

The Agony OF PILES

ONLY those who suffer from piles know the misery it brings! It robs life of its pleasure, steals the brightness from existence, and substitutes days of dull pain and moments of acute agony. Most so called "remedies" give ease only for a time, and then back comes the trouble and pain and misery! **Zam-Buk cures Piles!** And cures permanently. Proof of this lies all around you. Women and men in all stations of life have proved it—possibly some of your friends! Let it cure you!

Mrs. Wm. Hughes, of 253, Hochelaga St., Hochelaga, Montreal, says:—"I was a sufferer for years from blind, itching and protruding piles. The agony I suffered no one knows. Remedy after remedy proved useless. Day followed day and there was no relief for me—pain, loss of strength, dulness, misery, this was my experience until Zam-Buk was introduced. I know now that there is nothing on this earth like it! It cured me of piles, and once cured, I have had no return of the evil. I would like all women who suffer as I did to know that Zam-Buk will cure them!

Besides being a specific for piles Zam-Buk cures eczema, blood-poisoning, cracked or chapped hands, ulcers, cuts, burns, bruises, scalp sores, ringworm, bad leg, frost bite, cold sores, and all skin injuries and diseases. All druggists and stores sell at 60 c. box, or from Zam-Buk Co., Toronto for price.

Zam-Buk



PIMPLES, BLOTCHES, BLACKHEADS.

The bane of many a young man's and woman's existence, yield quickly to

OUR HOME TREATMENT.

If afflicted, come and see us or write. No matter how bad your face is, we can cure it—to stay cured. **Superfluous Hair, Moles, Warts, Red Veins, etc.,** permanently removed by our method of antiseptic electrolysis. Satisfaction assured. Get descriptive booklet "F."

HISCOTT DERMATOLOGICAL INSTITUTE, 61 College St., Toronto, Ont. Estab. 1892

A Woman's Sympathy

Are you discouraged? Is your doctor's bill a heavy financial load? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too; but learned how to cure myself. I want to relieve your burdens. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me.

All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write to-day for my free treatment. MRS. F. E. CURRAH, Windsor, Ont.

BOOKS FOR ENTERTAINMENTS

116 Humorous Recitations, 15c.; 20 Humorous Dialogues, 15c.; 150 Songs with Music, 15c.; Famous Dramatic Recitations, 15c.; by mail, postpaid, two books for 25c.; four for 50c.

USEFUL NOVELTIES CO., Toronto, Canada. 1948

they were willingly promised. And I think Lankshire Lass would take the "palm" from all of us for sewing! She suffers very much, but notwithstanding the suffering, she certainly does her "dole."

I would like to give you my experience with my sick hens, and my visit to the O. A. C., but they must keep. Have any of you tried potato puffs for tea?

Potato Puffs.—Mash potatoes very smooth, mix in beaten egg, pepper and salt. Turn onto floured bread-board, work in enough flour (be careful) to roll half an inch thick. Cut out with saucer, and put in small amount of nicely-chopped and seasoned cold meat; then double over, press edges together. Bake with little butter on pan. EXIT.

Yes, write us about your sick hens; someone else may have found the same trouble.

A Letter from Our Oldest Member.

Looking over my treasures to-day, I came across this little piece of poetry, which was sent to me by a friend years and years ago, when I was raising my family. I am now a great-grand-mother, and raised a large family; they are all married now, and most of them take "The Farmer's Advocate."

I am too old to have my name in print or I would sign it.

Mother! watch the little feet
Climbing o'er the garden wall,
Bounding through the busy street,
Ranging cellar, shed and hall.
Never count the moments lost,
Never mind the time it cost,
Little feet will go astray,
Guide them, mother, while you may.

Mother! watch the little hand
Picking berries by the way,
Making houses in the sand,
Tossing up the fragrant hay;
Never dare the question ask,
"Why to me this heavy task?"
These same little hands may prove
Messengers of light and love.

Mother! watch the little tongue,
Prattling eloquent and wild,
What is said, and what is sung
By the happy, joyous child.
Catch the word while yet unspoken,
Stop the vow while yet unbroken,
This same tongue may yet proclaim
Blessings on the Saviour's name.

Mother! watch the little heart
Beating soft and warm for you;
Wholesome lessons now impart,
Keep, O keep, that young heart true.
Leave not grow the noisome weed,
Sow the good and precious seed,
Harvest rich you then may see
Ripening for eternity.

Dear friend, you are not too old to have your name in print; you are not too old for anything. Goldwin Smith is not far from ninety, and is writing whole articles every week. I think we should keep young all our days; don't you?

Food for an Infant.

Thinking that professional advice in regard to the question asked by "Anxious Mother" in regard to the proper food for an infant might be advisable, we have referred her letter to a practicing physician of this city, Dr. Alice Jamieson. Her reply is as follows:

An average child, after eight weeks, would require about nine feedings during the 24 hours, at intervals of about 2½ hours through the day, 4 ounces being an average amount for one feeding.

Ladle off the upper third of a quart can of milk which has been rapidly cooled and allowed to stand four hours after milking. The same proportion is obtained by mixing equal parts fresh milk and ordinary cream.

To be at all accurate, food for a day must be prepared at one time, and an ordinary graduated measuring glass used, as, roughly speaking, a pint equals about 16 ounces, and a large tablespoonful a scant half ounce.

Take 11 ounces creamy milk as above, 1½ ounces milk sugar, 1½ ounces lime water, and enough boiled water to make 36 ounces. Dissolve the sugar, which is about 4½ even tablespoonfuls in a little of the boiled water, mix with the milk, and add the lime water, then add the amount of boiled water above covered

in a cool place, each feeding to be heated in the feeding bottle placed in hot water. As the child grows, more milk, less creamy, and less water is used.

