLED
Clerk's List Shows 274 Middlesex Volunteers Were Buried Overseas

In going over the list of Middlesex soldiers who fell in the great war, County Court John Stuart discovered that not one soldier who enlisted in the township of Adelaide was killed.

Mr. Stuart pointed out that Sir Arthur Currie, commander of the Canadian troops, was born in Adelaide Township and that the young men of the district were among the first to respond to the call to arms.

"FEEL IT HEAL"
Mentholatum
COLDS · BURNS · BRUISES

Particular People
choose
"SALADA"
TEA
The most delicious blend procurable.

It pays to use
MARTIN-SENOUR
100% PURE PAINT & VARNISHES
For Every Purpose—For Every Surface
Write to Head Office, Montreal for Free Booklet
HOME PAINTING MADE EASY
SOLD BY
J. MCKERCHER
Watford

Sarnia Business College
IT'S A GOOD SCHOOL.
ENTER ANY MONDAY.

Ye Country Editor

THE COUNTRY EDITOR is an animal common to all parts of Canada, the United States and portions of Europe, Asia and Madagascar. He is biped, quadruped, centipede and every other kind of "ped" known to natural history. If he didn't have so many hands and legs, he couldn't perform the duties of the country editor. As a rule, the country editor is not ornamental, but is useful. Everybody uses him. The regular duties of a country editor are to gather news from all over the country, and all other countries where his subscribers have relatives living; write editorials, obituaries and accounts of weddings; to set up type, make up forms, do job work, print, fold and mail the paper, solicit ads and locals, smoke a cob pipe, swear at the "devil" and throw the shooting stick at the cat. He is also expected to attend all political meetings, church socials, baseball games and funerals of his delinquent subscribers. In addition to the above, he must, in his spare moments, cut wood, hoe in the garden, feed the pigs, sweep the floor, carry water, plant peas, patch the roof, repair the fence and put new hinges on the gate. It is also his duty to get in debt as much as possible to every merchant in town, as this will induce them to "take more space" in the paper. In the midst of all these duties, the editor is expected to have a good time, wear a ginger-cake smile, a brass finger ring and at least one "galus." A country editor of light weight can't afford to tell the truth. If he did, he'd get the stuffin' licked out of him every day. If the bride is hump-shouldered, freckled, cross-eyed and has a wart on her nose, the editor is expected to say that she is "beautiful and accomplished." If a candidate has a record that ought to put him in the penitentiary, the editor is expected to say he is "honest, upright and capable."

ALVINSTON

The Ladies' Guild of St. John's Anglican church held a successful sale of homemade baking and bazaar on Saturday afternoon.

Mr. and Mrs. Crawford and son Jack of Inwood, spent Sunday at the home of G. A. Hadden.

Mrs. Martyn and daughter Ella, and Mrs. Mark Burford and daughter Augusta, and Miss Mary Bindner, returned home from Toronto on Sunday where the young ladies took part in the musical festival held there this week.

The local tennis courts have been put in shape and playing will start immediately.
Mrs. M. A. Temple is spending a few days as the guest of her daughter, Mrs. Herbert Cole, of Detroit.
Mrs. Ross McEachern and children are spending a few days as the guest of Mrs. Susan Genge.

Girlhood Dangers

Can Be Avoided by Keeping the Blood Rich and Pure

The anaemia of young girls may be inherited, or it may be caused by bad air, unsuitable food, hasty and irregular eating, insufficient out-door exercise and not enough rest and sleep. It comes on gradually, beginning with languor, indisposition to exertion and a feeling of fatigue. Later comes palpitation of the heart and headaches. In the majority of cases constipation is present, and the complexion takes on a greenish-yellow pallor. The treatment is quite easy and simple. Dr. Williams' Pink Pills are just the tonic to remedy this wretched state of health. They act directly upon the blood, and as it becomes rich and pure, strength and activity returns, the glow of health comes to the cheeks, and soon the trouble will disappear and good health follow. Miss Pearl Parks, R. R. 1, Reaboro, Ont., has proved the value of this medicine, and her statement will point the way to health to all other weak girls. She says:—"I was very ill with anaemia. I could not sleep at night; my appetite was poor; my face and lips were very pale and my eyes dull. I got so weak that I could not go up-stairs without resting. I took dizzy and fainting spells; had no ambition whatever, and did not care to go about. I was in this condition for nearly a year. I had treatments from two doctors; but did not regain my strength, so my mother who was very uneasy about me, decided I should try Dr. Williams' Pink Pills. After using the pills for awhile I felt somewhat better, and continued taking them until I had used about a dozen boxes, when I was again well and strong. I can strongly recommend Dr. Williams' Pink Pills for the treatment of any suffering from anaemia."

You can get these pills from any medicine dealer or by mail at 50 cts. a box from the Dr. Williams' Medicine Co., Brockville, Ont.

DR. THOMAS' ECLECTRIC OIL
A SAFE AND SIMPLE REMEDY FOR ALL THE COMMON AILMENTS OF MAN AND BEAST. IT SHOULD ALWAYS BE KEPT ON HAND, AS A MORE RELIABLE PREPARATION FOR SUCH USES IS NOT TO BE FOUND. GET A BOTTLE TO-DAY AND HAVE IT READY FOR THE TIME WHEN YOU WILL NEED IT.

"OLD HOME WEEK"

August 17, 18, 19, 20
COME ON HOME!