



For your children's injuries nothing is equal to Zam-Buk—it ends pain so quickly! Children know this and when they have once had it applied will cry for it again.

Mrs. T. D. Ruston of the Children's Aid Society, Belleville, Ont., says: "We never use anything but Zam-Buk for our children's cuts, burns, bruises, etc. We have found it superior to all other remedies for ending pain and healing, and we have also found, by experience, that an injury treated with Zam-Buk never festers. With so many children in our shelter, we really could not afford to be without Zam-Buk, not only for their injuries, but also for their sores and skin troubles."

Mothers! Be sure to keep a box of Zam-Buk on the medicine shelf. It will save you much needless anxiety as well as expense. Zam-Buk does not deteriorate with keeping, but retains its strength and purity to the very last. For eczema, ringworm, boils, pimples, ulcers and piles, Zam-Buk is equally good. If you have not already tried this herbal balm, cut out this advertisement, write across it the name of this paper and send it with 1c. stamp to pay return postage to Zam-Buk Co., Dupont St., Toronto. We will then send you a free trial box. All dealers 50c. box.

# Zam-Buk

**ACTION TO GET ELECTRIC LIGHT.**

The ratepayers of Bible Hill, at the meeting on the 24th, decided to take steps to secure electric lighting. They will ask the Provincial Legislature for the necessary legislation when over 50 per cent. of the taxable property of the School section by signatures of the tax-payers has assented to the proposition.

The payment for this lighting to the Truro Electric Light Commission is to be made by \$1.00 per year poll tax on all male persons in the section between 21 and 60 years of age; by \$75 from the Government Farm and the balance on equal assessment on all taxable property in the section. The School Board of this Bible Hill School Section No. 2, has this matter on hand.

## WAR SAVINGS.

Universal commendation is given to Mrs. Chinnell, the Dominion organizer, Women's Division, National War Savings, Movement, for the impressive and exceedingly clear manner in which in all her addresses she has put the matter before our citizen. The work is being well done and the policy and principle of "saving" are most cleverly and pointedly put before the public.

Let the local committees do their bit of work and then "War Savings" will be a decided success in this "Hub" of the Province, and vicinity.

## TWO MONTHS OLD BABY HAD BAD COLD.

**DR. WOOD'S NORWAY PINE SYRUP SAVED HIS LIFE.**

It takes the life out of a mother to see the child—the idol of her heart—slipping away, succumbing to the cruel cough that all the remedies she has tried won't cure.

There is nothing so good for children's coughs, or colds, croup, whooping cough, or bronchitis as Dr. Wood's Norway Pine Syrup.

It is pleasant to take, and it cures so quickly and thoroughly that the heart of the mother is delighted.

Mrs. Angus McKinnon, Richmond, P.E.I., writes:—"Last winter my baby was just two months old, when he took a bad cold. He could not keep anything on his stomach with the cough. I tried doctor's medicine, but it gave no relief. I told my husband I would try Dr. Wood's Norway Pine Syrup, and I must say it saved his life. I just used four bottles and now he is perfectly cured, and I can't help but express my thanks to you for curing my baby."

Two years ago I used it for one of my girls. She had a cold and cough, but the doctor's medicine was no good for her. I got six bottles of Dr. Wood's Norway Pine Syrup, and it gave her a perfect cure. I can not praise it half enough."

The genuine Dr. Wood's Norway Pine Syrup has been on the market for the past 30 years. Don't accept a substitute and perhaps endanger your child's life. Price 25c. and 50c. Put up only by The T. Milburn Co., Limited, Toronto, Ont.

## WALLACE BAY WELCOMES RETURNED HEROES.

Pugwash Feb. 26, 1919. The home of Mr. and Mrs. Stephen Tuttle Wallace Bay, was invaded on Friday evening 21st, inst. by a host of friends who gathered from the whole countryside to extend a cordial welcome to Capt. C. E. Tuttle and Corp. C. L. Foster, recently returned from France.

The evening was very pleasantly spent with music games and in looking over a large and interesting collection of War Trophies, brought home by Capt. Tuttle.

At 10 o'clock the assemblage was called to order by Rev. A. Lund.

The hymn, "O God our Help in Ages Past," was sung after which Mr. Lund, offered Prayer.

Mrs. (Rev.) J. R. Mullen, sang very sweetly a solo;—"O God has brought you safely to our arms again," and responded to an enthusiastic encore.

Rev. Mr. Lund, then read an address to the returned men and presented each with a handsome Club Bag.

The address was as follows:—

To Captain Charles Tuttle and Cpl. Charles L. Foster.

We, the citizens of Wallace Bay, desire to extend to you our heartiest congratulations for the service you have so nobly rendered us, and our Empire in connection with this great struggle for righteousness and liberty which has been brought to such a successful issue.

