

IT'S SIMPLY MARVELLOUS

the way Zam-Buk relieves the burning and irritation of eczema, writes Miss A. Gallant, of St. Nicholas, P.E.I. "For a year I suffered with this disease, and tried all kinds of remedies, but nothing helped me until I used Zam-Buk. The continued use of this herbal balm has completely cured me."

"Although it is now two years since this cure was effected, there has been no return of the disease."

Zam-Buk is equally good for ringworm, scap sore, psoriasis, boils, itching rash, "bad" rash, ulcers, old sores, "bad" legs, blood-poison, cuts, burns, scalds, and burns. Dealers or Zam-Buk Co., 50c box, 3 for \$1.25.



Mrs. R. L. McLatchey and daughter have returned to Hantsport after visiting at Middleton.

The funeral of Mr. Wm. Smith, took place at Tremont, April, 1st. He had been dispondent, and took his own life.

Miss Dorothy McNeil of Melvern Square has taken a position as nurse at the St. John Hospital. She recently completed her training in the Childrens Hospital at Baldwinville, Mass.

Outlook—One of our Melvern heroes, viz., Pte Stanley Gates who has spent the last two years on the other side of the Ocean with the Forester's Battalion, returned home after considerable illness. Pte. Gates has done his duty nobly and we are very glad to have him again in this community and hope he will soon recover his health.

INTESTINAL PARALYSIS

"Fruit-a-tives" Quickly Relieved This Chronic Trouble

589 CARRBRAIN STREET, MONTREAL.

"In my opinion, no other medicine is so curative for Constipation and Indigestion as 'Fruit-a-tives'."

I was a sufferer from these complaints for five years, and my sedentary occupation, Music, brought about a kind of Intestinal Paralysis; with nasty Headaches, belching gas, drowsiness after eating, and pain in the back.

I was induced to try 'Fruit-a-tives' and now for six months I have been entirely well". A. ROSENBERG. 60c a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

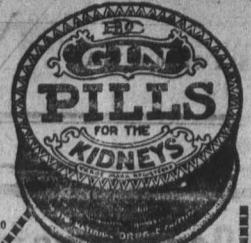
Miss Ruth Gellatt teacher at of sheep strayed out on the drift at her home in Granville Ferry.

Private Stanley Wagstaffe, left recently for his home in Mochville on a fortnights vacation. His wife was in Kentville a fortnight ago visiting him.

Hon. A. K. MacLean, acting minister of finance, has tabled the main estimates for the fiscal year to commence April 1st. They total \$257,753,099 which is a decrease of \$2,015,378 as compared with the past year.

Two farmers named McAskill of Point Michaud (near L'Ardois) Richmond County, lost 48 sheep a few days ago. A lock of ice and though prompt steps were taken to get them off, only 15 were saved. The others were carried away by the ice.

Rev. W. R. Turner has been holding special services and as a result eleven members united with the Methodist Church at Middleton at Easter.



The LOGICAL Treatment for RHEUMATISM, SCIATICA, Lumbago, Constant Headaches, Urinary Derangements, and all Kidney and Bladder Troubles.

Minard's Liniment for sale everywhere.

THE TROUBLE

"Why did your friend claim immunity on account of prostration from war service, when all he has been doing is to shuck oysters?"

"That's right. You see, he didn't dream there would be so much work in that job, and so he's sufferin' g from shell shock."

TROOPS FROM HERE ARE SAFELY ACROSS.

OTTAWA, April 5—The following troops have arrived safely in England: Infantry drafts from Saskatchewan, Manitoba first central Ontario, second central Ontario, first Quebec, second Quebec, Alberta, Nova Scotia, New Brunswick, Eastern Ontario, Western Ontario, field artillery, siege artillery, machine gun corps, imperial recruits, nursing sisters, V. A. D. nurses, forestry drafts, royal flying corps officers, details; a total of 250 officers, 166 nursing sisters and V. A. D's, and 2,103 other ranks.

