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 W. J. ELLIOTT, Principal.

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.
 J. E. McTAGGART, Agent, Watford.

MEDICAL

JAMES NEWELL, Ph.B., 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
 (Established in 1875)

JOHN W. KINGSTON, President
JAMES SMITH, Vice President
ALBERT G. MINIALLY, Director
THOMAS LITHGOW, Director
GUILFORD BUTLER, Director
JOHN PETER MCVIGAR, Director
JOHN COWAN K.C., Solicitor
J. F. ELLIOTT
ROBERT J. WHITE, Fire Inspectors
ALEX. JAMIESON
P. J. McEWEN, Auditors
W. G. WILLOUGHBY, Manager and Watford Sec.-Treasurer
ROY E. McPHEDRAN, 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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The Guide-Advocate

Mothers can easily know when their children are troubled with worms, and they lose no time in applying a reliable remedy—Mother Graves' Worm Exterminator.

NEW BOOK MAKES ROMANCE OF HISTORY

Tells Story of Canadian Pacific Railway and Building of Dominion



A facetious American once referred to the Canadian Pacific Railway as "Canada on Wheels." Great as it is, the Canadian Pacific would be the last to appropriate such an appellation. It can be truthfully said, however, that to understand the recent history of the Dominion one must know that

R. G. MacBETH must know that of the Canadian Pacific. Now at last comes a volume, well illustrated with photographs, which presents that history in its most palatable form—that is, in a form emphasizing the human factor. "The Romance of the Canadian Pacific Railway," by R. G. MacBeth (the Ryerson Press, Toronto, \$2.50)

The author, who has a number of historical works to his credit, is singularly well equipped. Apart from his literary skill, he has the advantage of having lived in the Canadian West all his life. He has always been in close touch with the Canadian Pacific, though he is careful to point out that he has never been connected with it and has written and published his book independently.

Mr. MacBeth here traces the amazing story of the company's development into the world's greatest transportation system; of the steamships, of the telegraph and express; colonization; irrigation; hotels and bungalow camps; of its war service and of all its activities, with a wealth of interesting detail which illustrates the brilliant administrative and organizational ability of its executive. Canadians should be proud, as Mr. MacBeth reminds them, that their country approved the construction of this pioneer transcontinental when the population was only 4,000,000, though the United States had not dared to undertake a similar road till she had ten times that number. The frightful difficulties, political, technical and financial, through which the company's sponsors and founders fought their way to victory are well summarized. For instance, it is recalled that sections of the line north of Lake Superior cost \$500,000 a mile to build, and a muskeg east of Winnipeg swallowed seven tracks before it was conquered. The author shows that the triumphant accomplishment of the work was especially creditable because it took place in a period of immense depression.

Sir William Van Horne, general manager and later president, that man of tireless energy, vision and determination, is the central figure in the volume and there are many anecdotes illustrating his versatile character. But all the other great men of the company—Mount Stephen, Shaughnessy, Beatty, Angus and a host of others—receive their due. Lord Shaughnessy's fine words: "The shareholders and directors of the company have always been impressed with the idea that the interests of the company are intimately connected with those of the Dominion and no effort or expense has been spared to help in promoting the development of the whole country" are amply backed by the company's deeds. And the author makes a statement which is very a propos when he says: "The country and the railway, in such a case as this, must stand or fall together. Each is necessary to the prosperity of the other. Hence for one to attempt the destruction of the other is practically a roundabout but effective way for that one to commit suicide."

A Real Asthma Relief. Dr. J. D. Kellogg's Asthma Remedy has never been advertised by extravagant statements. Its claims are conservative indeed, when judged by the benefits which it performs. Expect relief and permanent benefits when you buy this remedy and you will not have cause for disappointment. It gives permanent relief in many cases where other so-called remedies have utterly failed.

FOR SALE—Ladies' new style paneled visiting cards at The Guide-Advocate. Phone your orders.

