

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used in Making "Fruit-a-tives"

"FRUIT-A-TIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-tives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-tives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Liver, Bowels, Kidneys or Skin. "Fruit-a-tives" is composed of the active principle of fruit and the greatest nerve tonic ever discovered. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

MEDICAL.

JAMES NEWELL, PH. B., M. D.
L. R. C. P. & S., M. B. M. A., England,
Coroner County of Lambton,
Watford, Ont.

OFFICE—Main St., next door to Merchants Bank. Residence—Front street, one block east of Main street.

G. W. SAWERS, M. D.
WATFORD, ONT.

FORMERLY OF NAPIER) OFFICE—Main Street, formerly occupied by Dr. Kelly. Phone 13 A. Residence—Ontario Street, opposite Mr. A. McDonnell's. Night calls Phone 13B.

W. G. SIDDALL, M. D.
WATFORD ONTARIO

Formerly of Victoria Hospital, London.
OFFICE—Main street, in office formerly occupied by Dr. Brandon. Day and night calls phone

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 Taylor & Son's drug store MAIN ST., Watford.
At Queen's Hotel, Arkona, 1st and 3rd Thursdays, of each month.

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. Kelly's Surgery, MAIN ST.—WATFORD

Veterinary Surgeon.

J. McGILLIQUIDY
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.

CENTRAL Business College
WATFORD, ONT.

Ontario's Best Commercial School

Courses are thorough, the instructors are experienced, students get individual attention and graduates are placed in positions. During 3 months we turned down over 300 calls for trained help. This is the school for those who want the practical training and the good positions. COMMERCIAL, SHORTHAND and TELEGRAPHY departments. Get our free catalogue. It will interest you.

W. J. Elliott, President.
D. A. McLachlan, Principal.

GRAND TRUNK RAILWAY TIME TABLE

Trains leave Watford Station as follows:
GOING WEST
Accommodation, 75..... 8 44 a.m.
Chicago Express, 13..... 12 31 a.m.
Accommodation, 83..... 6 44 p.m.
GOING EAST
Accommodation, 80..... 7 48 a.m.
New York Express, 6..... 11 16 a.m.
New York Express, 2..... 3 05 p.m.
Accommodation, 112..... 5 16 p.m.
C. Vail Agent Watford

So many sections feature a new matting that it can be rolled for easy handling.

Watches small enough to be mounted on finger rings are being made by a Paris Jeweler.

Overboard

A Labor Day Story

By John Twining

An ocean liner was coming across the Atlantic. In the main portion of the ship, fitted up with every convenience, every luxury, were millionaires and multimillionaires, some of whom had been prominent in the London social season, and not a few brought with them jewels, a fortune in themselves, that had blazed in many a ballroom in England's capital. There was one man aboard occupying a suite of apartments the price of which for a four days' trip would give a workman a comfortable home for a lifetime. These people, seemingly regardless of being suspended between the heavens above and the bottom of an ocean several miles beneath them, wore their fine clothes at dinner, and in the evening ate choice viands, drank the best wines, listened to music, flirted, even danced, while the hours glided happily away to the swish of the waves against the leviathan's side—a gayly careless lot, seemingly oblivious to the cares and sorrows of this world.

How different the underworld, which on shipboard is as far beneath the upper world as on land! In the steerage was many a family packed in their narrow quarters, eating the homeliest fare, and many, though accustomed to the ordinary wine of their country, were drinking only water, and that out of tin cups.

Among these steerage passengers was one Adolph Stahr, a Swede, a young man twenty-five years old, with his bride, Amelia, six years his junior. They had left their native country, their simple peasant life, to seek a home in the new world. Adolph was a mason by trade, and Amelia had worked in a factory in her native land, becoming expert at weaving. They had heard that in America the price of labor had, by the united effort of the laborers, been raised to what seemed to them a very high figure. Accustomed as they had been to living on a pittance, they believed that, receiving these wages, they could save money enough within a few years to build them a home in which they might live comfortably for the rest of their days.

And so, putting together all the money they had with something that their parents gave them, they set out on their long journey for what was to them a land of promise. Taking ship for England, they there re-embarked for America.

Half their journey across the Atlantic had been accomplished when one afternoon a fog settled down over the waters. Fogs on the sea are dreaded by mariners, and, although the dressing in fine clothes, the feasting, the wine drinking, the music, went on among the passengers in the main part of the ship, many heard the constant, deep toned toot-toot of the fog whistle warning vessels that might be near. But at last all aboard the great ship except those whose duty it was to sail her were in their berths.

