

# SAVED FROM AN OPERATION

## Restored to Health By Taking "Fruit-a-lives"

### Made of Fruit Juices and Tonics

The most convincing proof of the true worth of "Fruit-a-lives" as a medicine for women is found in the letters written by them to "Fruit-a-lives". For instance:

"I suffered with all the symptoms of female trouble, pains low down in the back and sides, constipation and constant headache. A doctor advised an operation. I started taking "Fruit-a-lives" and this fruit medicine completely relieved me of all my misery."

Mrs. M. J. GORSE, Vancouver, B.C.

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

## ELLIOTT Business College

Yonge and Charles sts., Toronto. Is well known as the high grade school. Keen demand for our graduates all the time. Write for catalogue. Commence now.

W. J. ELLIOTT, Principal.

**Asthma Victims.**—The man or woman subject to asthma is indeed a victim. What can be more terrifying than to suddenly be seized with paroxysms of choking which seem to fairly threaten the existence of life itself. From such a condition Dr. J. D. Kellogg's Asthma Remedy has brought many to completely restored health and happiness. It is known and prized in every section of this broad land.

## Wedding Stationery

ANNOUNCEMENTS  
INVITATIONS  
CAKE BOXES  
CARDS

Newest Designs  
Finest Quality

The Guide-Advocate

## CANADIAN NATIONAL RAILWAYS

### TIME TABLE

Trains leave Watford station as follows:

GOING WEST	
Accommodation, 111	8.42 a.m.
Chicago Express, 17	12.40 p.m.
Detroit Express, 83	6.51 p.m.
(a) 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, 112	5.38 p.m.
(a) Stops to let off passengers from Hamilton and east thereof and to take on passengers for Chicago.	

C. W. VAIL, Agent, Watford.

## Central Business College

STRATFORD, ONTARIO

**FALL TERM FROM SEPT. 4**  
Western Ontario's leading Commercial School, where you can get a thorough practical training under experienced instructors in Commercial, Shorthand or Telegraphy Departments. We assist graduates to positions. Get our free catalogue now.

D. A. McLACHLAN, Principal.

## A. D. Hone

PAINTER AND DECORATOR  
PAPER HANGING

WATFORD - ONTARIO

GOOD WORK  
PROMPT ATTENTION  
REASONABLE PRICES  
ESTIMATES FURNISHED  
SATISFACTION GUARANTEED

RESIDENCE--ST. CLAIR ST.

## ITEMS FROM FAR AND NEAR

Some Wise, Some Otherwise Some Newsworthy, All Readable.

The lowest priced tea is not the cheapest. A pound of "SALADA" yields more cups to the pound, and so much more satisfaction than ordinary tea, that it is really the most economical to use.

People are getting so accustomed to reckless speed in the auto that the death rate on the travelled road is three times as great as the loss of life on the railroads. From 15 to 25 miles an hour is all that any car should go on a country road.

A cablegram received from Genoa states that Hon. George P. Graham, Minister of Railways and Canals, who is attending the sessions of the League of Nations as one of the two Canadian representatives, had been selected to present the transportation question to the Assembly of the League.

A Louisiana clergyman divided his sermon into three parts. Under the first head, he said, "I shall deal with matters familiar to both you and myself; under the second, things with which I am alone conversant; and, finally, under the third, I shall discuss a subject about which none of us know anything."

The recent Ontario election figures show that 940,524 ballots were cast in the province. Of this number the Conservative party easily secured the greatest number when they obtained 469,241; the U. F. O. was second with 207,691; the Liberals ranked third with 198,235; the Labour party was fourth with 42,190, and the Independents were last with 23,167.

Rubber Rugs are now being made. They look like rag rugs and are being used widely because they do not collect dust and can be washed without moving from the floor, can be mopped often without danger of losing the bright colors and because they will not slide, even on slippery tile floors. The corners never curl up and dust does not sift through to the floor. They are being made in many colors.

To the Postmaster-General of Canada has fallen the honor of signing the first postal treaty with the Irish Free State. After negotiations extending over several months the terms of a convention for the direct exchange of money orders between Canada and the Irish Free State have been agreed upon, and the document has been signed on behalf of Canada by Hon. Charles Murphy. The new postal treaty will come into effect on January 1st, 1924.