TREAT POLLUTED WATER

Sterilize It by Boiling or by Adding a Disinfectant

Use Hypochlorite—How to Make and Apply It—Calf Troubles—Sprouted Wheat Injured for Seed—When to Feed Silage.

(Contributed by Ontario Department of Agriculture, Toronto.)

When wells have become polluted from unsanitary seepage or drainage the cause should be found and removed, and preventive measures taken so that the trouble should not recur.

The water so polluted should be sterilized before being used for drinking purposes. Sterilization may be accomplished either by boiling the water or by the addition of a suitable disinfectant. The disinfectant most suitable for this purpose is a hypochlorite solution.

Stock Hypochlorite for Water Purification.

This hypochlorite solution may be prepared and applied as follows:

1. Mix one-half pound of chloride of lime (33 per cent. available chlorine) with one pint of water.
2. Add sufficient water to make one gallon.
3. Dissolve 13 ounces of sal soda crystals in two quarts of lukewarm water.
4. Add sufficient water to make one gallon.

5. Mix these two solutions in a barrel or crock and allow the milky solution to settle over night.

6. Pour off the clear liquid from the white sediment into a jug and fill into bottles, well stoppered, and keep cool in a dark place. This "stock hypochlorite" will contain approximately the equivalent of 3 per cent. of chloride of lime or 1 per cent. of available chlorine.

Application.

Mix one ounce of this stock solution to five gallons of water that is to be used for drinking purposes. After mixing allow to stand for half an hour before use.

The solution may be added in small quantities to water after it has been drawn from the well, or the quantity of water in the well or cistern may be estimated and the necessary amount of the solution poured direct into the well and stirred in.

Farm well waters in Ontario suspected of being polluted will be tested upon application to the Bacteriological Laboratory, Ontario Agricultural College.—Prof. D. Jones, O. A. College, Guelph.

Main Causes of Calf Troubles.

- Cold milk to-day; warm milk to-morrow.
- Sour milk to-day; sweet milk to-morrow.
- Sour, dirty feed pails and troughs.
- Dirty pens; flies; no protection from heat or sun.
- Feeding too much or too little.
- No drinking water supply.
- Sour whey and sour skim milk from the factory.
- Vermine.

It is a good practice to leave the calf with its dam for the first two or three days, even though it is planned to rear the calf by hand.

Autumn-born calves usually escape digestion troubles, due to cold weather being an aid in preventing the souring of food.

A grass lot adjoining the stable is very useful to calves over three months of age. Young calves thrive best in a clean, well ventilated, cool, dry stable.

If the horns are not desired, treat with caustic potash before the calf is more than ten days old.—Dept. of Extension, O. A. C., Guelph.

Wheat Sprouted Before Harvest Is Injured for Seed.

Winter wheat is less valuable for seed purposes if it becomes sprouted before it is harvested. Experiments were conducted in the Field Husbandry Department at the Ontario Agricultural College in which different varieties of winter wheat which had been more or less sprouted in the fields were tested for germination. The comparative injuries caused by sprouting before harvest is indicated by the following average percentages of the germination of the threshed wheat: Skin over germ, broken, 94; skin over germ, broken, 76; sprouts one-quarter inch long, 50; and sprouts one inch long, 18. The sprouted seed not only gave lower germination, but the plants produced were uneven in growth.

This information may prove very valuable in some sections of Ontario where rains have been frequent at the time of winter wheat harvest this autumn.—Dept. of Extension, O. A. C., Guelph.

When to Feed Silage.

The time to feed silage is directly after milking, or several hours before milking. If fed immediately before milking the silage odors may pass through the cow's body into the milk. Besides, the milk may receive some taints directly from the stable air. On the other hand, if feeding is done subsequent to milking, the volatile silage odors will have been thrown off before the next milking hour.

keep their drinking water as clean as possible. They want water right beside their when they eat. Ducks can swim in a few weeks if you stay and watch them, allowing them to be in water only a few minutes. Do not let ducks sleep in a muddy or damp pen.

