

FULL OF ACHES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small book was put in my door one day advertising Lydia E. Pinkham's medicines, and as I did not feel at all well at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. HARRY WESTWOOD, 543 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood. It is but one of a great many, all telling the same story—beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself? C

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. MINIELLY, Director
THOMAS LITHGOW, Director
GUILFORD BUTLER, Director
JOHN PETER McVICAR, Director
JOHN COWAN K.C., Solicitor
J. F. ELLIOT
ROBERT J. WHITE, Fire Inspectors
ALEX. JAMIESON
F. J. McEWEN, Auditors
W. G. WILLOUGHBY, Manager and Watford Sec.-Treasurer
ROY E. McPHERAN, Wanstead Agent for Warwick and Plymton

CANADIAN NATIONAL RAILWAYS

TIME TABLE

Trains leave Watford station as follows:

GOING WEST
Accommodation, 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.

District Apple Crop Smaller

Western Ontario Yield Placed at 75 Per Cent of 1923.

The apple crop in Western Ontario is placed at 75 per cent of 1923, according to a dominion government report just received. The leading varieties in yield are Kings and Russets 100 per cent, Spies and Greenings 70 per cent, and Baldwins 40 per cent of last year. The fruit is sizing well, but generally the crop is scabby. Owing to the lateness of the growing season which is about two weeks behind last year, apples are not maturing well, and lack color. In some orchards, aphids have done a great deal of injury, causing the fruit to hang in small clusters. Owing to the peculiar nature of the aphids of excreting honey dew on the leaves and fruit, sooty fungus is developing in this excitement wherever these insects have been prevalent.

Georgian Bay District—The apple crop in this district is reported to be 70 per cent of last year. Snows 150 per cent, Kings 75 per cent, Russets 50 per cent, Greenings and Cranberry Pippin 45 per cent, while Baldwins are 20 per cent of 1923.

Wyoming—The apple crop in this section has been greatly reduced owing to the work of aphids. Some varieties of fruit are rendered worthless. The total crop will be 40 per cent of last year with Snows and Kings 125 per cent, Spys 50 per cent, Greenings 40 per cent, Baldwins and Wagener 25 per cent, Russets 20 per cent of 1923.

Arkona—The apple crop is much below the average, being 30 per cent of last year. Scab is very prevalent and the apples are not sizing well; in unsprayed orchards they will be hardly fit to pick. Aphids have done considerable damage to the entire crop. Some sales have been made of winter varieties at \$3.25 for No. 1's and \$2.90 for No. 2's.

A HIGH GRADE SCHOOL!

ELLIOTT Business College
Toronto, invites the patronage of those who desire to get the best training for choice business positions. Write to-day for catalogue. Enter any time.

W. J. ELLIOTT, Principal.

ELARTON SALT

—for—
Home-Cattle-Land

Unsurpassed for Strength and Purity

To be obtained from nearly every store in this District.

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Elarton Salt Works Co.
WARWICK, ONTARIO m16-6m

A. D. Hone

Painter and Decorator
Paper Hanging
Watford - Ontario
Good Work, Prompt Attention,
Reasonable Prices and
Estimates Furnished.
Satisfaction Guaranteed.
Residence St. Clair street

Have You Tried Our
Malto Cream Bread
IT'S REAL -
Not an Imitation

F. H. Lovell
Bakery and Confectionery

East Lambton Teachers' Convention

The teachers of East and West Lambton held a joint convention in the Iroquois Theatre, Petrolia, on Thursday and Friday, October 9th, and 10th. Practically all the teachers of Lambton County were in attendance and the meeting was a very decided success in every way.

The opening exercises of Thursday morning opened with Mr. Kirke Evans, President of East Lambton teachers, in the chair. Rev. A. M. Stewart, Pastor of Petrolia Methodist Church, began the session by an able address.

A splendid report of the O. E. A. meeting at Toronto, was read by Miss Mary E. Davis, of Florence.

Mrs. F. C. Fisher and Miss Murray of Petrolia, then conducted community singing. Madelon McKaig gave pleasing recitations and Mr. F. C. Fisher of Petrolia, brought the morning session to a close with two excellent violin solos.

Mr. Fred Thompson, President of West Lambton Institute, presided during the afternoon session. Rev. Mr. Pitts, Anglican rector of Petrolia, conducted the devotional exercises after which the nominating committees were appointed and the general business of the Institutes was dealt with.

Mr. F. H. Thompson of Sarnia Schools, addressed the convention on the subject, "Discipline in the Public School." He pointed out the necessity of enforcing discipline from the beginning. The pupils honour a good disciplinarian.

Frank C. Irvine, M. A., addressed the teachers regarding what the Boy Scout movement stands for.

Mr. Kirke Evans, addressed the Institute, dealing ably with "The New Course of Study," which has recently been sent out by the Department. Teachers showed approval of the new course.

Mr. Geo. A. Cornish, of Toronto University, then took up with the teachers the subject of Nature Study. He ably set forth the importance of the subject and showed how best it could be taught.

Miss Hazel Lennan, of Petrolia Schools, gave a pleasing reading.