In order to encourage and simplify bookkeeping on the farm the Dominion Experimental Farms System has published an extremely simple farmer's account book, which will adequately serve all necessary purposes and should prove to the general farmer one of the most useful publications issued from the Experimental Farms for some time. It is obtainable from the Publications Branch of the Department of Agriculture, Ottawa, at a nominal charge of ten cents. No postage need be placed on letters of application.

## UNREFRESHING SLEEP

If You Are Tired Out When You Arise in the Morning Read This

The woman who is tired out, who aches all over when she arises in the morning, who feels depressed most of the time, needs just the help that Dr. Williams' Pink Pills can give her—new blood and strong nerves.

The number of disorders that are caused by thin blood is amazing and most women are careless about the condition of their blood. Quickly the nerves are affected and the patient becomes irritable, worries over trifles, does not sleep as well as formerly and is not refreshed by rest. There may be stomach trouble and headache. This is a condition that calls for Dr. Williams' Pink Pills. Give Dr. Williams' Pink Pills a fair trial and the first sign of new life will be noticed in your appetite. As the blood becomes enriched it feeds and soothes the irritated nerves, sleep becomes sounder and more refreshing, your worries become less, your work lighter. These are some of the things that these tonic pills do. Try them for any trouble caused by thin blood.

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

## RECLAIMING BOSANQUET LAND

Hundreds of acres of what has been almost waste land will be reclaimed for agricultural purposes by the dredging of the Aux Sauble river from Grand Bend to Port Frank. Already three miles of the work is completed and it is expected that the work will be completed this fall.

The scheme which has been undertaken by The Canada Sand Company will cost thousands of dollars. The river will run from river to 12 feet deep.

The dredging of the Aux Sauble will be a big boost for this district. The Aux Sauble will have two outlets to Lake Huron, making it a sort of canal about 150 feet wide and with a level bottom. Extensive boating can be carried on from Grand Bend to Port Frank down the river, with all its natural resources of trees and shrubbery, will provide one of the most ideal summer camp locations in the province.

The cost will be shared by the surrounding townships, the Canada Sand Company and the Government will bear 20 per cent.

**MURINE FOR YOUR EYES**  
Cleanses and Beautifies  
Write MURINE CO., CHICAGO  
for Free Book on Eye Care

**STORM WINDOWS & DOORS**  
SIZES to suit your opening. Front with glass. Safe and fireproof.  
Write for Price List  
Cut down cost  
The HALLIDAY COMPANY, Limited  
TRURO, N. S. HAMILTON, ONT.

**DELIGHT TOILET SOAP**

"Wonder what an idle Telephone thinks about?"

"I STAND here idle for hours at a time! Ho-hum! She forgets that she hires me to help her."

"She complains of never having time enough, yet I've watched her for over an hour trying to write one letter to Springfield."

"For a few cents I'd put her in Springfield, and for 5 minutes the music of her voice would make somebody happy."

"When she picks up a pen she gets so self-conscious that her letters—well, honest, they don't do her justice."

"No pen helps a woman to express her real self, at her best, as I do—no postage stamp travels so fast."

"I sometimes think her husband appreciates me more. Ho-hum!"



## EXECUTIVE MEETING SARNIA PRESBYTERIAL

A most enthusiastic meeting convened in St. Andrew's church, Sarnia, Tuesday, Sept. 11, which the executive of the Sarnia Presbytery outlined plans for forward work.

An honor roll listing names of all missionaries, who have gone out from this presbytery is being prepared and a copy is to be presented to each congregation.

Secretaries of each department reported, regarding their work, while a general discussion centered around a new department—that of social service—the Rev. Mr. Mondes of Petrolia addressing the ladies.

Mrs. J. T. Patton of Sarnia was appointed secretary and will outline a program for auxiliaries.

It is expected that Miss Grace Patterson, returned missionary from India, will visit throughout the Presbytery early in November.

