

AINS IN BACK AND SIDES

ded by Taking Lydia E. Pinkham's Vegetable Compound

For two or three every often I would have such in my back and sides that I could do anything—could not even lie in bed, and my head ached, too, as this is about three years, but I was married. I was farm with not a house nearer than miles and there was not a person to help me. My folks live in Manitoba, sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and I bought it. I took it every day and I am so thankful for it ever since, for taking the medicine for three months I can say it has helped me a lot. I am glad to recommend the Vegetable Compound to you may publish my testimony. Mrs. Helen Balanoff, Funit, Saskatchewan.

Some slight trouble will cause a real upset of the system. Such as nervousness, painful times, gummy, backache and headache, or some form of female weakness. Women who should give Lydia Pinkham's Vegetable Compound a trial, his dependable medicine has helped thousands of women and it is reasonable to expect that it will help you today. Your druggist sells it.

ELIOT ATWOOD MacKEEMAN

Death occurred at Gasper on October 10th of Eliot Atwood MacKeeman, aged 12 years and five months, beloved son of Mr. and Mrs. George MacKeeman. He died four weeks previous to his death he was seized with an attack of scarlet fever, but survived in what was apparently well, until two days before his death, when he suddenly took a relapse. Dr. Preston MacIntyre was quickly summoned and used his utmost skill, and all the attending staff of his mother and father and others, but to do was done, but with all he steadily grew worse, finally becoming unconscious a which state he remained until the end. At 9 o'clock p. m. on the aforesaid date he passed away to be with God although the father and mother, sisters and brothers may grieve over the loss of that dear son and brother yet they have the assurance that their loss is his eternal gain and now he is with his father in heaven. Mr. MacKeeman was a native of Scotland, but came to this country in 1870, and was a member of the Presbyterian Church. He was a member of the St. Paul's Church, where he was largely attended, the Rev. Theodore Gallant officiating and from whom he had also received the last rites of his church. The pall bearers were James Steele, Milton Reynolds, Stephen French, Frederick Steele, Harold Johnson and James McNulty. He leaves a mother, a loving father and mother, four sisters and four brothers as follows: Daniel, Elva and Mary in U. S. A., and David, Jessie, Lester, George and John at home, who all have the sympathy of the entire community in their sad bereavement.—R. I. P.

SEAWEED IS USED AS A CURE FOR COLDS

Seaweed has wonderful healing and curative properties. If you suffer from colds, catarrh, the following simple remedy is recommended as worth trying when your holiday at the seaside. Other than a fresh weed of the bulbous variety, squeeze it hard between the palms of your hands, and snuffing hard for a minute or two. Repeat this at intervals during the day, and you will likely be surprised at the result. This is seaweed contains iodine, in combination with valuable healing salts, such as potassium and sodium among others.

HOW SEAWEED IS USED

Several kinds of seaweed have been used in cases of consumption for hundreds of years past. One old remedy, published in 1730, recommends "sea-holly" as being an excellent remedy for "meagre and consumptive people"; and at one time many places along the coast were on a regular business on drying the "weed" and candying it.

Patients who live along the west-coast of Ireland, by drinking on the Atlantic Ocean, treat constantly with a certain kind of seaweed known as carrageen moss.

Patients who won't be advised can't help.

Base Germs Doomed

They have lost terrors for the Scientist

Progress of recent years in medical science has killed many germs. New ones are being discovered, and exterminated by the march of science. What were once considered as serious diseases are now out of countenance by the progress of science. They plunge naked into swarms of them, their only defence being to raise their hands in prayer. We are witnessing the end of an era when the world will be free from microbes. Science, besides being the all-destroyer, also has the power to create. It has been discovered that death is due to the microbe.

It is just what is needed in case of accidents and to the many little household hurts constantly occur. \$1.25, at your

THE CENTRAL GUARDIAN

SHOP from Holman's Catalog.

ANGELIC SERVICES.—In the Parish of New London on the 30th. Just will be as follows:—Kensington S. S. 9.30 a. m. Service 10.30 a. m. Burlington 2.30 p. m. No service at the French River Church.

THE STEAMER "AMANDA" sailing from Charlottetown to St. John's Nfld., on December 1st. will be the last chance to make direct shipments this season. Please book your space at once with CARVELL BROS., Agents. 1028-11-29-ml.