You heard the call to enlist in your Country's service and like true patriots you responded. In doing so you were embracing what has been called a great privilege. Everything that true men hold dear was at stake and you, like many others, were found ready to defend the rights of free nations, weak as well as strong. A great cause called and regardless of the cost, you went forth to win the world for righteousness and to cleanse it of its shame.

We have not been able to follow you through all your wanderings nor have we been able to form any clear conception of the hell through which you have passed. The life of a soldier in war times is no secure but while you have gone forth unwatched by us we can rejoice that you have come safely through. Canada is one of the brightest jewels in the British Crown and to you has been given the opportunity of adding lustre to its brightness and we doubt not but that you did your duty like men and upheld the fair name of our Dominion.

We recognize also that your response to this call has brought you into association with the best men of our Empire, the autocracy of Heaven—and we cannot help being a little envious of the good fortune that has been yours in this respect. Many of these have gone to swell the ranks of the immortals.

"On Fame's eternal camping ground Their silent tents are spread, And glory guards with solemn round The bivouac of the dead."

but to you has come the further duty of helping to develop those great national and international ideals of justice, mercy and brotherhood, for which so many have died. One sings of how

"Tis sweet to die for one's country."

while you have not had that honor we do not forget that on the day you took that solemn oath of allegiance to King and Country you were in reality sacrificing your life, with all that life holds dear in this world. To take a step like that was no light thing and however much you may have thought of the far-reaching import of your course of action we know that to you, and to such as you, we owe a debt of gratitude we can never repay for like a great wall of living, fighting suffering dying men you come between us and the once cruel, dreaded Hun.

While we are conscious that we are unable to pay you for what you have done, or even adequately thank you, we nevertheless desire to impress you with the thought that we appreciate your service and so are asking you to accept a slight memento from us. Its worth in money is only a bagatelle but it will at least serve to remind you of the high esteem in which we hold you. Long may you live to use it and long may you live to perfect the Democracy for which you fought.

Both gentlemen responded thanking the people for the splendid receptive tendered them and also for the beautiful gift.

Rev. J. R. Millen, was called on and delivered an excellent address.

The programme concluded the ladies served a most delicious luncheon which was prepared and served in the excellent style characteristic of the Ladies of the Bay.

After singing "Auld Lang Syne" and "God save the King" the Company repaired to their respective homes.

Capt. Tuttle enlisted and took out a Lieutenant's commission at Am-

herst in Jan. 1915.

After further training in Halifax, he sailed from Quebec in October 1-15 for England where he spent six months. He crossed to France and was soon in the firing line.

He received his first wounds at the Somme in Sept. 1916, and was sent to England where he spent six months in Hospital.

Returning to France was soon in the game again and was slightly wounded in Sept. 1917.

Again at "Cambrai" in Oct. 1918 he was quite seriously wounded in the leg.

Capt. Tuttle was a good Officer. He won the "Military Cross" and was frequently mentioned in Despatches for conspicuous bravery. He was promoted to a captaincy in the summer of 1918.

Corpl. Foster enlisted early in the war and served in a Railway Construction Corps in France. Tho not a native of Wallace Bay his welcome was none the less welcome.

## ROYAL SYMPATHY.

Mrs. John Robert Murray, Lower Truro, has received the following Royal Message:

The King commands me to assure you of the true sympathy of His Majesty and The Queen, in your sorrow. Secy. of State For War.

Col. Ralston's Letter on the D.C.M.

In the Field (Belgium) 24th January 1919.

Mrs. J. R. Murray, P. O. Box No. 192, Truro, Nova Scotia, Can.

Dear Mrs. Murray:

We all experienced a sober but very genuine pleasure at the news we received that the DISTINGUISHED CONDUCT MEDAL had been awarded to your late husband for gallantry in action at Amiens on the 10th August, 1918. It comes as an official recognition of what we all knew to be most distinguished service, and, although it could not increase either our opinion or yours of the absolute devotion to duty of your hero husband. At the same time it does show that his splendid services have been recognized as well by those in authority.

I have asked that the Medal be sent to you direct. I am sure it will be a cherished memento of one who has honored not only you and your children, but his Battalion and his Country as well.

Sincerely yours,  
J. L. RALSTON  
Lt.-Colonel  
Commanding 85th Canadian Infantry Battalion  
(Nova Scotia Highlanders)

## GOT PROMOTION

Cpl. H. A. Reynolds of Minville, in the Royal Canadian Regiment, France, has received the promotion of Sergeant. The enlisted in the 112th batt., at Windsor, June 13th 1916 arriving in France March 4th 1917. During the next winter, he was made a lance-corporal and promoted to lance-corporal during one of the big drives of 1918; in this battle he went in as Sergeant in charge of a platoon. In this battle he was wounded by shrapnel, but not severely. Before the close of the war, he won the military medal.

