

CRISIS OF GIRLHOOD A TIME OF PAIN AND PERIL

Miss Emma Cole Says that Lydia E. Pinkham's Vegetable Compound has Saved Her Life and Made Her Well.

How many lives of beautiful young girls have been sacrificed just as they were ripening into womanhood! How many irregularities or displacements have been developed at this important period, resulting in years of suffering!



Miss Emma Cole

A mother should come to her child's aid at this critical time and remember that Lydia E. Pinkham's Vegetable Compound will prepare the system for the coming change and start this trying period in a young girl's life without pain or irregularities.

Miss Emma Cole of Tullahoma, Tenn., writes:

Dear Mrs. Pinkham: "I want to tell you that I am enjoying better health than I have for years, and I owe it all to Lydia E. Pinkham's Vegetable Compound."

"When fourteen years of age I suffered almost constant pain, and for two or three years, I had soreness and pain in my side, headaches and was dizzy and nervous, and doctors all failed to help me."

"Lydia E. Pinkham's Vegetable Compound was recommended, and after taking it my health began to improve rapidly, and I think it saved my life. I sincerely hope my experience will be a help to other girls who are passing from girlhood to womanhood, for I know your Compound will do as much for them."

If you know of any young girl who is sick and needs motherly advice ask her to write Mrs. Pinkham, Lynn, Mass., and she will receive free advice which will put her on the right road to a strong, healthy and happy womanhood. Mrs. Pinkham is daughter-in-law of Lydia E. Pinkham and for twenty-five years has been advising sick women free of charge.

How to Live a Century.

Sir James Sawyer, an English physician, has formulated the following nineteen rules for prolonging life to one hundred years:

1. Eight hours' sleep.
2. Sleep on your right side.
3. Keep your bedroom window open all night.
4. Have a mat to your bedroom floor.
5. Do not have your bedstead against the wall.
6. No cold tub in the morning, but a bath at the temperature of the body.
7. Exercise before breakfast.
8. Eat little meat and see that it is well cooked.
9. (For adults) Drink no milk.
10. Eat plenty of fat to feed the cells, which destroy disease germs.
11. Avoid intoxicants, which destroy these cells.
12. Daily exercise in the open air.
13. Allow no pet animals in your living rooms. They are apt to carry about disease germs.
14. Live in the country if you can.
15. Watch the three D's—drinking, water, damp and drains.
16. Have a change of occupation.
17. Take frequent and short holidays.
18. Limit your ambitions.
19. Keep your temper.

Released From Penitentiary.

Kington, Dec. 6.—Mrs. Cynthia Bell, of Ottawa, was released from the penitentiary this morning after serving ten years. In 1896 she and her husband were sentenced to life imprisonment for torturing the children of their daughter. Some years ago Bell was released on account of ill health and died shortly afterwards. Mrs. Bell is released on parole.

NOBODY NEED HAVE INFLAMMATORY RHEUMATISM!

THAT'S FACT THAT MEDICAL SCIENCE CAN PROVE TO YOU EVERY DAY IN THE YEAR—CARELESSNESS COURTS IT—PRECAUTION PREVENTS—IT'S NOT A CONTAGION THAT STEALS IN UNAWARES!

South American Rheumatic Cure

is the fortress behind which you may be perfectly secure; and why take chances if, through exposure to heat and wet, you feel those unwelcome chills, then the fever, then the sweating, then the pains in the joints. Do not put off securing the greatest of rheumatic and neuralgia cures. Experience shows that the duration of inflammatory rheumatism, under ordinary treatment, will cover a period of six to eight weeks; and what a wracking it gives to the sufferer, and it seems almost incredible that the great South American Rheumatic Cure has, in thousands of instances, controlled and conquered most stubborn and next to baffling cases in from one to three days.

Lumbago is one of rheumatism's full brothers. It comes and prostrates at times with the suddenness of a thunderclap, and yet, as in the most acute inflammatory cases, the great South American Rheumatic Cure comes as a ministering angel, holds out its healing hand, and bids the bent and bedridden take on the suppleness of youth. Lots of testimony for the asking.

Healthy kidneys are kept so by South American Kidney Cure, and unhealthy kidneys are cured by the same great remedy.

SOLD BY T. B. TAYLOR & SONS.

LOCAL OR OTHERWISE

Bonquet is not entitled to a deputy reeve under the new act.

This is the time of year when the small children look forward with delight to the coming of Santa Claus with heaps of presents and pretty things for Christmas.

The health officer of the township of Dawn, Lambton County, reports to the Provincial board of health one case of smallpox in the township. He says that precautions have been taken to prevent the spread of the disease.

"If they refuse to allow us to harness Niagara," said the great trust promoter, "we shall go over and harness Vesuvius." "Great oysters!" exclaimed the assistant. "What earthly use could we make of Vesuvius?" "Why, we could run a pipe line under the Atlantic pump the hot lava to America and heat the whole country. The Coal Trust would be a back number."