Suddenly there was a crash forward, the sleepers were awakened, all jarred, some thrown out of their berths. There was a mad rush to the deck, many going up in their nightclothes, where they found confusion and saw the lights of a ship drifting away from them. Fading into the fog they soon passed out of sight. The captain stood on the bridge coolly giving his orders, but few of them were obeyed. Above the babel was the wild cry for help from the wireless machine. From the first the crew realized that the liner had been hard hit, and the worst was feared. Those who were sent to examine the damage came running back to report that the foremost bulkhead was rapidly filling and that others astern of it were in danger of giving way.

An hour later when it was known that the ship was sinking the boats were lowered and the women and children put into them. The men of millions for the first time in their lives came to a position where the wife and child of an emigrant were permitted to step into a lifeboat while they themselves must remain to go down with the ship.

One parting among those who were to go and those who were to remain it is the province of this story to mention. Amelia Stahr clung to her husband and refused to leave him. Taking her in his arms, he carried her to one of the boats, put her in and before she could get out the boat was lowered and pulled away from the ship.

The gray of the morning revealed the leviathan a few miles distant, half sunken, resting on the water like a dying sea monster. Slowly she settled, watched by those in the boats, nearly

ROYAL YEAST CAKES

HAS BEEN CANADA'S FAVORITE YEAST FOR MORE THAN 30 YEARS
MAKE PERFECT BREAD
MADE IN CANADA

all of whom knew that some loved one was soon to go down to death with her. Then raising her huge stern she plunged downward, and the place where she had been was but a part of the boundless ocean.

Safety came for those in the boats in the appearance of a steamer that had heard the wireless cry for succor. The boats were relieved of their burden, and those who had left the sunken ship were carried into an American port.

Amelia Stahr on reaching the land with her fellow sufferers received every attention. But for this the case would have been hard indeed. Nevertheless it did not relieve the desolation of coming to a new land a bride widow.

As soon as it was known what labor she could do those entrusted with the work of assisting the women and children who had lost husband and father secured her a place in mills where she could ply her trade, and she became self supporting. Some time after her arrival in America a little girl was born to her, and, although there was a melancholy in not having her husband with her at the time, she welcomed the child as a memento of her husband and as a solace in her loneliness.

Amelia for awhile had a lingering hope that Adolph might be picked up and brought to land by some passing vessel, but as month after month passed and she heard nothing from him the hope gradually died away. She was well skilled in her work and received every attention and encouragement, as did all survivors of that terrible shipwreck.

And so time passed. The widow worked hard and saved that she might educate her child. Amelia was still young and comely, with the fair hair and complexion of the people of the north and a pair of melancholy blue eyes. Suitors came, but she listened to none of them. From childhood she had been Adolph Stahr's sweetheart, and there was little prospect of her ever giving herself to any other man.

Six years passed. Little Lena Stahr, who was now old enough to be amused by pageants, when a Labor day came round besought her mother to take her to see the procession.

So Mrs. Stahr, putting on the child's best clothes, took her into the city and found a vacant stoop where they would be sufficiently elevated to see the marching men. There they waited.

The child was wild with that excitement children of her age display at some unusual occurrence, especially a parade. When necks were craned in the direction the trades unions were expected she would shout, "Here they come!" and when disappointed would begin to look forward for the next forecast of the approach. In this way an hour passed, when a distant roll of drums was heard, followed by faint strains of martial music. Then Lena danced and clapped her hands and laughed with anticipation.

At last came the band, headed by the drum major, whose tossing of his staff was a delight to all onlooking children. Then the grand marshal, surrounded by his aids, passed by, followed by one union after another. When the masons passed suddenly a man darted from the ranks, pushed his way through the crowd that lined the sidewalk and, leaping over several small boys and disarranging the big hats of a number of women, clasped Amelia in his arms.

The man was Adolph Stahr, her husband. Amelia saw him and knew him before he reached her. Almost before his arms were about her she lost consciousness. Her first act after coming to herself was to point to Lena. Adolph understood, and, taking the child in his arms, the three were united in one embrace.

Stahr after parting with his wife on the sinking vessel began to think of himself. First he picked up a life preserver and put it about him. He was cool and took forethought for a possible saving of his life. He secured a bottle of water and some meat and bread. These, with a small flask of liquor he had brought with him on his journey, he stowed away as best he could on his person, then, returning to the deck, gathered what loose material he could to make a raft.

The latter stood him in good stead, for, embarking upon it, he managed to paddle himself far enough away from the ship not to be drawn down with her when she sank. He was among a very few who did so, and soon after

the ship went down he became separated from that few.