- Sphagnum Moss as a Dressing -



Ladies of McGill University Women's Union making surgical dressings of Sphagnum Moss. (Reading from Left to Right)—Mrs. W. Grant Stewart, Miss V. Hamell, Mrs. E. Maxwell, Mrs. R. W. Lee, Mrs. A. E. Garrow, Mrs. A. D. Blackador, Mrs. C. W. Colby, Mrs. P. D. Adams, Miss Mitchell.



(Reading from Left to Right)—Mrs. J. Harkness, Mrs. E. E. Howard, Miss E. King, (Standing) Mrs. W. H. Butters, Mrs. F. H. Pitcher, Mrs. J. B. Porter, Miss Nollson, Mrs. Peck, Mrs. J. C. Kennedy, Mrs. C. E. Moyse.

S PHAGNUM Moss, to which attention has been drawn by the fatal accident to Mr. Harry James Smith, the American Sphagnum Moss expert, is one of Canada's natural resources, one of great value of which has been brought to light by the war. The use of mosses in surgical dressings dates at least as far back as the Napoleonic wars, but the demand for and extensive use of Sphagnum Moss did not materialize until 1915, and even in the Spring of 1916 its use was in the experimental stage. So great has become the demand that Great Britain is no longer able to fill it, and Canada and the United States are now being actively exploited for this highly absorbent dressing.

The first effective work on this side of the Atlantic was initiated by Prof. Porter of McGill University, who secured samples of various qualities of moss from the British authorities early in 1916 and then explored the bogs of Eastern Nova Scotia until he was able to locate supplies of material which the same authorities accepted as "perfect." The first sphagnum dressings sent overseas were made up from this moss in the autumn of 1916 by the Junior Red Cross of Guysboro, Nova Scotia.

Since then the industry has developed steadily. The McGill University Women's Union established a sphagnum department in a large laboratory very generously placed at their disposal by the University Medical School in the autumn of 1916, and from that day until this has been preparing moss and shipping dressings. Another important function of this organization has been to make up experimental sphagnum dressings of many sorts to try out the different grades of Canadian material under varying conditions.

During the winter of 1917 another work room was started at Dalhousie University, Halifax, and the Canadian Red Cross definitely adopted sphagnum for hospital dressings and prepared to open working centres on a large scale. Unfortunately the changes in the Atlantic shipping situation which resulted from unrestricted submarine warfare necessitated a temporary check; but the work of exploration and development was continued.

The late Mr. Harry James Smith of New York became interested in the possibilities of sphagnum last spring and after spending some time with

Dr. Porter to familiarize himself with the technology of the subject, established a sphagnum organization at his own expense at Arichat, Cape Breton, and collected and prepared a large amount of moss. Success in the use of this material led to the adoption of sphagnum by the American Red Cross and to the formation of a department which was placed under the control of Mr. Smith as organizer and Dr. J. A. Hartwell of New York as technical advisor.

During the last two or three months developments have been very rapid. The demand for dressings has increased to such an extent that the Canadian Red Cross has decided to start production on a large scale, and the Americans are organizing for an immense output for the use of their own and the French hospitals.

No moss can of course be procured in the east until the snow melts, and the bogs thaw out; but excellent sphagnum is also found on the Pacific coast. Mr. Smith, with the help of the Canadian Sphagnum Committee, procured a car of Vancouver Island moss early in the winter, and this carload (which Mr. Smith paid for out of his own pocket) proved so satisfactory that he went to Seattle early in March to organize the industry in the northwestern States, and incidentally to look into the situation in British Columbia for Professor Porter, who was unable to go west at the time. As a matter of fact Mr. Smith met his death while searching for moss for the Canadian Red Cross, and thus set the seal to a life of exceptional generosity and nobility.

Sphagnum grows in moist and boggy places, and can be found in almost all parts of the country, but the moss to be useful must have exceptionally full and soft foliage, and the stems white, tough and elastic must be flexible, as otherwise the dressing would be liable to cause irritation.