## FOREST

Forest hydro rates have been reduced to the following: power \$55; commercial lighting 10c, 5c, 1c; domestic 5c, 3c, 2c; power rates 6.4c, 4.3c and 1.6c.

Miss K. McBean, after a year's visit at her home here, returned last Monday to Moosejaw to resume her duties as a teacher on the public school staff. Mrs. Will McBean and daughter Helen returned with Miss McBean to their home in Moosejaw.

Wm. G. Lochead returned to Forest after spending three months on the White Star Line boat, Owana, as purser.

Archie Donachie, of Glasgow, Scotland, representing Thompson, Madison & Co., of that city, is here looking after the shipment of apples to the Old Country. He is being assisted here by J. H. Snellgrove, who is buying in this section. Mr. Donachie was here last year on the same business.

The death occurred at St. Joseph's hospital, London, Thursday, Sept. 6, of Mrs. Charles Southworth, formerly of Theford. Mrs. Southworth, is a stepdaughter of Mr. Jas. Wakefield. The funeral services were held at the Salvation Army citadel, London, on Saturday afternoon. Interment was made in Mount Pleasant Cemetery.

## PETROLEA

The Baptist church, which has been in the hands of decorators was opened Sunday with large congregation morning and evening. Rev. J. A. Yule of Pittsburg, Pa., was the special preacher. The choir was assisted by Mr. Gilroy of the Methodist church and Miss Lilly McKay of Windsor.

The many friends of Mrs. Robt. Aiken will be pleased to know she has returned home from the C.E.E. hospital much improved in health since undergoing an operation for appendicitis recently.

Mr. Wm. Thompson has purchased the West End grocery from Mr. A. Ingram and will take possession on October 1st. Mr. Thompson has been employed by the A. Scarsbrook Est. for the past eight years.

The local commission has been notified of a reduction in rates. Domestic lighting has been reduced from 3c, 3 1/2c to 3c, 2.5c 1.25c and commercial lighting from 6c, 3c, 6c to 5c, 2.5c, 0.5c. Power and street lighting remain as at present.

On Wednesday Sept. 5th, Mrs. Wilson, of Petrolia, and Mrs. Johnson of Detroit, gave a shower for their niece, Miss Gladys Callahan, when thirty of her friends and neighbors presented her with beautiful and useful gifts. The afternoon was spent in games and music. The dainty lunch was served on the lawn. Miss Callahan will be married this month.

A jolly corn roast was held Tuesday evening at the home of the Misses Annie and Edna Ferguson, when about sixteen of the young people of the 12th Ave., including the basket ball girls met there. Following the roast games and music was the order of the evening. A bean guessing contest brought the evening to a close. A prize was donated to the girl and boy guessing the nearest to a number of beans in a jar which was won by Laura O'Hara and John Ironsides.

## 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 will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Is Your ad. in this paper this week?

## WOMAN SUFFERED FOR MONTHS

### Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs. LOUIS F. ELASBER, Hillcrest Farm, Webbwood, Ont.

## Another Nervous Woman Finds Relief

Port Huron, Michigan.—"I suffered for two years with pains in my side, and if I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. CHARLES BEELER, 501-14th St., Port Huron, Mich.

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.

## MEDICAL

**JAMES NEWELL, PH. B., 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.

## DR. HAMLET D. THOMPSON

Physician and Surgeon  
334 Oakwood ave., TORONTO.  
Phone Hillcrest 7012  
Office Hours: 9 a.m., 1-3, 7-8 p.m.

6m-d12jan

## 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.

## 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. MINIALLY**... Director  
**THOMAS LITHGOW**... Director  
**GULFORD BUTLER**... Director  
**JOHN PETER McVICAR**... Director  
**JOHN COWAN K.C.**... Solicitor  
**J. F. ELLIOT**  
**ROBERT J. WHITE**... Fire Inspectors  
**ALEX. JAMESON**  
**P. J. McEWEN**... Auditors  
**W. G. WILLOUGHBY**... Manager and Sec.-Treasurer  
**PETER McPHERDAN**... Wanstead Agent for Warwick and Plympton

**Children Cry FOR FLETCHER'S CASTORIA**