He saw the steamer that came and took up those in the boats, but he had meanwhile drifted away from them too far to be seen or heard, but he rejoiced at the knowledge that those in the boats, especially his young wife, were saved. He drifted slowly on till there was nothing in sight except the sky and the ocean. The sea was comparatively calm, and his bread and meat he kept dry till they had been consumed. These, with his bottle of water, kept him alive for three days—days of horror, but not bereft of hope. Ships passed, but they were too far away to be attracted. At last he kept what remained of his strength by an occasional draft from his flask.

He was passing into semiconsciousness when he was aroused by a shout and saw a small boat pulled toward him. He was taken on board a sailing ship bound on a trading tour around the world and found no means for leaving her and making America for a long while. When he did succeed in this his Amelia had been lost track of by those who had known of her landing.

Stahr did not return to the ranks. He found something more interesting than parading—a wife and a daughter whom he had never seen, of whose existence he had had no knowledge. Between the two, the wife leaning on his arm, the daughter lovingly holding the hand of her newly found father, they went to the mother's home to lay plans for their future.

Since that fortunate meeting, that blessed reunion, the Stahr family take an unusual interest in Labor day, for it is their main anniversary. Had it not been for that parade that Mrs. Stahr and her daughter were looking at, their paths might never have joined. Stahr called their meeting a coincidence, but Mrs. Stahr, who is a devout Christian, looks upon it as a dispensation of a merciful Providence. They have prospered, the husband and father having made money as a contractor, but he never fails to join in the parade on Labor day like an ordinary workman.

Externally or Internally, it is Good.—When applied externally by brisk rubbing, Dr. Thomas' Electric Oil opens the pores and penetrates the tissues few liniments do, touching the seat of the trouble and immediately affording relief. Administered internally, it will still the irritation in the throat which induces coughing and will cure affections of the bronchial tubes and respiratory organs. Try it and be convinced.

Made For Concealment.
Stick insects, which are so called because of their resemblance to dry sticks, have two forelegs, which they fold over their eyes when disturbed and evidently think that in so doing they are lost to view.

The eggs of these insects take over six months to hatch. They are only one-tenth of an inch in their widest part, yet an insect which at hatching is three-quarters of an inch in length is packed into them.
The stick insects destroy the weaklings soon after they are hatched by eating their legs.

Ball Money.
Blackmail used to be levied on the newlyweds in England to prevent them from being mobbed upon leaving the church. This "graft" was called "ball money," because it was given ostensibly to buy a football for the village green, but it rarely went beyond the nearest public house.

Companions In Misfortune.
Robbed—I do pray of you to give me my things back. My hot tempered wife will kill me if I go home without them. Robber—Sorry. I'm married myself, but what do you suppose my wife will do if I go home without anything.

Another Discovery.
"Shakespeare was one of the ablest of brokers."
"How do you make that out?"
"By the number of stock quotations he furnished."

She Had an Idea.
"I wonder where he gets all his money?"
"Perhaps he works harder than you do."

More Than Some Can Do.
Dick—Think I'll use this old piano for kindling wood. Dock—You ought to be able to get a few cords out of it—Exchange

Men never fully appreciate the blessing of poverty until they break into the millionaire class.

A Simple and Cheap Medicine.—A simple, cheap and effective medicine is something to be desired. There is no medicine so effective a regulator of the digestive system as Parmelee's Vegetable Pills. They are simple, they are cheap, they can be got anywhere, and their beneficial results will prove their recommendation. They are the medicine of the poor man and those who wish to escape doctor's bills will do well in giving them a trial.

MOTHERS OF CANADA

PREPARE FOR TROUBLE

When a girl becomes a woman, and when a woman becomes a mother, and when a mother becomes a grandmother, the changes of middle life, are the three periods of life when health and strength are most needed to withstand the pain and distress often caused by severe organic disturbances. Many thousands in this section would testify as to the following:

St. Catharines, Ont.—"Over forty years ago I was restored to health by taking Dr. Pierce's Favorite Prescription. It was after medicine and doctors had failed to help me or give relief. I had, through overwork, become all run-down in health. I was weak and finally became a nervous wreck. The 'Prescription' was recommended to me, and at the time I started to take it I had not been able to do anything for over a year. I took the 'Favorite Prescription' and the 'Golden Medical Discovery' as well. It took several bottles, but I was completely restored to good health and since that time when I have felt the need of these medicines I have taken them and always with perfect satisfaction."—MRS. WM. BAKER, 33 Page St.