A SOCIAL GATHERING.—Mr. and Mrs. Joseph Peters, Elm Avenue, entertained some of their most favored friends to a nice game of auction on the evening of the 27th. Mrs. Peters and daughter Mary served a dainty lunch in their usual good style and needless to say all enjoyed themselves fully, particularly those who came a long distance being their first visit to Mr. and Mrs. Peters' hospitable home.

OF LOCAL INTEREST.—An exchange of Nov. 22nd. says:—With all the ancient pomp and ceremony which characterize a function of the Cathedral Church the magnificent new pipe organ which was recently installed in Our Lady of Lourdes' Catholic Church, Lourdes was blessed and dedicated by His Lordship Bishop Morris Sunday evening. The special Dedication Service will begin at 7.30 p. m. and will be followed by Benediction of the Most Holy Sacrament. A sermon will be preached by His Lordship Bishop Morrison. The Choir under the direction of Mr. S. D. Devlin will render special music. Mrs. Wm. Paquet and Prof. L. N. Miller will preside at the organ. The new pipe organ which is one of the most magnificent and up-to-date pipe organs made in a Sassaquoi pipe organ works and is installed by Joseph Le Doux of Montreal. The Parish of Lourdes is to be congratulated upon the splendid progress being made.

Gleanings Here And There

Mr. Colin MacKay of East Bideford was visiting last week at the home of his brother, Mr. Hector MacKay of North Tryon. Since the death of his wife about two years ago, Mr. Hector MacKay has been in failing health. He has no family, but an adopted son, Clayton, lives in Winnipeg, where he holds a lucrative position with a rubber company.

Some petty thieving is reported in different parts of the Province and there is evidently a falling away from the high moral standard of former days. A few "dregs" recently entered the store of Kennedy Bros., of Kensington and carried away to cool their insatiable thirst several dozen bottles of Lemon Extract. A quantity of woolen goods was also missing.

Kensington is recovering from the disastrous effects of a fire which destroyed the best business portion of the town about four months ago. Three leading merchants who lost heavily at that time are doing business on the old stand and have their stores nearly completed. These are Messrs. Reuben Tulpin & Co., John MacGowan and J. MacPherson. For a time with improved buildings covering their goods there was presented the appearance of a new shanty-town along part of main street; but this is gradually being removed and a new and better town will in time arise over the ashes of the valuable property destroyed by fire. For their energy and determination to quickly rebuild their beautiful town the citizens concerned deserve very much credit.

Rev. A. W. Robertson, B. A., Presbyterian Minister of Kensington, owing to ill-health has gone to a Sanatorium near Brockton, Mass., and will be absent three months or more. So far no great improvement has been reported. Mr. Robertson's congregation and many friends are anxiously waiting for good news in regard to his recovery. Rev. W. J. MacLeod of New Glasgow is supplying Mr. Robertson's place for three months. He is boarding with Mrs. Whitehead.

Miss Janie MacKay of DeSable, better known as the sister of "Jimmy in the Bush" is very seriously ill at present. She is about seventy years of age.

The continued fine open fall has given potato growers some chance to ship their surplus stock or put it in a frost-proof place for later shipment.—So far the price of potatoes remains low and the market is dull and inactive.

Capt. Dan Ferguson of DeSable has unloaded a cargo of coal at Victoria and is taking a load of potatoes to the Nova Scotia Market. Capt. Johnson Lord of Victoria is also taking a load of potatoes and other farm products.

A concert and basket social was held in Rose Valley Hall on Tuesday evening, the twenty-fifth. Mr. Dan Munroe was chairman. An interesting programme of vocal and instrumental music and recitations was carried out. A special feature was provided by Mr. Donald MacKinnon who gave some fancy stomp dances. Mr. David Ferguson accompanying him on the violin. Upwards of sixty dollars were made through the sale of well-filled baskets provided by the ladies.

Mrs. Elizabeth Grant of Toronto, who has been spending the sum-

REMEMBER THE DATE.—Dec. 10th, afternoon tea in aid of Protestant Orphanage. 1026-11-29-ml.

ANOTHER LARGE SHIPMENT of Fox Netting due to arrive in a few days. Book your order early. THE ROGERS HARDWARE CO. LTD. 964-11-26-ml.