To a considerable extent, on the farm his condition depend the quality and vitality of the poultry. Everything possible should be done to maintain his thrift at the breeding season, especially during the breeding season.

Where the Sea Is Not Salt.

It may not be generally known that off Ebury Cove, Hurston Ferrers, England, a spring of fresh water wells up through the sea at all seasons of the year. The best time to locate this spring is on a clear summer day, when the circular patch varying in color from the azure blue of the surrounding water, is plainly to be seen from the surrounding rocks at all states of the tide. The water is absolutely fresh, and there is no brackish taste if the draught is taken from the precise centre of the welling water. It is surmised that the water from the rainfall on the catchment area in the vicinity of Ebury and the Northern Hills eventually finds a course in the same valley and then forces itself up through the sea at a distance of from 80 to 100 yards off the beach. During the war it was reported to the naval authorities by one who knew nothing of the existence of the "Sea Spring" that water was seen welling up in a continuous flow and the suggestion was made that an enemy submarine might be resting there. During the dark hours of the night a thorough search was made, but needless to say no submarine was found.

The Tower Bridge.

The tower bridge over the River Thames is a wonderful piece of mechanism, but few realize that every time the bascules are raised to allow a vessel to pass through it costs \$15. The bridge is operated by means of hydraulic power, and has been working for nearly thirty years, during which period there has never been a serious mishap. If one set of engines is not working smoothly, a second set is resorted to. Occasionally there are humorous incidents, as the bascules are about to be raised. Dogs sometimes make a dash to cross the bascules after the ropes barring traffic have been fixed in place. As the bridge rises the dogs make desperate efforts to reach the top, and continue till finally they roll down into the roadway. Only once did a dog succeed in racing up the incline and reach the top. There the animal clung till the bascules were lowered, when it took a flying leap over the intervening space and continued its way over the bridge.

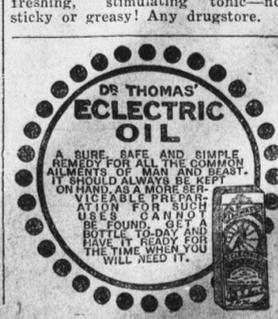
"DIAPEPSIN" ENDS STOMACH MISERY, GAS, INDIGESTION

Instantly! Stomach corrected! You never feel the slightest distress from indigestion, or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for a few cents.

Girls! A Gleamy Mass of Beautiful Hair

35-Cent "Danderine" So Improves Lifeless, Neglected Hair

An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine." Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.



PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fuslier, Sask.—"For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached, too. I was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial."—Mrs. HELEN BALANOFF, Fuslier, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, backache and headache indicate some form of female weakness. Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells this medicine.

YOUR AD. HERE WOULD PAY!



Why Endure PILES MISERY

The weakening agony of piles robs life of its pleasure, turns days of brightness into days of misery, and brings periods of acute suffering. Overwhelming evidence proves Zam-Buk incomparable for banishing the pain, bleeding, swelling and inflammation.

Mr. Alf Brown, of Merriton, writes:—"I hope that my testimony will reach thousands suffering from that dreadful ailment, piles. For six years I was never free from pain. No one ever spent more money in search of a remedy. A sympathetic friend gave me a part of a box of Zam-Buk to try. Its soothing power was marvellous, and I soon had a further supply of this grand herbal healer. I used Zam-Buk until the old painful trouble was gone completely."

Equally successful for eczema, psoriasis, salt rheum, pimples, boils, bad legs, ulcers, scalp disease, poisoned wounds, cuts, burns, scalds, etc. Dealers everywhere sell Zam-Buk at 50c. box, 3 for \$1.25

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HOW would you like to put your Teeth into a slice of such Delicious-looking Bread as that pictured above? Sure you would! THAT'S **LOVELL'S BREAD**

Fresh from our ovens daily
 —wholesome and well baked
 —fit to grace the table of a King
 —Give it a trial.

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