Stratford, Ont.—I was all run-down, weak, nervous. I also suffered with severe pains through my back. I was very miserable when a friend advised me to try Dr. Pierce's Favorite Prescription and one bottle seemed to give renewed strength. It stopped the pain in my back, also helped my nervous condition. It is surely a good tonic for women.—MRS. FLORENCE CULLUM, 100 Milton St.

INSURANCE

J. H. HUME.

AGENT FOR
FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.
Representing
Five Old and Reliable Fire Insurance Companies

If you want your property insured, call on J. H. HUME and get his rates.

—ALSO AGENT FOR—
P. E. Telegraph and Canada Permanent Loan and Saving Co.

Ticket Agent For C. P. R.—Tickets to all points in Manitoba, Northwest and British Columbia

THE LAMBTON

Farmers' Mutual Fire Insurance Company.
(Established in 1875)

JOHN W. KINGSTON, PRESIDENT
JAMES SMITH, VICE-PRESIDENT
ALBERT G. MINNIELLY, DIRECTOR
THOMAS LITHGOW, DIRECTOR
GUILFORD BUTLER, DIRECTOR
JOHN PETER MCVICAR, DIRECTOR
JOHN COWAN K. C., SOLICITOR
J. F. ELLIOT, FIRE INSPECTORS
ALEX. JAMIESON, AUDITORS
P. J. MCWEEN, AUDITORS
W. G. WILLOUGHBY, MANAGER AND WATFORD, SEC.-TREASURER
PETER MCPHEDRAN, WATFORD, P. O. Agent for Warwick and Plympton.

A. D. HONE

Painter and Decorator
WATFORD - ONTARIO

GOOD WORK
PROMPT ATTENTION
REASONABLE PRICES
SATISFACTION GUARANTEED
ESTIMATES FURNISHED
RESIDENCE—ST. CLAIR STREET

CHANTRY FARM

SHORTHORN CATTLE and LINCOLN SHEEP

WANTED—Homes for one hundred good strong Lincoln ram lambs till next September. For sale, hire or on shares on easy terms, the most popular and highest priced of all British bred sheep, will improve any breed and increase your wool and mutton production.

ED. de GEX Kerwood

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.

Children Cry

FOR FLETCHER'S CASTORIA

ROLL OF

Men From and Vicini The E

37TH REGT.—
Thos. L. Swift, since June 15, 1917, killed in action, C. N. Newell, T. V. Alf Woodward, M. E. R. W. Bailey, A. Johnston, G. Matl W. G. Nichol, F. P. E. W. Smith, C. T. Ward, killed in action, D. C. M. killed in action, wounded—missing Hardy.

PRINCESS PAT
Gerald H. Brown, 18TH BA
C. W. Barnes, Geo. Watson, C. Sha Burns, C. Blunt, P. Shanks, Pte. V. 2ND DIVISION
Lorne Lucas, P. Potter.

33RD BA
Percy Mitchell, Oct. 14th, 1916; Geo. Fountain, killed 16, 1916, Gordon I in Victoria BC

34TH BA
E. C. Crohn, S. Rogers, Macklin H. Oct. 8, 1916; Her in action Sept. 27, ming, Leonard Lee

29TH BA
Wm. Mitchell, 70TH BA
Ernest Lawrence, C. H. Loveday, A. B. ton, killed in action Movers, Jos. M. Brown, Sid Brown Sept. 15, 1916, Alf A., Corp. V. W. W.

25TH BA
Thomas Lamb, MOUNTED
Fred A. Taylor, PION

Wm. Macnally, ENGIN
J. Tomlin

ARMY MED
T. A. Brandon, McKenzie, M. D., N. Jerrold W. Snell, Wm. McCausland.

135TH BA
N. McLachlan, July 6th, 1917.

3RD RESERVE
Alfred Levi

116TH BA
Clayton O. Fuller, April 18th, 1917.

196TH
R. R. Annett.

70TH BA
R. H. Trenouth, on May 8th, 1917; ster.

142ND BA
Austin Potter.

GUN
Russ. G. Clark. R. N. C.
John J. Brown

ARMY DENT
Elgin D. Hicks, ARMY SERV
Frank Elliot, R. Arthur McKerch

98TH BA
Roy E. Acton.

64TH BA
C. F. Luckham.

More than 3,000 do are maintained in Si A New York inven child's miff formed li Venezuela is the bc trained to guard shee

An oil heater has keeping warm the making concrete. Electricity was first 1879, when a Scotch with it.

A patent has been on which a wrist wat serve as a clock. Worms cause fret infant of sleep, th Mother Graves worn clear the stomach a store healthfulness.