HAZELBROOK CIRCUIT.—The Rev. J. H. Copeland will preach in Alexandria Baptist Church, Sunday Nov. 30th. at 3 p. m. At Hazelbrook Church at 7 p. m. On Tuesday, Dec. 2nd at Alexandria Church an illustrated lantern lecture on "The Life of Christ will be given by Rev. J. H. Copeland.

POLICE COURT.—Charged with drunkenness a man was fined \$20 or sixty days at the Police Court yesterday morning. An autoist appearing on two charges, reckless driving and operating a motor vehicle without a license was dismissed on the last count. The other case against him was adjourned.

B-T-EX HOSIERY, a new lot just received in the following shades, Alrdale, Sand, Mist, Log Cabin and Black. These are really two pairs of hose in one, the inside pair is Lisle, the outside Silk, they are very comfortable and very popular, prices per pair \$2.50. Alley & Co., Ltd. 1000-11-28-ml.

mor with her sister, Mrs. Patrick of Hampton, expects to return early next week to Toronto.—For a number of years Mrs. Grant is a regular visitor to the Province and enjoys the summers in the Garden of the Gulf.

Rev. E. Morris, Organist for the Grand Orange Lodges of Nova Scotia and P. E. I., is at present touring the Island in the interests of that Order. Mr. Morris is a very acceptable speaker and his stirring messages are much appreciated. Last Sunday afternoon he preached for the Orange brethren in Bonshaw and in Craquad in the evening.

On the twenty-third, Mrs. M. J. MacPherson conducted service in Borden Hall at seven o'clock. There was a large attendance.

A Mission Band was organized for the better training of the young people in Missionary activity. The following are the officers chosen:—Superintendent, Mrs. Hewitt, President, Miss Nellie Road, Vice-President, Miss Beatrice Murphy, Secretary, Miss Margaret MacLeod, Treasurer, Mr. Billy Murphy.

Rev. George Gardiner, field Secretary for the New Maritime Home for delinquent young women is at present visiting the Island in the interests of that institution. Last Sunday he preached in Tryon and Hampton Churches, seeking to impress upon the people in the protection and uplifting of young women who may innocently fall a prey to the promoters of the White Slave traffic. This work is inter-provincial and inter-denominational. The new buildings in course of erection near Moncton include a hospital and the whole plant will cost nearly one hundred thousand dollars. It is the first Protestant undertaking of its kind in the Maritime Provinces. Mr. Gardiner's work is a praiseworthy one and he certainly deserves all the sympathy and help he may receive in promoting such a fine, Christian organization to rescue the fallen and safeguard promising lives.—T.

LETTERS OF SYMPATHY

New Annap, P. E. I. Nov. 20th, 1924. To Mrs. J. W. Waugh, New Annap, P. E. I.

Dear Sister:—We the members of New Annap Women's Institute wish to convey to you our deepest sympathy in your recent sorrow.

In the death of your father you have lost a friend whose place is hard to fill, and we can commend you only to Him who alone can fill the aching void, and who has promised to be with us in all our times of sorrow.

We trust that you will find comfort and consolation in Him who has promised never to leave us or forsake us.

Signed on behalf New Annap Women's Institute: E. Alice Wright, President. Mrs. W. H. Moase, Vice-President. Mrs. Neil J. MacNeill, Secretary.

New Annap, P. E. I. Nov. 20th, 1924.

To Mrs. Robert Moase, and Miss Jennie Bonness, Dear Sisters:—We, the members of New Annap Women's Institute wish to convey to you our sympathy of love, at this time of your sad bereavement.

You are of the many who have been called upon to part with a kind and loving sister. She has been called to a higher service and you will miss the dear one of many happy days, but God in His Love has taken her to Himself where pain and sorrow are no more.

The sister members of this Institute have heart felt sympathy in your bereavement. But you will not forget that there is one who has promised strength and comfort, and our prayer is that the Heavenly Father will give you grace and solace in this trouble through which you have been called to pass.

Signed on behalf of the New Annap Women's Institute: E. Alice Wright, President. Mrs. W. H. Moase, Vice-President. Mrs. Neil J. MacNeill, Secretary.

