

DON'T YOU KNOW

that you can soon get rid of the agony of chapped hands by using Zam-Buk. Mrs. William Elstone, of Haliburton, Ont., writes:—
 "Last winter my hands were very badly chapped. I used a lot of different so-called remedies, but my hands only seemed to get worse. Finally I tried the great herbal healer—Zam-Buk—which completely healed them."
 Mrs. M. A. Bateson, of Souris, Man., writes:—"I have used Zam-Buk for chapped hands, and know of nothing to equal its wonderful soothing and healing powers."
 Zam-Buk is also unequalled for chilblains, frost bites, cold cracks, and cold sores; as well as eczema, scalp sores, old wounds, ulcers, blood-poisoning, piles, burns and scalds, cuts and all skin injuries. 50c. a box. All druggists and stores, or Zam-Buk Co., Toronto.



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THE PULMONARY TONIC

MORIN'S WINE

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A rich tonic wine combined with creosote, the hypophosphites and lactophosphates, constituting an ideal preparation for all those suffering from ailments of the Throat, Bronchi and Lungs. It fortifies the whole organism.

DR. ED. MORIN & CO., Limited
 Quebec, Canada.

Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Selge's Syrup will correct faulty digestion and afford relief.

Every Man

Who works around machinery or in places where he is liable to cut, scratch or burn himself should always have handy a jar of

Mentholatum

A Healing Salve
 Invaluable also for Sore and Tired Feet

Sold and recommended by the leading druggists in the Maritime Provinces.

2 sizes—25c and 50c
 Send 3c in stamps for a generous size sample.

The Mentholatum Co.
 Bridgeburg, Ont.

MENTHOLATUM

Girls Clubs Have Been Organized

ORGANIZING THE GIRLS

Several Home Efficiency Clubs were organized among North Shore Girls last week by Miss Marjorie Flewelling of the Home Economic division of the Department of Education.

At St. Mary's Convent, Newcastle, Wednesday:
 Club No. 1—President, May McEvoy; Vice-Pres. Helon Neff; Secretary, Bernetta Koating.

Club No. 11—Pres. Dorothy Lawlor; Vice-Pres., Carmel McCarron; Secretary, Rhea LeBlanc.

At Harkins Academy Newcastle Thursday afternoon:
 Grade XI—Pres., Ethel Crocker; V. P., Elsie Whitney; Sec., Eulah M Stuart.

Grade VIII and IX—Pres., Gwendolyn Belyea; V. P., Florence Jarline; Sec., Marjorie Kennedy.

Grade VII—Pres., Lot's Ullock; V. P., Annie Murray; Sec., Reta Brooks.

Miss Flewelling also organized at Jacquet River last week with following officers: Pres., Annie Beaton; V. P., Edith MacMillan; Sec., Elba M Foley.

From Tuesday, Feb. 19th to Thursday, March 7th inclusive, Miss Flewelling enrolled, about 400 girls in Home Efficiency clubs.

The Douglastown Home Efficiency Club, organized last year, held its annual meeting in the School House Thursday forenoon. Miss Flewelling addressed the club. The following officers were elected:
 President—Mildred Wood; Vice-president—Kathleen Cameron; Secretary—Eliza Simpson.

Twenty members signed the roll.

NEWCASTLE HAS TWO NEW BOYS ORGANIZATIONS

As the result of the recent Boys Conference at Chatham, two organizations under the Canadian Standard Efficiency Test have been effected in Newcastle.

The boys of St. James' Presbyterian Church organized on the 6th, with following officers:
 President—Willie Russell; Vice-president, Charles Dickson; Secretary, Frank McAuley; Treasurer—Jack Sproul; Mentor—Joseph Anderson; membership Committee—Jack Corbett, Dick Corbett, and Blair Jardine; Program Committee—Jack Corbett, Frank McAuley and Charlie Dickson.

The club meets in St. James Hall every Friday night. It is to be known as the Hustlers.

The Methodist Baptist and other boys organized the "Comrades" C. S. E. T. Society on the 7th. The colors will be White and Red. The officers are: President—Douglas MacKay; Vice-president—Austin Clarke; Secretary—Treasurer—Edwin A. Stuart; Mentor—H. H. Stuart; Assistant Mentor—H. D. Atkinson; Membership Committee—Willis Petrie, Frank MacMichael and Hammond Atkinson. Program Committee—The officers and Huxley White and Fred McCormick.

Athletic Committee—Frank MacMichael, Willis Petrie and Edwin Stuart. The society will meet on Thursday evenings.

SOUTH NELSON ROAD SCHOOL STANDING

Grade V.—Earle Flott, 1; Marion McKenzie, 2.

Grade IV.—John Coughlan, 1; Raymond Bateman, 2.

Grade III.—(a) Bertha Creamer and Beatrice Creamer, 1; Susan Sherard, 2; (b) Walter Bateman, 1; Archie Sherrard, 2.

Grade II.—Herbert Nye, 1; Hubert Creamer, 2.

Grade I.—Fred Pilkington.

Perfect Attendance—Walter Bateman, Raymond Bateman, Evelyn Coughlan, John Coughlan, Earle Flott, Marion McKenzie.

February Examination:
 Grade V.—Evelyn Coughlan, 1; Marion McKenzie, 2.
 Grade IV.—Greta McLaughlin, 1; John Coughlan, 2.