In one of his letters to a correspondent, dated France, Nov. 28th 1917, he made the following statement: "We are out here to do 'our bit' and we are going to do it; a more cheerful bunch you never met than a bunch of Canadian soldiers behind the line, and if you want to know what they go in the line for ask the Germans after the war."

## GLENMORE, HFX. CO.

Feb. 24—Mr. Guy Brown was called home last week to attend the funeral of his father-in-law. Mrs. Arthur Bates was the guest of Mrs. Lewis Bates on Friday.

James Cox and Sidney Murphy, of South Branch, Col. Co., are employed with J. P. Brown, and Son, hauling deal.

Mr. James Graham was here on a business trip last week.

Mrs. Arthur Bates and family drove to South Branch on Saturday, calling on Mrs. Roy Fleck.

W. L. Bates, who lately returned from overseas, is doing some repairs on Lewis Bates' house.

Mr. and Mrs. George Fleck and two daughters spent Sunday with Mrs. Alex Fleck. Mr. Roy Fleck and A. C. Bates, are still employed with J. P. Brown & Son.

Maurice C. Kaulback and Wendell White are hauling wood to Masquodibouit.

Mr. A. C. Bates reports seeing a snake on the road way on Saturday.

Mr. Roy Fleck was home two days last week getting out his wood and by the looks of it, he don't intend to be cold next winter. George Fleck is still employed at Zwicker's and Lawson, filing saws and shovelling snow; this man can turn his hand to most anything like the song—"A very handy Many man in winter or in summer" GUESS WHO?



## High Tension Work

To understand the work of the girl at central is to sympathize with her—for hers is a continuous high nervous tension.

At these critical times, when help is so scarce and the wires so busy, the task of the telephone operator is made doubly trying on her nerves.

How like her own nervous system is the complicated electrical equipment which she manipulates.

The central station may be likened to the brain, and the cables and wires, which go out from it, correspond to the spinal cord and intricate nerve fibres which branch off to the members and organs of the body.

The electric current is similar to the nerve force in the human system, for without this nervous energy the human mind and body would be just as dead as a telephone system without electricity.

The continuous strain to which the brain and nerves of the operator are subjected exhausts the nervous energy at an enormous rate, and starved nerves cry out for nourishment with headaches, neuralgic and sciatic pains, nervous indigestion and sleeplessness.

The functions of the vital organs be-

come weak and irregular, as is shown by the feeble action of the heart and the tardiness of the liver and bowels.

It is comparatively easy to restore exhausted nerves if Dr. Chase's Nerve Food is used regularly when these early indications of trouble are apparent.

This food cure is also effective in the treatment of nervous prostration, and even in many cases of locomotor ataxia and partial paralysis, but when these ailments develop it is usually necessary that considerable patience and persistence be applied, as recovery must necessarily be a tedious process.

On this account we always like to look on Dr. Chase's Nerve Food as primarily a preventive treatment—a means of restoring feeble, wasted nerves while there is yet a foundation to build on.

Rest, gentle exercise out of doors, cheerful companions help the sufferer from nervous exhaustion, but there must be additional nourishment supplied to the nervous system, and the ideal way to supply the essential elements is by the use of Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Ed. Hanson, Bates & Co., Limited, Toronto. Look for the portrait and signature of A. W. Chase, M.D., on the box you buy.

## AGRICULTURAL MACHINERY NEEDED IN FRANCE.

Careful estimates have made out the following machinery needed in France:—

81,000 plows, 56,000 cultivators, 30,000 mowing machines, 115,000 farm wagons, 88,000 harrows, 50,000 rollers, 48,000 hoes, 36,000 seed drills, 3,000 fertilizers, 16,000 beet extractors, 21,000 winnowing machines, 8,000 horse-drawn rakes, 32,000 reapers and binders, and 53,000 root cutters.

## THE WILD BEASTS WON.

In India in 1917 the following were the numbers of persons killed by wild animals:

1009	by tigers.
339	by leopards.
280	by wolves.
89	by hyenas.
459	by pigs, crocodiles, etc.
23,918	by snakes.

In that great country the Government paid for the killing of 19,476 wild animals.



# of NOVA SCOTIA for NOVA SCOTIA

It would be difficult to imagine Nova Scotia without its efficient telephone system, so intimate and necessary a part of the Province's commercial, social and official life has the telephone become.

Why should not the people of Nova Scotia supply the necessary capital required from time to time to extend and improve their own telephone system?

Why should not every telephone subscriber be a telephone shareholder? Why should the people of other Provinces, or the United States, or England supply the money for our service and control this great Public Utility, when we can easily finance it ourselves? We Nova Scotians already supply the earnings—why not also supply the Capital?

Full information to interested parties regarding this company's new issue of 7% stock, with earnings stabilized by legislation, will be gladly furnished on application.

MARITIME TELEGRAPH & TELEPHONE CO., Ltd.

Halifax, N. S.