

## ASK THIS HALIFAX NURSE

She is Willing to Answer Letters from Women Asking About Lydia E. Pinkham's Vegetable Compound

Halifax, Nova Scotia.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments. I have one which I keep to hand. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. S. M. COLEMAN, 24 Uniacke Street, Halifax, Nova Scotia.

**Could Not Sleep Nights**  
Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it and I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."—Mrs. JAMES RACHO, Box 12, Dublin, Ontario.

### 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

**THE LAMBTON FARMERS' MUTUAL FIRE INSURANCE COMPANY**  
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**P. J. McEWEN,** Auditors  
**W. G. WILLOUGHBY,** Manager and  
Watford Sec.—Treasurer  
**ROY E. MCPHEDRAN,** Wanstead  
Agent for Warwick and Plympton

### CANADIAN NATIONAL RAILWAYS

**TIME TABLE**  
Trains leave Watford station as follows:  
**GOING WEST**  
Accommodation, 11.11. . . . . 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.  
**J. E. McTAGGART,** Agent, Watford.

## West Adelaide

Mr. Bert Herrington, of Flint, Mich., was home for the fowl supper. Dr. and Mrs. C. L. Wallace, of Woodstock, were home for a few days.

Mrs. Robert Conkey has been visiting her sister, Mrs. Hodgson, of Dorchester.

Miss Susanna Thompson, of Strathroy, spent a week with her sister, Mrs. John Wilson.

Mrs. Wallace and sons, Earl and Lester, motored to Woodstock, where they spent a few days.

Mrs. Minnie Wiley has returned after spending the past few months with brothers in Essexville and Pigeon, Mich.

The fowl supper in West Adelaide Church was a great success. There were over 500 people present, and nearly three hundred dollars was cleared.

The marriage was recently solemnized in Arkona by Rev. J. Gale, of John McNabb, of the second line north and Miss Lizzie McLeish, daughter of the late Malcolm McLeish, of Arkona.

The W. M. S. of West Adelaide Church met on Thursday, Oct. 2, at the home of Mrs. David Wilson, with an attendance of seventeen members. Ladies' Aid collection, \$3.75. Roll call for next meeting will be answered with a verse including the word "Poor." The next meeting will be held on Thursday, Nov. 6, at the home of Mrs. W. J. McChesney.

PRINTED MATTER of all kinds when you want it.—Guide-Advocate

## THEDFORD

Abraham Stebbins died on Thursday, last at the home of his daughter, Mrs. Damos Stebbins, Pingry road, Bosanquet, at the age of 96 years and 10 months. He was born in the state of Massachusetts and had been a resident of Michigan up to four years ago when he came here to live with his daughter. Interment took place at Grand Bend cemetery on Saturday.

Ivan McDonald of the 2nd concession is loading two cars of apples for Northern Ontario.

Mrs. R. Stebbins of Detroit spent a few days with her parents, Mr. and Mrs. W. Romph, Sauble Valley.

Arthur Fitchett of Detroit, is visiting at his home here.

Miss Ethel Sutton, telephone operator, who has been confined to her home for the past week through illness, is able to be out again.

Norman Heatherington spent the week end at London.

Miss Zeta Kearney, spent last Wednesday with Miss Marion McInnis, 6th concession, Bosanquet.

Miss Beryl Ross spent the week end at London.

C. Reynolds, of London, is visiting his daughter, Mrs. B. Plumb.

Sunday, October 26, is Thanksgiving Sunday in the Anglican church. Services are at 11 a. m. and 7 p. m.

Mrs. Fred McCordic spent the week end at Toronto.

Miss Bertha Elliott has returned to Toronto after spending several months at her home here.

Harry Laird of Western University, London, spent the week end at his home here.

Mr. and Mrs. George Sutton of Port Huron, spent the week end at the former's home here.

Mrs. Pender and daughter, Irene, returned Saturday after spending a week in Detroit.

## STRATHROY

A well-known and highly esteemed veteran citizen of Adelaide Township passed away Wednesday morning in the person of Robert Morgan, of the 4th line, after a lingering illness. He was in his 82nd year. The funeral took place on Friday afternoon to Strathroy Cemetery.

The Strathroy Canning Factory has completed a very large pack of corn, estimated at over 30,000 cases. Preserving operations have been resumed on pumpkin, of which the company intend to pack about 150 tons. Besides the local supply, several car loads of pumpkin have been purchased and will be shipped from Hyde Park and Petrolia.