Constipated Children

Nothing will so quickly remove childhood constipation as will Baby's Own Tablets. They are a mild but thorough laxative; are pleasant to take; do not gripe and never fail to regulate the stomach and bowels. Concerning them Mrs. Adolphe Noel, Petite Lameque, Que., says:—"Baby's Own Tablets are the best remedy for constipation I know of, and I would strongly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brookville, Ont.

Financial Statement Red Cross Society

Financial statement of Newcastle Red Cross for month of February, Feb.

5 Bai on hand	\$282.95
Life Member, Mrs. McCormick	25.00
Sale of Romancats	.20
Life Member, Miss Ada Saunders	25.00
Donation Mr. Roy Saunders	3.00
Life Member, Mrs. G. P. Burchill	25.00
Donation Mrs. G. P. Burchill	3.00
12 Sale of Cook Book .50 Fees	4.00
Book 50	.75
Donation Mrs. Chae. Stothart	25.00
Life Member, Miss L. Manny	25.00
27 Fees 2.00, Donation Master F. Park	7.00
Life Member, Mrs. J. Sheafe	25.00
Chicago	25.00
Monthly Mite, Eridgetown	16.00
Monthly Mite, Nelson	11.45
Monthly Mite, Chatham Head	4.65
Monthly Mite, Newcastle	52.75
	\$538.25
Life Member, Miss Doris Sinclair	25.00
	\$561.25

Expenditures

Feb. J. D. Creighton & Co	\$23.35
John Brander	5.29
C. B. Allen, Provincial Branch for Hospital Needs	50.00
Red Cross Plus 1/2 dozen	1.50
A. D. Farrish	42.96
Union Advocate	2.85
Moody & Co.	7.70
Rec'd Pay for Knitting Mitts	138.30
Treasurer for stamps	1.00
	\$272.05
Receipts	561.25
Expense	272.05
Balance	\$289.20

Letters From Overseas

The following extract from a letter received by Mr. Thomas A. Clarke from his son, Capt. H. Allison Clarke of the 104th Battalion, may be of interest to many:—

"There is a well-founded rumor to the effect that the Canadian Corps is to be reorganized, and the new formation calls for two additional Pioneer Battalions. These are a sort of Engineers Battalion and perform all sorts of work both in the front line and at the rear. They have to be highly trained and are a senior branch of the infantry. We have been picked out, together with another unit, and as a result, ten officers and two hundred men of each unit are here at Seaford taking a pioneer course. The work covers building of roads, railroads, camps, and trenches, wiring, and in fact a little of everything, and is very interesting. Everybody I have met seems to think that we have been highly honored to be selected for this work, and I believe myself, that we are. Besides that, I believe the changes will go into effect almost immediately. You will probably learn full particulars from the papers before this letter reaches you.

This place, Seaford, is on the Channel about eight miles west of Eastbourne, and about forty miles west of Portsmouth. The town is populous enough; but with writing up notes at night, we don't get much chance to go down.

The 236th and 13th Reserve, are right next door to us. I was up and called on Cecil and Charlie Mersereau, Benn of Douglastown, Marrs of Chatham and several others I knew. It was very nice to meet them again.

Forry was over on leave. I saw him two weeks ago today. He left that night for Scotland, and was to visit us again on his way back; but I had left Whitley and come here in the meantime. He looks quite fit; but says he is fed up with war."

Appeal to Owners of Vacant Lots

Canadian Food Board Want all Vacant Lots Cultivated

Ottawa, March 1—In view of the urgency of the food situation, the Canadian Food Board makes a public appeal to all owners of vacant lots

Everybody Knows Dr. Chase's Receipt Book

"Ever since I can remember, this was the most valued book in the bookcase."—Mrs. S. Thompson, Smith street, Kingston, Ont.

"Mother has had Dr. Chase's Receipt Book for 20 years, and, I tell you, it is a good one."—Mr. John Miller, S. Salt Spring, B. C.

It may be safely said, without fear of contradiction, that there is no more useful book to be found in any home than Dr. Chase's Receipt Book. The proof of this statement rests in the fact that several millions of copies have been sold, and it is sometimes said that the circulation is second only to that of the Bible.

From the time he began the study of medicine it was a hobby of the doctor to collect all recipes and prescriptions of exceptional value. There is so much of the doctor's own experience and history woven into these recipes that you cannot use his book without feeling that you know him personally and appreciate his sterling character.

The Receipt Book was soon widely circulated, and aroused so much favorable opinion towards the doctor that he found the demand for his medicines far greater than he could supply. This led to the latest edition of Dr. Chase's Large Receipt Book, containing over 1,200 pages, will be sent postpaid, on receipt of price, \$3.75, by Edman-son, Bates & Co., Ltd., Toronto.

But the doctor has protected you by having his portrait and signature printed on every box of his medicines. By taking care to see these on the box you buy you can be certain that you are getting the genuine.

Dr. A. W. Chase's medicines are for sale by all dealers, or sent on receipt of price by Edman-son, Bates & Co., Ltd., Toronto.

that they place the same freely at the disposal of local cultivation committees

MINARD'S LINIMENT

"KING OF PAIN"

Extract from a letter of a Canadian soldier in France.

To Mrs. R. D. BAMBICK:
 The Rectory, Yarmouth, N.S.

Dear Mother:—
 I am keeping well, have good food and well protected from the weather, but have some difficulty keeping uninvited guests from visiting me.

Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—OLD MINARD'S Liniment.

Your affectionate son,
 Rob.

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 Minard's Liniment Co. Ltd.
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 LIABILITIES AND ASSETS

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Capital Paid-up	12,911,700
Reserve Fund and Undivided Profits	14,564,000
Total Assets	335,000,000

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