Inspector, Conn, of West Lambton dealt for a time with many points in the teacher's work requiring attention. The proper keeping of the register, catalogue of equipment and the making out of reports were explained by him.

Inspector Edwards of East Lambton, also dealt with points relating to the work in general. He urged teachers to be students themselves, always trying to adopt themselves to new conditions.

On Thursday evening the teachers attended a banquet given by the ladies of the Presbyterian Church, Petrolia. Thanks to the ladies the evening session was a decided success. A jolly time was spent in Community Singing and Fisher's Orchestra delighted all with their splendid music.

Prof. Cornish with the aid of lantern slides gave a most instructive address on the early history of Egypt and her early kings, dealing particularly with the search and finding of the tomb of King Tutankamen.

On Friday morning, Rev. Raithby conducted the opening exercises. Reports of committees were received and adopted.

East Lambton officers for 1925, were elected as follows:
Hon. President—Inspector Edwards.
President—Miss Florence E. Edwards.
Vice President—Mr. A. Doolittle.
Sec'y-Treas.—Walter Kelly.
Counsellors—R. J. Henderson; Catherine Campbell; Kirke Evans.
Auditors—Misses J. Leach and M. Reid.
Delegate to O. E. A.—R. J. Henderson.

The subject of Primary work in rural schools was taken up by Inspector Conn. He strongly recommended plenty of equipment for primary grades.

Prof. Cornish's address on Geography was enjoyed thoroughly by all. He outlined the method of teaching which should be employed. Children should be taught through their interests. Avoid teaching too many unimportant facts.

Mr. and Mrs. Fisher and Miss M. Murray then conducted community singing. Mr. Ed Fletcher sang a solo.

Edna and Dorothy Hunter danced Scotch and Irish dances. Mr. F. C. Fisher rendered a violin solo and Mrs. Fisher gave a reading. All of these numbers were most pleasing and greatly appreciated by the convention.

Rev. J. J. Monds opened the afternoon session.

The subject of entrance work was ably dealt with by Inspector Edwards. He dealt with the dangers which inexperienced teachers are

You Will Enjoy

"SALADA" GREEN TEA

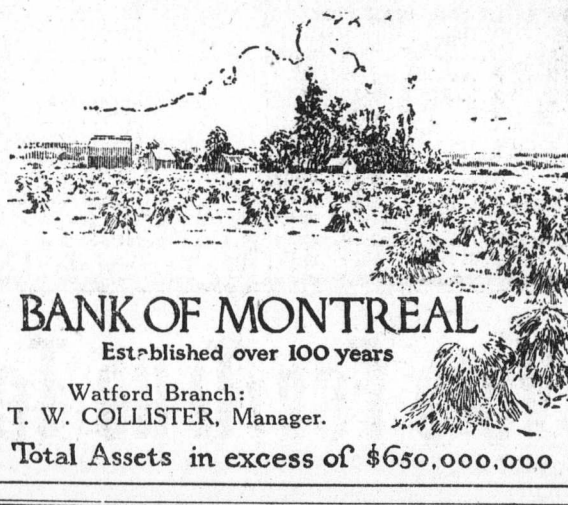
The exquisite flavor indicates the perfect blending of choice teas. Ask for a package today. FREE SAMPLE of GREEN TEA UPON REQUEST. "SALADA," TORONTO

Your Account Book and Your Bank Book

If your account book shows a profit, that profit should be recorded in your bank book as entries of deposits or else it is likely to dwindle away.

It is a good plan to use the two books together. Estimate your profits in one and then transfer them to the other where they will grow even greater by the systematic addition of interest. Open a Savings Account with us at our nearest branch.

"A Bank Where Small Accounts Are Welcome"



BANK OF MONTREAL
Established over 100 years
Watford Branch:
T. W. COLLISTER, Manager.
Total Assets in excess of \$650,000,000

apt to fall into. He also made known the particular things which he expected when he visited the schools.

Rev. Mr. Pitts with some of the Petrolia Boy Scouts, gave a demonstration of physical exercises using a gramophone. The afternoon session was brought to a close by a comic picture kindly run off by Mr. Wallace the manager of the Theatre.

On the whole the Convention was very successful. The teachers and Inspectors were very well pleased with the success of the joint convention. Very fine samples of Art and other work was brought by several teachers and was on exhibition during the meeting.

Many mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

OTTAWA BOYS' CHOIR

Ottawa, Oct. 15.—The development of a choir in Ottawa, from an unorganized group of forty boys many of whom had no means or facilities for the pleasures other boys enjoyed, into a well knit organization of over one hundred trained singers, is making a distinct addition to the musical life of this city. The choir was started two years ago by the Kiwanis Club of Ottawa, which carries on all the business arrangements. An annual concert is given by the choir in the spring. This organization, now known as the Ottawa Kiwanis Boys' Choir, has a director who gives a sound musical training in individual as well as group work.

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

Children Cry for



Fletcher's CASTORIA

MOTHER—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep.

To avoid imitations, always look for the signature of *Chas. H. Fletcher*. Absolutely Harmless—No Opiates. Physicians everywhere recommend it.