At a meeting of the Executive of the Strathroy Adelaide Metcalfe Religious Education Council, held at the home of the president, Mrs. Thos. Douglas, Friday evening last, Mrs. Ethel Armstrong was appointed delegate to the annual convention of the Ontario Religious Educational Council, to be held in Kitchener next week. Mr. Geo. McDonald was named alternate delegate.

On Monday evening the Daughters of the Empire were hostesses at a delightful party held for the gentlemen only in their club rooms, Front Street. At 6:30 a splendid supper was served, followed by a pleasant hour or two spent in euchre and bridge. There was a good attendance, and all voted it a unique evening of unalloyed pleasure.

The many young friends of the Rev. A. E. C. Pentland, B. A., will be pleased to know he has received a call from a church near Springfield, Ill., and left on Thursday for his new field of labor. He expects to assume his new duties on Sunday. Rev. Mr. Pentland is the son of Rev. S. V. R. Pentland, a new minister on the Cairgorm circuit of the Methodist Church.

## FOREST

George W. Beatty, ex-mayor of Forest and one of the most prominent and esteemed citizens of the town, died on Saturday morning. He had been in failing health for some months, but had only been confined to his home for about a week.

For the purpose of considering the advisability of organizing an Eastern Star chapter in Forest, about 25 Masons' wives, mothers and sisters met in the library room on Tuesday evening, where 21 of those present signed a petition to be forwarded to the head chapter for consideration. The name 'Edith Cavell' was chosen as a suitable one for the chapter, which will be organized as soon as the charter is granted.

The Quebec workmen constructing the big steel elevated waterworks tank are beginning to believe that the real dry spot of Ontario is centred in Forest, and that their efforts to construct a system of liquid refreshment are being attended by a flood-crest of hard luck. Last week the foreman went to the hospital, following an accident that nearly resulted in his death, while Friday another worker, received three fractured ribs, when he slipped on the elevated framework of the structure.

The death of Sylvester A. Kenzie of Forest took place at the home of his son, M. L. Kenzie, in Warwick township, on Tuesday evening, in his 75th year. Mr. Kenzie has been ill for several months. The funeral was held on Thursday from the residence of his son, lot 15, con. 4, N. E. R., Warwick with interment in Beechwood cemetery.

## PETROLIA

The new pavement over the flats will be open for traffic on Saturday morning, Nov. 1st.

The Chamber of Commerce is considering making arrangements for a memorial service in honor of the fallen heroes of 1914-18, in Victoria Park on Armistice Sunday, Nov. 9.

John McCort, of Port of Spain, Trinidad, arrived home last week. Mr. McCort who has not been home for over ten years, is visiting at the home of his mother, Mrs. J. McCort, Garfield avenue.

Owing to the exceptionally fine fall weather, the Petrolia lawn bowling club have been holding forth at the greens on King street, almost nightly. Enjoyable games are reported by those who are continuing with the pastime so late in the season.

Thos. Eady under whose direction a race meet was to have been held here, last Wednesday, announced today that owing to weather conditions the meeting had been postponed until Saturday, Nov. 1. There have been good entries sent in and it is likely to be one of the best matches seen in this district for some time.

Over 125 people attended the social evening held by the Britannia chapter of Eastern Stars in the I. O. O. F. hall Thursday evening. Cards and dancing were enjoyed by the large number present. Music was furnished by the Masonic orchestra and the members of this body are to be congratulated on the high class music which they furnished. The proceeds amounted to over \$40.

## ALVINSTON

The regular meeting of the A. Y. P. A. was held in the Parish Hall on Friday evening. The meeting opened with devotional exercises after which Rev. Whalin gave a reading which was very much enjoyed by all.

Robert McLean played a saxophone selection and Mrs. Harry Gilroy, rendered a vocal solo, both being much enjoyed. Contests and games were indulged in after which luncheon was served and a social hour spent.

The anniversary services of Hope Methodist church was held on Sunday last. Ideal weather permitted large numbers to attend and both morning and evening, the church was crowded. Rev. S. J. Thompson, of Watford preached impressive and inspiring sermons at both services. The Colonial Male Quartet, of Windsor, rendered several pleasing selections at each service, all being very much enjoyed by those present.

Miss Alice Lightfoot, had the misfortune to break her arm in two places below the elbow while cranking her car.

Mr. and Mrs. D. Livingston, of Petrolia, spent the week end at the home of Mrs. R. Clarke.

Mr. Frank McCormick spent the week end at his home in Watford.

Mr. and Mrs. Warner, of Chatham spent the week end at the home of his son, John.

Mr. Urie Dudley, of Windsor, spent Sunday at his home here.

