

## CHAPPED HANDS & GOLD SORES

One thorough application of Zam-Buk at night will bring ease by morning. Zam-Buk stops the smarting, heals the cracks, and makes the hands smooth.

**PROOF**—Miss Hattie Ferland, Galesburg, Ont., writes: "I was troubled with chapped hands and arms and nothing ever seemed to heal them thoroughly until we found Zam-Buk. It has cured them. My father has also used it for several skin troubles and injuries, and thinks there is nothing like Zam-Buk."

Mothers should see that their children use Zam-Buk daily, as there is nothing like it for preventing, after washing, will prevent chaps and cold sores.

Zam-Buk is also a sure cure for skin diseases, eczema, itch, ringworm, blood-poisoning, bites, and for cuts, burns and bruises. See box at all stores and drugists, or post free from Zam-Buk Co., Toronto, for price. Refuse harmful imitations and imitations.

# ZAM-BAK

EVERY HOME NEEDS IT.

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## Our 5c. and 10c. BARGAIN COUNTERS

are filled with choice assortments of **NEW GOODS.**

Give us a call and we shall be pleased to show their many bargains to you

Best Wishes to all for a  
Happy New Year.

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**FULL CREAM MILK**  
IS THE  
**CREAM OF MILKS**



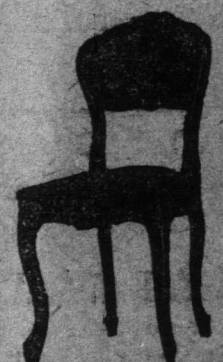
## WE ARE READY

with the largest and finest stock of Holiday Furniture that we have ever shown.

The Furniture has been selected with the view of having as many exclusive designs as possible, and the finish is the best.

There is assurance of satisfaction if you choose your Xmas Presents from us.

**U. S. PICTURE & PORTRAIT CO.**  
Complete Home Furnishers.



Advertise in the TELEGRAM

## Are You Alive?

By RUTH CAMERON.



One of the most impressive sermons that I ever heard was a fifteen-minute talk on the meaning of the word "life."

The preacher spoke from the text, "I am come that they might have life and that they might have it more abundantly." He brought out the point that the word "life" as constantly used in the New Testament means vastly more than physical life, that it means life in all the finer, fuller senses of the word. And then he asked us all how much of life was alive.

Now, don't be afraid, I'm not going to try to preach the sermon, although I'm not sure it would do you any harm.

But tell me, reader friends, or rather tell yourselves, how much of YOU is alive?

To-day is a milestone day, a day when even the most headlong of us stop a moment to look back at the road we've been traveling and forward to the new road.

As you stand by the milestone, looking now backwards and now forward at the road, look again, friends, and this time look inward at the heart you are carrying over that road.

How much of you that started blithely down the road when the sun was high down the road when the sun was fresh on the grass and you knew the

road led straight and fair to a land of promise—how much of the heart that you carried then is still alive?

Is your sense of honor still alive? And your sense of humor? For believe me that is no unworthy second to a sense of honor. Indeed there are some who say that since it brings more happiness into the world it should hold first place.

In those days of the first milestones, when the road lay so straight and simple before you, you knew that there was power stirring within you, power to do something worth while in the world. Is that belief still alive?

Is your faith in mankind still alive? Of course you have had disillusionments and disappointments; so have all men, and yet the biggest of them have believed to the end that there was more good than bad in the world. Surely your faith is not so soon dead?

And what about your faith in the great Centre of all good, that some men call Evolution and some are not afraid to call just God? In those early days before the vision splendid began to fade before you took a cheap pride in posing as a cynic and an agnostic you held a simple faith in the Unseen. Underneath all your pose and pretense is that still alive?

How much of you is still clearly alive?

And of that part that seems dead how much of you is merely stifled and insensible and can be reawakened? Is not this a good day to try and see?