The first years of man must make provision for the last—Samuel Johnston.

Health Information

Provided by the Provincial Red Cross Society

SCARLET FEVER

The Ontario Board of Health says:—Scarlet Fever, or scarlatina is a communicable disease, infectious and preventable disease, and its occurrence is evidence of neglect in the management of some previous case. It will not spread if the rule given in this pamphlet are strictly adhered to, and patients, teachers and all who come in contact with children should assist the health authorities in preventing the spread of the disease.

Scarlet fever is a disease of childhood, less than five per cent of the cases occur after the age of fifteen and two thirds of the deaths occur in children under five. It is especially important, therefore, that children should be protected from exposure to it.

The severity of the disease varies; the illness is sometimes very dangerous and quickly fatal, and again the attack may be quite mild and almost escape notice. The spread of the disease often occurs through failure to detect and isolate the mild cases. During an epidemic of scarlet fever, a case of sore throat occurring in a child should be regarded as suspicious and should be isolated until a physician has examined it. If a child at school complains of sore throat the teachers should notify the health authorities at once, as it may be necessary to quarantine not only the sick child but all other children that have come in contact with it. Severe cases may originate from a mild one and mild cases unless they are properly cared for may be followed by the dangerous after-effects (inflammation of the ears, kidneys, etc.) that complicate severe attacks. Sore throat, followed by vomiting is usually the earliest indication of the disease the rash makes its appearance twelve to twenty-four hours later.

Scarlet fever is contagious from the beginning, even before the rash appears, throughout the course of the disease, and until all traces of the disease have disappeared from the throat and skin. The discharges from the nose and throat or from the ear, may convey the disease for several weeks after the patient is apparently well. The virus or infective agent is given off in the breath, in the discharges from the body and in the scales from the skin. It may be conveyed by milk into which the virus of germs have fallen while it has stood near the sick or their surroundings.

Although a very infectious disease, the spread of scarlet fever can be prevented by keeping those who are well away from the sick and by destroying the infection before it can be scattered abroad. It should be borne in mind that adults, who rarely take the disease themselves, may convey it to others after but a momentary exposure. Those who remain in the house where the disease is present, even if they never enter the sick room, should avoid as much as possible coming into contact with the public, and should not go to school, church or any public or private gathering. Principals of schools should be kept informed of the cases of scarlet fever in the community, so that the teachers may be upon their guard and exercise increased vigilance to exclude children from the infected locality who show auspicious symptoms.

Duties of Parents and Nurses.

1. Complete isolation of every case of scarlet fever must be maintained until the desquamation (the peeling off of the skin) being completed the patient is pronounced cured by a physician and discharged has been carried out. The patient should not be allowed to go to school or to mingle with the public for at least six weeks from the onset of the fever and even then not until desquamation is complete.

2. Children or teachers in the same house or apartment must not attend school until they have received a certificate from the medical officer of health.

3. The room occupied by the patient should have as little furniture in it as possible. Metal beds, stools and plain wooden chairs and tables are the best for a sick room. Carpets, draperies and curtains should be removed before the patient is placed in the room. Door cracks and keyholes communicating with other rooms should be sealed by pasting over them strips of paper or wrapping them with a sheet of moist with carbolized or benzoin oride solution should be hung from the top of the door. Only such toys and books should be given to the patient as can be destroyed after recovery or death. The sick room should be well aired several times daily and the floor, woodwork and furniture frequently wiped with damp cloths. Under no circumstances should the floor be swept while dry. It should be sprinkled with saw dust, small bits of paper, or tea leaves all thoroughly moistened and then carefully swept so that no dust may arise.

4. If possible, one attendant should take entire charge of the patient and no one else besides the physician should be allowed to enter the room. The attendant should not come in contact with other occupants of the house. No visitors should be admitted to the house or apartment until after the final disinfection. Household pets, flies and insects should be excluded from the sick room.