Mr. Crookshanks, dealer in hay from Columbus, Ohio, was in Inwood on business Monday.

## Easily Fatigued And Despondent

A Condition Known as General Debility Due to Watery Blood.

General debility is the term used to describe a weak and run down condition of the system. Debility may come from a number of causes. The after effects of acute illness, lack of nourishment due to poor indigestion, overwork or worry, or anything that makes the blood thin, thereby preventing it from carrying nourishment and health to the tissues of the body. The symptoms of debility vary, but weakness is always present, often a tendency to be easily fatigued, spots passing before the eyes, weak back, dizziness, wakefulness caused by inability to stop thinking, and unrefreshing sleep.

Mr. Lorenza L. Pamache, Rockland, Ont., was a severe sufferer from this trouble and tells how he found release. He says:—"Two years ago I was in that condition which medical men call general debility. I made periodical visits to Montreal for fourteen months to undergo electric treatment. At the end of this time I was feeling well and thought with proper care I would continue in good health. But in the course of a month or so the symptoms came back more acute than ever. I lost appetite and could hardly sleep during the night, and what sleep I had was disturbed with nightmares. I had headaches and the least effort was telling on my nerves. I always felt pains somewhere, and had to lose much time. After suffering for three months, trying various things without good results, I was terribly depressed and disheartened. One day I met a friend who noted how pale and thin I was and he so strongly recommended Dr. Williams' Pink Pills, that I determined to give them a fair trial. I got six boxes and began the treatment at once. After I had taken four boxes I began to take notice of an improvement in my health. I could sleep better, and I scarcely had a headache. Since that time my health has been steadily improving and now I feel just as well as ever. I have gained twenty pounds since I began the treatment. Now I would not be without Dr. Williams' Pink Pills in the home, and strongly recommend them to all sufferers from a depressed system and the aches that follow."

You can get these pills through any medicine dealer, or by mail at 50 cts. a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co. Brockville, Ont.

## INWOOD

Mrs. Ervin Putman of Springfield, was the guest of Mrs. Isaac Rush a few days last week.

Mr. and Mrs. Bayton, of Bothwell, Mr. Geo. Chapman and Mr. Zeigler of London, Mr. and Mrs. Stanley Graham, of Sarnia, Mr. and Mrs. D. C. Munroe, of Alvinston, were the visitors at the home of Mr. and Mrs. W. H. Chapman Sunday.

Mr. Percy Barber, Mr. Walter Atkin and Mr. Frank Myers, were in Detroit Sunday.

Mrs. Wellington Rush and Mrs. Tinney, of Zone is spending a week with Mrs. Geo. Tinney.

Rev. Mr. Wood, of Petrolia, filled the vacancy in the Presbyterian Church at Inwood, of St. Andrews Sunday.

Mr. and Mrs. Albert Robertson and daughter, Lillian, of Deckerville, Mich, spent the week end at Mr. and Mrs. Geo. Doan.

Mrs. Angus Winters is visiting her brother, Mr. Gavin Roberts, of Oakdale.

Mr. and Mrs. Wm. Dawson visited Mr. and Mrs. R. Dawson Sunday.

Mrs. A. Isaac and Mrs. J. Walker, of Forest, spent the week end at the home of Mrs. E. J. Bannister.

Mrs. Margaret Burk, of Windsor, is visiting her sister, Mrs. A. P. Campbell.

Mr. and Mrs. Taylor, Mr. and Mrs. Alex Black and daughter, Florence, of Toronto, were guests at the home of Mr. and Mrs. Alfred Clark.

Mr. and Mrs. Alex Clark and Mr. Effinger of Detroit, Mr. and Mrs. Frank Conybeare of Dresden, Mr. and Mrs. Gibson, of Dawn, were recent visitors at the home of Mr. and Mrs. A. Clark.

Mr. Fred Clark of Detroit, visited at his home here.

Mr. and Mrs. Alex McPhail and sons, Clarence and Harold and Mrs. Harris, of Bothwell, called on Mr. and Mrs. E. S. Lorrman.

Mr. George Graham, of Detroit, visited at his home here.

Mr. and Mrs. L. Huillier, Mr. and Mrs. Beyer, of Detroit, visited at the home of Mr. and Mrs. V. A. Graham.

Mr. J. H. Morrison, of Sarnia, was in Inwood Monday.

Rev. Mr. Bowen spent Saturday night at the home of W. R. Dawson. Mr. Allan Arnold of the Royal Bank spent Sunday in London.

**The Hostess**  
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