*Ruth Cameron*

## A WOMAN'S GOOD LOOKS.

Depend on her general health and freedom from pain. Many a woman looks old before her time because of those irregularities which are essentially feminine. Starting from early womanhood, she suffers from frequently recurring derangements that upset her womanly health. If she be beautiful she grows into that mellow age without wrinkles and crowfeet about the eyes or the blue circles underneath. It is invariably the rule that such women suffer little, or not at all, from womanly derangements which sap the health and leave in the face the tell-tale story of pain and suffering. Dr. R. V. Pierce, the famous specialist in the diseases of women, found a prescription in his early practice that soothed the organism peculiar to womanhood—called the machinery, as it were, of the human system—and helped the woman to pass those painful periods that soar-lined and aged her face. This remedy became the well-known Dr. Pierce's Favorite Prescription, that has benefited thousands of women and saved them from misery and suffering at different periods in life.



Mrs. Pierce

Mrs. HANLEY E. PIERCE, of 344 Bright Street, Sarnia, Ont., writes: "I am now a well woman after suffering for three years and doctoring with several different doctors, each one saying it was something different, and the last one, after putting me through a thorough examination, said I was suffering from a growth, which, in time, would result in cancer, and said I would not live more than two years if not operated upon right away. I became hopelessly discouraged but would not consent to the operation as I was too weak and too much afraid, but at last, through the advice of a friend, I tried Dr. Pierce's medicine, and after using two bottles of the 'Favorite Prescription' I immediately felt a change. I also used two boxes of 'Healing Suppositories' and eight boxes of 'Lotion Tablets,' and can safely praise the name of Dr. Pierce's medicine to all who suffer from any female disease, for these medicines are all they are claimed to be, and I hope will help others as they have helped me."

## Fashions and Fads.

Shadow lace is at the top wave of favor for neckwear decoration, and its reign is expected to continue for some time.

Very novel is the double-breasted blouse coat, which below the waist is pointed at front and back, to form a knee length tunic.

Very short jackets of bright blue velvet are very modish and are worn with draped skirts of black moire, satin velvet or charmeuse.

The Roman striped silks now displayed in the shops are very effective when cut into sash length and worn on black, white or blue gowns.

Smart women are clinging persistently to the short skirt, although quite a number of clinging, trained skirts appear bordered with fur.

Girdles made of various patterns of parallel metal chains caught at intervals with cameos and finished with metal tassels are recent novelties.

Pin morocco is the fashionable leather for bags. Gold hand-stamping in various designs and plain effects on handbags is a new feature.

Very smart hats for little girls are made of embroidered white crepe de chine, trimmed with little blue satin flowers with white velet leaves.

Over a sheath skirt of black velvet, the striped and broadcated fabrics which are made at this moment form a practical and charming combination.

Very attractive blouses are made of shadow lace over net, with black satin collars and cuffs, black net frills and black and white buttons.

Broad insertion fringing a shapel unic or an old flounce mounted on net is often the redeeming touch to an otherwise simple dress.

A smart handbag of velvet in a color to match the suit and elaborately embroidered with small steel cut beads adds a modish touch to a costume.

Shaded chiffon and shaded and fig-

ured chiffon scarfs play an enormous part in tea gowns this season, as does, of course, lace of every description.

Black velvet coats for children have collars and cuffs of white fur. With these are worn turbans of white fur with small aigrettes placed on the side.

Marked features of jabots, whatever their shape are their fluffiness, their generous size and variety of ways in which they are rounded, pointed or squared.

There is a return to favor of the short fur jacket, either in broadtail or seal. They come only a quarter of a yard below the waist, and are narrow, but not tight fitting.

Day coats are much the same as those for evening wear. All are made in conspicuous colors and stuffs, although the more elegant are in combinations of black and white.

Novelty volles are ornamented with silk stripes of the jacquard variety, together with plain satin stripes of rati-fine. The most extreme novelties have stripes made of pompadour figures.

Every well-selected wardrobe should have two or more afternoon frocks. Suitable fabrics from which to make these are velvet, charmeuse, crepe meteor, crepe de chine and broadcated satin.

Without question the greatcoats of pelt are the most fashionable of overcoats, and the variety of skins is almost endless.