The kicker on the farm is not so hard to get along with as the kicker in town. On the farm there is the kicking cow, and the long eared animal the mule, while in town there is the mad who wastes all the municipal improvements without paying for them. The cow may be sold for beef the mule traded for a shotgun, but nothing short of a funeral will get rid of the chronic town kicker.

When you have read this issue of THE GUIDE ADVOCATE you will likely send it to your daughter, son or some friend living far away, so they may see what is happening in the old neighborhood. That will cost you one cent for each issue or 52 cents for the year. Why not have it mailed every week from this office until the first of January, 1908. It would then reach your friend at the very earliest date and regularly, and will be appreciated. It will be a weekly letter from home.

In persons mailing parcels during the Christmas season would put their full name and address on the upper left hand corner of same, it would greatly facilitate the delivery of parcel, as they are often delayed by the sender, merely signing as from John, Edna, etc. Parcels going to foreign countries are often mailed deficient in postage, and the party to whom addressed must be communicated with in order to get the correct postage, whereas if the address of the sender was placed on the outside of the packet, postage could be collected in a very short time, and delay be avoided.

The Hamilton Spectator says:—"The story is often told that a dollar bought more provisions 50 years ago than twice that sum does now. Here is the Hamilton market report of Nov. 17, 1859, just 49 years ago, and it might be well to compare it with prices that prevail now.—Wheat 55c. to \$1 per bus.; barley, 50c.; flour \$3.50 per barrel; oats 40c.; peas 50c.; potatoes 75c. per bag; beef \$4 to \$5 per 100 pounds; mutton 4 to 5c. per lb.; pork \$7.50 per 100 lbs.; turkeys 25c. per bushel; apples 75c. to \$1 per bushel; onions \$1 per bushel; turkeys \$1 each; chickens 50c. per pair; geese \$1 per pair; ducks 60c. per pair; butter 25c. per lb.; eggs 20c. per dozen; hay \$12 to \$15 per ton; firewood \$4 to \$4.75 per cord. With the exception of poultry, and butter and eggs, other farm products are not much higher than the quotations in to-day's Spectator. Nearly all articles of clothing can be bought as cheap to-day as they could 50 years ago."

Chicago Admits It.

The biggest city in the world fifty years to come will be Berlin. That is the calculation of Herr Olumke, a noted statistician. Its population will be near 14,000,000 and its only serious rival will be New York.

In a pamphlet he has written to set forth this prophetic theory, Herr Olumke says the population of Berlin is increasing more rapidly than that of any other city except Budapest, Hungary. To-day Greater Berlin contains more than 2,000,000 inhabitants. The rapid growth, with Berlin's political and commercial importance, will place the Prussian capital ahead of London, Paris and New York. He calculates that London in 1953 will have 7,000,000 inhabitants.—Chicago Tribune.

Family Orchestra.

The village of Freeburg, Pa., has an orchestra which in one respect is perhaps unique. It is composed of nine daughters of Mr. and Mrs. Henry Brown. They can play the violin, guitar, banjo, mandolin, cornet, flute, drum and several other instruments, not to mention the piano, on which all can play. As a result of the diversity of talent the girls can turn out as a brass band if they want to, but they stick to the orchestra idea. The youngest is eleven years and the eldest 25.

A Patented Plant.

"One plant at least has been patented," said an inventor. "It is the Abrus precatorius, alias paternoster pen, alias weather plant. John Nowack took out the patent. The weather plant is still believed by many persons to foretell the weather. John Nowack was sure it did so, and he put it on the market along with an indicating apparatus, guaranteeing it to foretell for forty-eight hours in advance and for fifty miles around fog, rain, snow, hail, earthquake and depressions likely to cause explosions of fire damp. Alas for poor Nowack! The experts of the bureau of agriculture took up his patented plant. They proved that the movements of the leaves—to the right foretelling rain, to the left foretelling drought—were not caused by the weather, but by the light. And they proved that the plant's famous downward movement, which was supposed to foretell earthquake, was caused by an insect that punctured the stem, causing the leaf, naturally, to droop. That is the only patented plant I know of, and Nowack lost money on it."

Buying Birds to Free Them.

Birds are often purchased in the bird market at Lucknow, India, in order to be set free again. This is done by Hindus as a work of merit and by Mohammedans after certain rites have been performed as an atonement, in imitation of the Jewish scapegoat. It is essential that a bird used for this purpose should be strong enough to fly away; but that does not induce the cruel dealers to feed the birds, or to refrain from dislocating their wings or breaking their legs. They put down everything to good or bad luck, and leave the customer to choose a strong bird, if he can find one, and to go away if he cannot. The merit obtained by setting a bird free is not attributed to Dely, but it is supposed to come in a large measure from the bird itself or from its attendant spirit, and hence birds of good or bad omen, and especially kites and crows, are in much demand and are regularly caught to be sold for this purpose.

"Home, Sweet Home."