Frozen Eggs.

The Poultry World says: In the winter season quantities of eggs are frozen, and it is generally considered that such eggs are worth but little, or, to say the least, are much injured for cooking purposes. This, however, is not strictly true, for, if properly treated, they are but little injured. Instead of (as is the custom) putting them into cold water to take out the frost, and waiting several hours for the thawing to take place, and then finding the yolks in such a solid state that they can be used with no satisfaction, try the following: Place them in boiling water and leave them there from five to twenty minutes, according to the amount of frost in them; then, upon opening, the yolks will be found soft and in such a state that they can be used for almost any culinary purpose.

Cure for Frostbite.

A returned Klondiker tells remarkable stories of thawing out a frozen foot, ear or hand, by immersing the frozen member in coal oil for some time. He says: "This is an absolutely safe remedy, and one thus escapes the surgeon's knife, as no bad results follow. This is not hearsay. A man from our camp was found several years ago when both his hands were frozen to the wrists. He was taken into camp and his hands soaked in coal oil five hours. All the frost came out without his even losing a finger tip.

"The doctors were amazed, as they thought amputation would be necessary. His hands were white and hard as marble, and when placed in the oil they snapped and cracked as the fluid began to act. . . . This remedy is often adopted by those who live in cold climates, and it saves many a limb. The temperature of the oil should be about the same as that of the living-room."—American Cultivator.

The Roundabout Club

Hindu Marriages Again.

Editor "The Farmer's Advocate":

In continuation of my previous article about "Hindu Marriage," that was published in your paper of 5th November issue, I have the following to add: The Hindus were the first to recognize marriage as an indissoluble, holy bond between two souls. This bond is not for this world, but for the next world too. Even death does not dissolve it; and this idea prevails in the hearts of many Hindu wives who do not care to remarry after the death of their beloved husbands, but prefer to devote their time to fulfilling spiritual duties. This holy bond can exist in many ways, and is expressed in poetic words in the following way:

"Two souls with but a single thought,
Two hearts that beat as one.

"And how dies love? A spirit bright,
Love never dies at all."

The spiritual union of two souls cannot exist without love; in case of a married couple their prayers will not be perfect unless they pray together while performing any religious ceremony. The two souls will pray to God for the welfare of each other. The sorrow, happiness and hopes of the two will join at His feet.

I think I could have explained the matter more clearly if I would not have been a bachelor. But as your curiosity has been aroused, and you seek information, I would ask you to read about the subject from "Web of Indian Life, by Sister Nivedita."

O. A. C., Guelph, Ont.

Our Literary Society.

We trust that our decision to set before you as your work for the next few weeks the study of a very considerable poem, will meet with your approval. We

fully recognize the limitations there are in such an undertaking. We foresee a possible difficulty in sustaining the interest where so great a length of time must elapse between the setting of the questions and the publication of the answers. We understand the disadvantage there may be in upsetting the regularly-accepted mode of studying a poem. Were it possible, we should be glad to follow that mode, to have our students first read over the selection, not critically, but merely with the aim of forming a general impression and getting at the central idea, leaving intensive study for subsequent work; but we cannot even pretend to do this. In the first place, it is impossible to publish the whole poem in one issue; in the second, we cannot be sure that more than a very small percentage of our students are in possession of a copy of the poem which they might read for themselves.

As a matter of fact, we have been forced to the plan of presenting the poem in sections, and asking our students for intensive study of each instalment as it appears, this to be followed, when the entire selection has been published, by the writing of critical essays upon the poem as a whole. But we are by no means despondent as to results. We know what members of the L. S. have done in the past, and we trust to a similar enthusiasm for the future. Besides, we feel assured that this work, in a systematic way, upon a definite "whole," will be in the end more satisfactory, and more likely to produce lasting benefit than an unsystematic study of short poems or a course of essay-writing on a variety of unrelated subjects. We can, at least, make the trial, and hope for results.

In deciding upon Robert Browning's "Rabbi Ben Ezra" as a suitable selection for such work, we have been moved by several reasons, which, we trust, will appear to our students as the study progresses. Moreover, the poem is reasonably short, and is just difficult enough of interpretation to form an admirable subject for study, while its continuity is not so marked as to forbid division into such sections as may be required for our purpose.

For each "study," then, we will allow a certain number of marks, and the total obtained by each student during the winter will determine the winners of our souvenir awards. These will be: (1) To the winner of the highest number of marks (not less than 75 per cent. of the total), twelve books, leather binding. (2) To the winner of the second highest number of marks, eight books, leather binding. (3) To the third in order, six cloth-bound books. . . . All of the volumes will be by standard authors, and may be selected by the winners from a list submitted by us.

In addition, we will send to those who follow next in order as per marking, and who have submitted good work, single copies of cloth-bound books, to be chosen by ourselves.

We do not make the above offer by way of "pay" for work submitted. We have reason to know that the most enthusiastic of our students work for the work's sake,—for the good which they themselves receive by their own personal effort. But we feel that the awarding of a few souvenirs can do no harm, and may, perhaps, add a little zest to the winter's contest.

STUDY NO. I.

Rabbi Ben Ezra.

(By Robert Browning.)

I.

Grow old along with me!
The best is yet to be,
The last of life for which the first was made.

Our times are in His hand
Who saith, "A whole I planned,
"Youth shows but half; trust God: see all, nor be afraid!"

II.

Not that, amazing flowers,
Youth sighed, "Which rose makes ours,
"Which lily leave and then as best recall!"

Not that, admiring stars,
It yearned, "Nor Jove, nor Mars;
"Mine be some figured flame which blends,
Transcends them all!"