## A Run On Hats.

"As soon as Salonica was occupied by the Greek Army the non-Turks threw away the fez, the visible sign that stamped them Turkish subjects. All the hats in the town were soon bought up," says the Westminster Gazette, "and those who could get none—and there were many—preferred to go bareheaded than to reassume the fez."

Speaking of mysterious disappearances, what became of the little liver pill?

**True Cocoa Value**

**EPPS'S**  
GRATEFUL-COMFORTING

"Epps's" has been a household word for scores of years. "It stands for Excellence in the production of Cocoa. Every element that makes cocoa delicious and nourishing is found in 'Epps's' in perfect proportion and form. That is true cocoa value. Some cokes have the cocoa butter removed, and lack the nourishing element."

## 1913

**We wish each and all a pleasant and everyone a prosperous New Year.**

**SOPER & MOORE**

## Resolutions.

BY H. L. RANN.



Resolutions are a mild form of medicine which people take when they want to swear off in one installment. They are so popular that they are taken only once a year, and will effect an instant cure if the patient dies the first week.

There are two kinds of resolutions—good and bad. Good resolutions are most generally recognized in the form of a popular "paving material" which is used extensively for building roads in warm climates. A good resolution can be used over and over again without curing anybody of the tobacco habit. Some people keep a large supply on hand at all seasons of the year, and throw away their pipes and tobacco with a determined air every few weeks. If an accurate count were kept of the number of men who swear off smoking every time their heart turns a back somersault, it would look like a late census of the Chinese empire. A bad resolution is a form of good intention which was taken in on probation on New Year's day and then backslid along about January 12th. After a good intention has turned sour it is worse than it was before, and calls for thirty-two long, black cigars a day. Thousands of people have sworn off drinking between meals only to be overtaken by a bad resolution and turned into a human tub. Bad resolutions never bother people whose backbones are laid up in Portland cement and lined with whalebone.

Resolutions are sometimes accompanied by a loud noise from the resolute, who wishes everybody to know that he has quit. This kind of a resolution usually gets out of breath on the evening of the second day, and prompts the owner to retire to the barn for a clandestine smoke. The most durable kind of resolutions are not dragged about at the club. The devil isn't afraid of any resolution that is preceded by a band concert. The only kind he wastes any time on is the kind that shuts its teeth loose the other way and says nothing. If he can't break through its guard in the first six weeks, he looks up something softer.

**Dr. de Van's Female Pill.**  
A reliable French regulator; never fails. These pills are exceedingly powerful in regulating the reproductive portion of the female system. Refuse all cheap imitations. Dr. de Van's are sold at all drug stores, or three for \$1.00. Mailed to any address. The S. S. S. Co., St. Louis, Mo.

## Aeroplanes Collide

In Mid-Air, and Drop to Earth Interlocked.

Paris, Dec. 21.—An aeroplane collision in mid-air to-day imperilled the life of the son of Theophile Delcasse, French Minister of Marine, and two aviators, at Villacoublay, near Paris.

Young Delcasse was making a flight as a passenger on board a monoplane piloted by Georges Collardeau, when another machine ascended. The two aeroplanes started manoeuvring around the aerodrome and the false movement of a lever caused them to come violently into collision, going fast, the two wrecked machines, interlocked, crashing to earth. When the accident occurred they had not ascended to a great height.

One of young Delcasse's legs was broken and Collardeau was badly bruised, while the pilot of the other aeroplane was seriously injured, probably fatally.

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The LATEST LONDON OVERCOATINGS

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## The Canada Life.

In each of the past four years the Canada Life has earned a **LARGER SURPLUS** than ever before in its history.

Favorable mortality, and low expenses, the result of good management, have helped.

**C. A. C. BRUCE, Manager,**  
St. John's.

## NEW YEAR GIFTS.



**SIR H. W. TUCKETT'S SLIPPERS.**

Women's Felt Kosy Slippers,  
Blue, Gray, Claret.

Women's Felt Juliettes,  
Gray and Black.

**MEN'S SLIPPERS.**  
Wool, Felt and Kid.

**PARKER & MONROE, Ltd.**  
The Shoe Men.