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ASTHMA NEVER CAME BACK

Since Taking The Fruit Treatment in "Fruit-a-tives"

Read this letter from Mrs. J. M. Pennington of New Rockland, P.Q. "In 1919, I was taken with Bron-chial Asthma and no one knows what I suffered during the winter. I began having choking spells and would just gasp for breath and could not speak. The doctor said he could do nothing for me for me

In the spring of 1920, I started taking "Fruit-a-tives" and soon the choking spells became easier and I have not had one since May 7th, 1920. It is such a relief to be able to go to bed and have no thought of having to get up in the night for an hour or more as I did all that winter, but never have to now, all because I take a "Fruit-a-tives" tablet every night. 25c. and 50c. a box-ast all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.



CHINA

THE. WATFORD GUIDE-ADVOCATE

As Told by Miss Margaret H. Brown, Missionary

CONDITIONS IN

At Hwai King Fu, Honan, in a Letter to her Home Folks. She Graphically Describes Some of the Chinese Ceremonies.

(Note:-The following letter will be of great interest to many of our readers as Miss Brown is well known to many in this vicinity, she having visited here while home on furlough some time ago.)

Dear Home People:-

I wrote to you quite late last week, but there has been one big event since then. We got some rain I do not think you can have the least idea just what it meant to us all. The whole countryside was rest less. The wheat has headed out and what little was left would dry up unless the rain fell, and every soul in city and country had become rest less. Flour was daily rising in price and everyone was worked up over it. I am going to enclose a copy of the story I have written about their attempt to get rain, so I shall not re-peat. Rain came on Monday and even that morning I was not sure that it might all end in wind and dust. At noon it started gently and lasted on late into the evening without a bit of wind. Oh the joy walk out and find no dust. We had not seen the mountains for more than two weeks though they are just seven miles away and often look as though you could put out your hand and touch them. They were lost in dust. Friends had been urging me not to walk to school as the dust was so bad and disease so prevalent. Oh the joy of getting just one breath of clean, pure air. The sister of one of my pupils died on Sunday night. She has been sick for ever so long and they have tried every remedy, and Sunday came for the doctor. He went in in the afternoon, only to find that she was nearly dying of pneumonia. She may have had typhoid as well, he could not tell, but she was in the last stages and was already uncons-cious. He said he had never seen a worse looking case. I heard him explaining some things to Clara, but not being a doctor I did not understand. Before she died I heard that they sent off fifty fire-crackers by her bed. I do not know whether that was to try to rouse her or to frighten away the evil spirits left behind by the foreign doctor. They told him that one of the things they had done to try to help her was

The simple, sure way to keep that schoolgirl complexion

Youthful complexions are becoming the rule-even in middle life and later years. For millions now follow a simple rule-a method you, too, may easily employ.

Do this at night

Cleanse the skin regularly, au-thorities say, to keep your com-plexion lovely, radiant, youthful. But beware of harsh cleansing methods. They injure skin. Wash thoroughly with Palmolive Soap — each night be-fore retiring. Rub the creamy, foamy lather well into the tiny

Made in



missionaries prepared to endure the the street and set down in the blaznerve-racking dust and wind as best ing rays of the sun so that he might they could. Long experience of just such night, with rattling windows be well scorched and therefore more willing to listen to their entreaties. and banging shutters had taught Late in the afternoon he was car-ried in side out the West Gate, them that sleep could not easily be wooed in a room whose closed windaround the city, in through the East ows and shut doors could not keep Gate, down the main streets until they arrived at the "South Gate of out the penetrating dust. So they, too, longed for rain with a longing equal to that of the poor people Heaven." "And what," you ask, "Is the South Gate of Heaven?" Well, whose very existence seemed to deit does bear the other name of "The pend on whether or not the rain Emperor's Sleeping Palace." It is said to be a relic of the time when come in time to save the would wheat. China was divided into several small kingdoms and the capital of As the drought continued the peo-

ple grew more uneasy. The wheat was in great danger. On the lighter soil it was already past help. Then they grew zealous in their worship of the gods and much incense was offered up without avail.

Last Wednesday a man was sent with a jar to bring back water from a spring in a cave a few miles dis-tant. Thursday a rain procession was organized to parade the jar of water through the city and suburbs. they had done to try to help her was water through the city and subtrost old sleeping palace came to be call-to cut up a live chicken and put it on her chest. Poor things; and we cloth and securely fastened to a though strangely enough it is built

pores. Rinse — and repeat the washing. Then rinse again. Then—if skin is dry—apply a little cold cream. That is all. Skin so cared for is not injured by cosmetics, by wind and sun, or by dirt. or by dirt.

The simple, correct way You cannot find a more effec-tive beauty treatment. Because Palmolive Soap is blended of rare

> THE PALMOLIVE COMPANY OF Volume and efficiency Winnipeg produce 25c quality for

Palm and olive oils-nothing else-give Nature's green color to Palmolive Soap

CANADA, LIMITED

Toronto

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Women's Handicaps

FRIDAY, JULY 11, 1924

Headaches and Backaches Often Make Life Miserable. A

women's health handicaps her almost always. She has pains and disabilities which do not afflict men, Nature does not give her a fair chance. Her blood is more often thin and poor than a man's, and she oft-en neglects the first beginnings of ill-health. Many women who seemed destined to a life of frequent suff-ering have been freed entirely from their suffering through the wonderful blood-making qualities of Dr. Williams' Pink Pills. Many a woman toils all day with a pain in her back and side, a burning headache, and a sense of having no spine left. What a pity women will not listen

