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 Templetons, 142 King W., Toronto.  
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## BACK TO WORK AGAIN—

—quite rid of an obstinate wound or other disabling injury. Wouldn't it make any man feel thankful toward Zam-Buk? A 50c. box of this wonderful healer is, to the wage earner, as good as any accident insurance policy. Cuts, wounds, burns and scalds can't fester or become inflamed or poisoned where antiseptic Zam-Buk is promptly applied.

"I was back at work in a week thanks to Zam-Buk, though the doctor was sure I would be laid-off for a month," says Mr. H. Hogben, 359, Beverley St., Winnipeg. "My hand caught in a revolving belt, and three fingers were badly mangled. After one week's use of Zam-Buk the wounds were well healed. It was worth three weeks' wages to me."

Mr. C. Oakley, of Saskatoon, Sask., says:—"Down at the stoneyard, I cut my leg badly. A doctor sewed up the wound and attended me for five weeks. It had cost me \$40 when I determined to try Zam-Buk. In two weeks I dollar's worth healed the limb splendidly."

Zam-Buk is equally valuable in eczema, acne, ringworm, ulcers, piles, abscesses, bad legs, etc. Purely herbal, it's a most wonderful skin remedy.

**Zam-Buk**  
**SAVES MONEY**



## "Imperative you should attend

the conference, you have half an hour to catch the train."

Long Distance not only reached him in time, but enabled him to promise attendance.

Long Distance service was never more efficient than now.

Ask for our booklet, "A Few Ways to Speed Up Business"



## Watford General REPAIR SHOP

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For Repairs of any kind—ask us—we can make, or get them for you.

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### KINGSTON SPOOK HOUSE

Spooks just now are interesting topics of discussion, and it might be as well to recall the case of the spooks which were said to amuse themselves by frightening people some years ago in a certain house, still standing, in Kingston. Queer noises were heard in this, and at times the spooks, in order to stir up its residents, made the house shake a little. This scared the residents, they cleared out. Other people went in, and also were scared out by the mischievous spooks. The house could not be let till one brave man came along, and offered to take it for six months, but rent free. The landlord readily agreed.

Things were quiet for a time. Then the noises started, the man's family did not like them, but he reassured them, and hunted for the spooks. This apparently alarmed the spooks, and they kept still for a time. Then they began their noises again one night, and shook the house too. The man began a diligent search beginning at the attic and going at last to the cellar with a lantern. There in one place the earth suddenly moved under his feet. The man got an axe, and went after the spooks. He chopped away till he came to the roots of a big willow tree, which grew close to the house. There were the spooks.

The roots of the tree had spread under the house and into the walls. Naturally when the wind blew the big tree swayed, thus causing the queer noises, and the shaking of the house. The tree was cut down, the spooks defied, they may have moved to Antigonish, and the house has been peacefully occupied ever since. This case may account for the skeptical with which so many people in Kingston regard spook stories.—Kingston Daily Standard.

### DIGESTIVE TROUBLES CAUSE MUCH DISTRESS

Are Nearly Always Due to Thin, Watery Blood.

Do not think that because your stomach is easily upset you are the victim of some serious malady. One of the most common causes of indigestion is anaemia, or thin, watery blood. In fact it has become generally recognized that healthy activity of the stomach is impossible unless the blood is rich and red.

Dr. Williams' Pink Pills have been found valuable in cases of indigestion, nervous dyspepsia and stomach weakness, just because they are a blood builder and nerve tonic. The rich, red blood following their use not only imparts a healthy digestion, but carries color to the cheeks and lips, and gives vigor to the muscles. One important point to remember is that Dr. Williams' Pink Pills contain no harmful drugs or opiates and are thus to be preferred to preparations that merely stimulate for a time. Before you begin worrying unnecessarily about your state of health, try the tonic treatment of Dr. Williams' Pink Pills. You will be surprised to see how rapidly your appetite returns and your debilitated system revives. Miss Sarah Farquhar, North Brookfield, N.S., who has proved the value of these pills in cases of this kind says: "For a long time I was a sufferer from indigestion, which seemed to carry with it a complication of other troubles. Every meal brought misery with it, as the eating was followed by severe pains in the stomach causing at times nausea, and vomiting, and at other times an accumulation of gas that caused severe palpitation of the heart and a smothering sensation. The result was that my general health was seriously affected and the least exertion would tire me out. I had taken much medicine, but did not get more than temporary relief until I began using Dr. Williams' Pink Pills, which I took for a considerable time, with the result that I now enjoy every meal and am no longer distressed after eating. I find myself in every way enjoying better health, and I cheerfully recommend these pills to similar sufferers."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, One.

One of the most effective vermifuges on the market is Miller's Worm Powders. They will not only clear the stomach and bowels of worms, but will prove a very serviceable medicine for children in regulating the infantile system and maintaining it in a healthy condition. There is nothing in their composition that will injure the most delicate stomach when directions are followed, and they can be given to children in the full assurance that they will utterly destroy all worms.

Is your subscription paid in advance?