5. Plates, cups, glasses, knives, forks, spoons etc., used by the patient should be kept for his use alone and under no circumstances should they be removed or mixed with similar utensils used by others. They should be washed in the room, in hot soap suds and then rinsed in boiling water. After



Nestlé's is rearing thousands of healthy, happy, new citizens

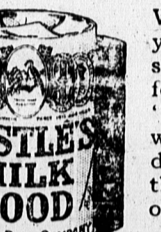
What NESTLÉ'S did for Baby Morin Dear Sir: I received the sample of Nestlé's Food which you so kindly sent me and was glad to try it on my baby who was at the time very delicate and sick. When I started feeding him on it he could not digest anything and weighed only 10 lbs. now he weighs 17 lbs. Thank you once more for the sample which you sent me and which contributed to the thriving of my baby. Mde. Alphonse Morin, 109 Belloc St., Montreal.

HEALTH, happiness, a steady increase in weight and rapid development—these are the natural results of feeding with mother's milk—or with Nestlé's Milk Food when for any reason mother's milk is not available or insufficient.

It is prescribed by leading baby specialists throughout the world. In fact, more babies are being raised on Nestlé's than on any other prepared food. Nestlé's is easy to prepare, economical to use.

Baby will not refuse his little stomach rebel on Nestlé's. Nestlé's has saved the lives of thousands of babies and has contributed to the rapid, normal development of thousands

We will gladly send you a trial package sufficient for twelve feedings—also our "Mother Book," which gives full directions regarding the care and feeding of your baby.



Write to NESTLÉ'S FOOD CO. OF CANADA, LIMITED, 323 ST. JAMES ST., MONTREAL

"Mothers, Nurse your Babies—If you can't get Nestlé's"

NESTLÉ'S MILK FOOD

MADE IN CANADA BY THE MAKERS OF NESTLÉ'S EVAPORATED AND CONDENSED MILK

Proper Food and Exercise

by ARTHUR A. McGOVERN, Former physical director, Cornell Medical College.

Don't forget sunshine and fresh air

WE all know that sunshine is Nature's best purifier and that fresh air contains the oxygen necessary to keep the blood in good condition. If the air we breathe is stale and stagnant, the blood passing through our lungs to be purified returns to circulate through our system with all its former impurity. Especially during Autumn when there is plenty of opportunity for out-door sports or when windows can be open wide while we exercise, it is easy to make sure that we have enough pure air to breathe in deeply.

Instead of riding to and from our work in closed conveyances to save a few extra minutes, how much better off we would be if we would either go on foot or ride in open buses. The extra time required will pay health dividends by giving a better feeling of well being. When we talk of a friend as looking well or poor, we are diagnosing his case on the fact that his color and glow are either good or bad.

America's most dreaded disease—tuberculosis—is caused in a great many cases by neglect, and ignorance of the functional necessity of sunshine and fresh air to a healthy body.

The chief cause in all our civilization is a lack of sunshine and fresh air. The essential part of these institutions is their sun parlors so arranged that the patients may use them during all seasons of the year. It is in these sun-rooms where most benefits are derived.

The following breathing exercises if practiced in the morning in bed before arising will not only provide more oxygen for our bodies but will make deep breathing habitual, will increase our chest capacity and greatly aid our digestion and circulation.

Flat on your back, palms down to start. Deep, slow inhalations. Raise chest high, bringing abdomen in and turning palms up, while keeping the shoulders to the bed. Hold until you have counted five. Exhale. Count five. Then inhale, and so on. Ten to fifty times.

Stand with feet parallel, chin, chest, and toes in a straight line, hands at the side, palms forward. When the lungs are fully dilated count five slowly, then exhale turning palms back. Count five before inhaling again. From ten to fifty times.

Bulk Diet

BREAKFAST: Raw fruit in season—about six spoonfuls of bran flakes with cream. Two soft boiled eggs. Cocoa or a coffee substitute.

Avoid sugar and bread as much as possible.

LUNCHEON: Clear soup, or creamed vegetable soup. Vegetable or fruit salad. Cheese or nuts. Cocoa or milk.

DINNER: Broiled lean meat such as steak or chops, chicken or fish. At least two vegetables. Salad. Fruit, cheese, nuts. Cocoa or milk.

Drink two glasses of water between each meal, and two between dinner and retiring.

Mr. McGovern will answer your questions. © A. A. McGovern



AVOID STUFFY CARS ON GOING TO WORK

UNTIL IT STRIKES

"What do you mean by an eight-day clock?"

"One that will run eight days without winding."

"Hub! Then how long would it run if you wound it?"