forty or more feet. Nowhere is there any sign of a door or gate. In those long-ago times the Emperor to their friends whom Dr. Williams Pink Pills have saved from their was called the "Son of Heaven" and misery. Whenever a woman suffers indeed was frequently believed to they will help her. .in youth, middle age and afterlife. Mrs. John Mitchhave heavenly powers, and thus to old sleeping palace came to be call-ed "The South Gate of Heaven," experience for the benefit of other women sufferers. She says :--- "Some years ago I was so badly run down I could hardly walk around the house. I tried to do a few chores but was able to do very little. My boys and husband had to do the rest. If I started up stairs I had to go very slow or I would fall, and I was just played out when I got to the top of the stairs. My head ached terribly, and my heart would beat violently. In this deplorable condit-ion I began taking D. Williams' Pink Pills. When I had finished taking six boxes I felt much better. Then I got a further supply, and by the time I had taken these I could walk anywhere without being ex-hausted, the headaches had disappeared and I am now perfectly well. Any woman who is run down should not hesitate to begin Dr. Williams' Pink Pills at once, as I am sure from my own experience they will build her up.'



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Yonge From our Fall struction any time

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in the country. Hospitable Mrs. Martin seemed disap-pointed. The week had slip-ped away before she knew it. No one had been invited up for the week-end and wasn't time in which to write.

And then she thought of the telephone — Long Dis-tance! What an inspiration! In twenty minutes she knew the Smarts would come delighted to — and what train they would be on. Splendid! — and she had ordered some extra supplie from her grocer in town to be shipped by express that night!

What a pleasant week-end she will have — thanks to Long Distance!



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

Bakery and Confectionery

are here with means to help them and they do not trust us but come as the very last resource. I think I told you about Ma Tai

Tai being so ill. It was only about Wednesday of last week that the doctor discovered that she had diabetes as well. Yesterday the Insulin that he sent for arrived. It seems terribly sad. We do mean to have had so many sad things. Since Doc-Chang left Dr. Reeds simply has tor rain. water, in proof of which they were not been able to overtake all the invited to look into the jar. The work. Some days he has as many as one hundred and fifty at the clinic official personally offered a sacrifice. This had not been done here for a and he has only two trained assisvery long time. And to insure that the gods could have no possible tants or dressers, as they are called to help him. Now on top of this, the most experienced of these two is cause for offence he commanded the very ill with relapsing fever. The doctor said last night that he was slaughtering of all animals to cease. Still further to hoax the gods, everyone was ordered to throw plenill and was not responding as very ty of water on the road in front of readily to the medicine as he ought to, and besides the relapsing fever their home. This was, indeed, a great relief to those who daily microbe, there was something else walked these dusty city roads, but which he had not yet recognized. He is such a fine Christian fellow still no rain fell. The situation was growing desand has been here ever since I came but he went to France. I think you can understand how, with all this on his hands, the doctor finds it pretty hard to make all possible tests on all the patients. I do hope successive days, commencing on Saturday. Early on that morning the god called Kwan Yu, was taken that Dr. Maclure can come in to

Breaking Through the South Gate

help a bit in the fall.

of Heaven This spring has been usually dry first day's parade. Kwan Yu was a man of the Han dynasty who, beand dusty, even for a land where drought and dust are the order of the day. Strangely enough we have had an unusal amount of cloudy weather. Over and over again we thought that our hope of rain was about to be realized. Alas! We We never got more than a few tantal-izing drops. As the Chinese said, "Such lovely rain, but unwilling to come down." And more often in-stead of the few beautiful drops. we got nothing but a strong wind carrying a dust storm a little worse than the last time. Then there would be a scurrying around to close up every window and door, while tired



perate, so they planned a big cam-

paign that would certainly bring re-

sults. Three sections of the city

were to organize parades for three

from his temple seclusion and carr-ied in a palatial chair to the main street of the section forming the

assigned the task of assisting heaven

to rule the earth, and incidentally to

help send the rain. Followed by a

chair and was thus borne along by the anxious people. Crowds joined on the North side of the city. When the procession now grown into a All wore willow the procession. All wore willow wreaths which the rays of the sun large mob, reached this spot, they carried the huge idol up the steep had already caused to droop and wilt. The deafening noise of the approach, and with infinite labor succeeded in knocking two holes gongs, brought everyone out to see, through one of the walls, by batterthough it was primarily intended to ing against it with the two large call the attention of the rules of carrying poles attached to the chair heaven to the fact that there was of the god. How he enjoyed this no occasion to be stingy with their battering has not been told. There really was plenty of

one of them was located here. It is

the walls on three sides are still

standing. The old foundation was solid and built up to a height of

of

now an old ruin of which part

All this ceremony was repeated on Sunday and the whole city was aroused to an intense, Monday was to be the third and last day.

Early on the last morning it ap peared cloudy, but it was hard to be sure that the clouds portended any-thing but another dust storm. By noon it commenced to sprinkle and before the time for the third big attempt to break through "The South Gate of Heaven" to let the rain out, had arrived, a kind Heavenly Father who sends the rain on unbeliever as

well as believer, had opened the of heaven and poured fourth gates refreshing showers. Now there is much rejoicing on

the part of the people. The price of grain has already dropped and the hearts of the people are at rest. To show the gods their gratitude they are arranging for many theatricals. Everyone is telling everyone else how very responsive Kwan Yu is. But the Christians have also been praying and they are giving thanks to the true God for his mercy to them. Nevertheless, some of those who have constantly to fight against cause of his many virtues, was at death created a god, by his Emper-or. He is believed to have been that depressing heathen atmosphere, are just a bit troubled because the whole city feels that these heathen practices have produced rain in the drought and they fear that it will be harder than ever to lead them to a knowledge. of the true God.

Sincerely yours, Margaret H. Brown Hwaikingfu, Honan, China.

No one need endure the agony of corns with Holloway's Corn Remover at hand to remove them. m

You can get these Pills from any medicine dealer or by mail at 50 c. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