### SCHOOL OPEN ALL SUMMER

Many young people in and around Forest prefer attending the Sarnia Business College between April and November, owing to the fact that transportation to and from Sarnia is better and more pleasant then than in winter.

Class hours during July and August are from 8 a.m. to 1 p.m. This makes the course in Sarnia most pleasant as well as profitable.

Sarnia Business College is the only college in Lambton county, as most people know, that is licensed to prepare its students for the examination set by the Business Educators' Association. This diploma is the only nationally known standard of efficiency in stenography in Canada. Young people who have it may well be proud of it.

Young people planning on training for office positions should get in touch with P. R. Stringer, director of the Sarnia Business College. Although a student may commence any Monday, it is well to start as early in April as possible.

### THE DISCIPLE OF THE DEVIL

Many years ago a peasant of the community of Z, near Lemberg, emigrated to America. Recently he returned to his village, his pockets stuffed with dollars. He drove to Lemberg to have his dollars changed. His departure became known in the village, and the very same night there was a knock at the door of his house. His wife opened the door and recoiled in terror. On the threshold stood what appeared to be the devil himself, covered with a shaggy hide, with glowing eyes and spreading a penetrating sulphurous odor. He pushed the peasant woman into the room, locked the door, and after rattling his chains and giving forth infernal sounds began to tell her what he wanted. He threatened the woman with all the torments of hell if she did not hand him immediately all the money brought home by her husband from America.

The woman swore solemnly that her husband had taken all the money to Lemberg to have it exchanged for Polish marks. Thereupon the "devil" searched all the chests and shelves and not finding anything declared that he would come again to-morrow when he hoped the man would be back. She had to swear not to tell anybody of the occurrence or he would take her with him to hell. The woman trembling, awaited the dawn. In the morning a gendarme chanced to come to the house. He found the woman in a state of terror and after long urging got from her the story. The gendarme promised to help her. She hid him in the room. At midnight there was a knock at the door. This time the gendarme opened the door and tore the mask from the devil's face. He started back horrified for before him stood the village judge, who in this way, tried to get quick and easy possession of the dollars. The gendarme delivered his superior to the district court.

### A COUNTRY WITHOUT CITIZENS

A Canadian, observe the term carefully, please, for that is what he has always called himself as have his forefathers unto the fourth generation—a CANADIAN. Recently he became the father of a man child. He took upon himself the duty of registering the birth of the new addition to the ranks of Canadians, but when it came to filling out the answers to the various necessary questions, he struck a snag.

When asked the nationality of the child, he replied, and replied proudly "Canadian, of course." And back came the, to him, astounding reply, "Of course not. You cannot register your child as a Canadian; what we want to know is whether he is English, French, American, Hungarian, Chinese, Abyssinian or what."

And this, it seems, is the law and the gospel in this Dominion and this year of grace A.D. 1922. Your offspring are not classified as nor can they wear the title of Canadians; we must go back to some point along the trail to our simian ancestry where we can claim identity with some nation, so-called; but as for the Canadian, "they ain't no such animal," he does not exist, officially. And this is not a fable or a fairy tale. It records something that is occurring every day everywhere in this broad province of ours. What kink or convulsion in the Carrara brain of officialdom is responsible, is not known, but the man in the street can scarcely regard the regulation as one conducive to the fostering of national pride in Canada.

And the condition is practically Dominion-wide, as witness in the last census; the enumeration blanks made no provision for Canadians. We went back somewhere, sometime and there derived our official status.

How are we going to Canadianize the foreign additions to our population, when we can not be Canadians ourselves?

## The Only Way

To Test Tea is to Taste it.

# "SALADA"

Natural Leaf Green Tea is proving a revelation to those who have been users of Japans.

TRY IT—YOU WILL LIKE IT

## Eases Kitchen Work

To Women Who Do Their Own Work: Suppose you could save six minutes every day in washing pots and pans—two minutes after every meal. In a month, this would amount to a saving of three hours of this disagreeable but necessary work. This saving can be made by using SMP enameled kitchen utensils, as their smooth sanitary surface will not absorb dirt or grease. No scraping, scouring or polishing is needed when you use Diamond or Pearl Ware. Soap, water and a dish towel is all you need. Ask for

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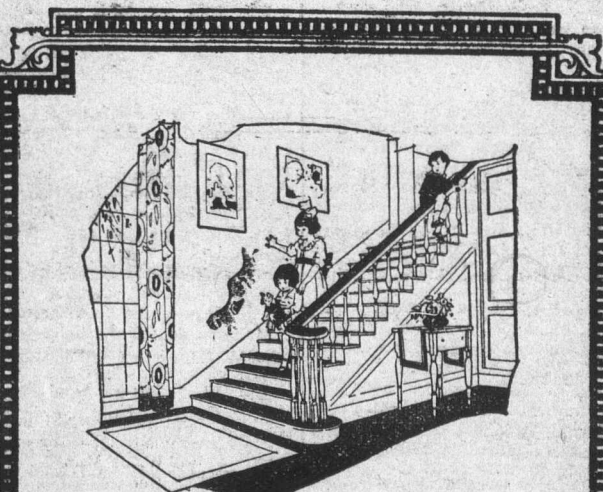
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