Probably no one would have been more surprised than Sir Henry Bishop himself could he have foreseen that a single melody in one of his numerous operas would achieve such celebrity that at the present day it is still sung by leading prima donnas at fashionable concerts, jangled on street organs and loved by a vast public that knows nothing of music, properly so called, as the purest representation of the English spirit—"Home, Sweet Home." "Clari, the Maid of Milan," the opera in which this favorite song occurred, has long been consigned to the limbo of forgotten musical works, but "Home, Sweet Home," survives with undiminished popularity and is likely to survive when many more pretentious compositions have followed "The Maid of Milan" into oblivion.

Women and Mirrors.

"We carry lots of women clear to the top floor or at least several floors up and then they take the next elevator down without going three steps away from the elevator," declared the operator of one of the "lifts" in a big office building. "No, it isn't because they like to ride in the elevators particularly. Why do they do it? To get the use of the mirrors, of course. See those mirrors on either side of the elevator? That's what attracts them. A bit of wind will strike them as they turn the corner by a big building and then they imagine that their hair is badly disarranged and make for the nearest mirror, which is in the elevator."

A Chinese Duel.

A Chinaman was killed recently in Bangkok in a duel with another of his race. The Chinese method of dueling is interesting, but does not seem deadly. These two Bangkok Chinamen fought with the two forefingers of each hand, stabbing each other with these in the region of the spleen and at the same level on the other side of the body. The men who go in for this kind of contest practice every morning, stabbing bags of rice or paddy with these fingers till they can use them like a piece of iron.

Death by Boiling.

In old England, before the law was passed which prohibited "cruel and unusual forms of punishment," murderers were often condemned to death by boiling. In such cases the victims were chained in large kettles of cold water, which was gradually heated until it caused the flesh to drop from the bones. The last English victim of the "boiling death" was one Rouse, a cook, who, it was alleged, had killed seventeen persons.

Talked Shop.

"I spent a pleasant half hour in a barber's chair yesterday." "How was that?" "Listening to the barber's story of how his brother went suddenly insane and slashed a customer. The barber explained between strokes that insanity ran in his family."

CHAPPED HANDS.

It is not the annoyance alone which makes chapped hands a source of grave trouble to housewives and outdoor workers; it is the danger of festering and inflammation.

Irritation, swelling, cracks or scaling roughness round about the knuckles and the back of the hand are serious, and the greatest promptitude should be exercised in treating with Zam-Buk.

The affected part should be cleaned of any dirt. Then gently anoint with Zam-Buk, smearing with the fingers or spreading on clean linen.

Zam-Buk will soothe the irritation, and finally completely end the inflammation and pain. Swellings will go down, and over the raw surfaces Zam-Buk will GROW NEW HEALTHY SKIN. Hands soft, strong and white are possessed by those who use Zam-Buk regularly during the winter.

CONVINCING TESTIMONY

Mrs. H. H. Rankin, of Appin, Ont., says: "My hands had big cracks on them which caused me such pain I could hardly work. Whenever I tried to put them near water they would smart and burn as if I had scalded them. They did not seem to be benefited by anything I tried until Zam-Buk was introduced. To my great pleasure within a very short time Zam-Buk closed up the cracks and healed the sore places. My hands are now white and smooth. I never misused Zam-Buk to a friend who had a sore finger, and it cured that, too. I think it a splendid household ointment."



SKIN RASH AND ECZEMA CURED.

Mr. G. Shaw, 169 Givens St., Toronto, says: "Reading of the wonderful healing qualities of Zam-Buk, I thought I would try it, as I had been greatly annoyed for some time with an itching, irritating skin rash on both arms. I had tried various remedies, but failed to find a permanent cure. I sent for a supply of Zam-Buk and began using it. The results were so satisfactory that I persevered, and in two weeks' time, through daily application of the balm on my arms, the rash was completely removed. I found Zam-Buk, when applied to the skin, to be most soothing and to relieve the itching and irritation almost instantly. I have had no trouble since from skin eruptions, so I am fully convinced Zam-Buk permanently cures."

Mr. M. Jones, of Tavistock, says: "I had eczema for four years and painful scalp sores. Zam-Buk cured me of both, although everything else I had tried completely failed."

Zam-Buk

Zam-Buk cures cuts, bruises, burns, scalds, eczema, pimples, running sores, poisoned wounds, sore feet, festering sores, piles, bad leg, diseased ankles, abscesses, boils, ringworm, sore backs, scrofula, itch, sore breasts, barber's rash, and all injured or diseased conditions of the skin, rubbed in over the parts affected. It also cures rheumatism, sciatica, neuralgia, etc. From all druggists, 50c. per box, or from Zam-Buk Co., Chithorne St., Toronto, upon receipt of price. 6 boxes for \$2.50.



"Buy 'Maple Leaf' Rubbers if you want a neat, smart, accurate fit."—Wireless from "the old woman who lived in a shoe."

Light and pliable, because no wear-destroying adulterants are mixed with the finest Para gum.

Conform to the shape of the shoe—give a glove-like, accurate, stylish fit. Stay in shape. Wear long.

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