First-class material has been found coast, and equally good moss grows plentifully in the far West—as, for example, on the west coast of Vancouver Island—but little or no first-class surgical material has been found far from the sea, although there are immense areas of Sphagnum bog in the interior both of Canada and the United States. The best qualities of moss are likely to be found close to the margins of the ponds, and sometimes considerable areas of clean high-grade material fill what was once a

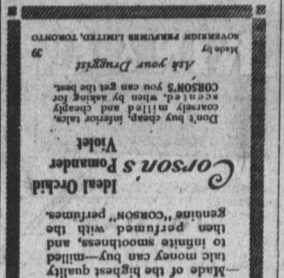
small pond. Before any attempt is made to collect moss in quantities—all of the bogs in the district should be examined with a view to locating the largest supplies of good material, and this preliminary examination should be made by persons who have had previous experience in collecting Sphagnum.

Owing to the great variations in usefulness of different kinds of Sphagnum, and the fact that different species grow very much intermixed, the material has to be collected by people who have been trained to know good moss from bad, and even an experienced collector will often have difficulty in deciding just what to take and what to leave when he first visits a new locality.

The accompanying photographs show the work of the McGill Women's Union. No. 1 illustrates the preparation and drying of sphagnum and the manufacture of dressings. No. 2, the general soldiers' comforts work. The Union was organized during the first weeks of the war from among the families of the Governors and staff of the University. Its original purpose was to help provide "soldiers' comforts" for McGill graduates and students on active service, and these now number over 2,200, the possibilities of its work may be imagined. During the three and a half years of its existence the Union has expended nearly \$5,000 on the purchase of high grade materials, which have been made up by its members into socks, caps, mufflers, pyjamas, shirts, etc., a total of about 5,000 articles of clothing alone, to say nothing of an immense number of sphagnum dressings, etc.

The organizer and first president of the Union was Mrs. H. Walter; since then the chair has been filled successively by Mrs. E. E. Howard, Mr. J. B. Porter and Mrs. J. W. Ross, the present President. The Sphagnum Committee of the Union was organized in 1916 under the chairmanship of Lady Gordon, and its present Chairman is Mrs. Porter. The Treasurer of the Union is Mrs. A. McGowan and the Secretary Mrs. A. Willey. Any correspondence regarding the work of the Union should be addressed to the latter; but questions relating to the technology of Sphagnum and Sphagnum dressings should be addressed to Mr. S. M. Paine, Hon. Sec. Committee on Sphagnum Dressings, Canadian Red Cross Society, care McGill University, Montreal.

Minard's Liniment Cures Burns, Etc.



WOMEN NOT GIVEN WIDER FRANCHISE RIGHTS THAN MEN.

OTTAWA, April 4—Notice of amendments to the women's franchise bill was given in the house tonight by Sir Robert Borden. Under the bill as presented to the house the franchise granted to women in certain provinces would be wider than that already possessed by men. The amendment seeks to remove the difference. It provides that the qualification of women shall be the same as that which would entitle any person to vote at a dominion election in the province in which the women seeks to vote.

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Quick, Direct Results.

There is nothing to equal newspaper advertising for quick and direct results.

Watch the advertising columns and see the class of merchants and manufacturers that use this method of publicity. You will find they are the most successful in their respective lives. Many of them have tried other methods, but experience has shown them that newspaper advertising has no equal in bringing results. The reason for this is that the paper is read in the home, when the mind of the reader is in a receptive condition, and on the lookout for anything that will make life easier or more pleasant.

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WOMAN 15 HOUR

Marvelous Story Change from to Strength Druggist's

Peru, Ind.—"I su placement with back



up in the morning at housework, then go to all day, come home and feel good. I don't know my friends I have to Pinkham's Vegetable Compound for me."—Mrs. J. West 10th St. Peru, Ind.

Women who suffer from menstrual troubles should not fail to get Pinkham's Vegetable Compound. It is a natural and safe remedy for all women's ailments.

AMERICAN SUBMARINE ATLAN

They Are Now Engaged in German U-Boat Waters.

WASHINGTON—The face of the battle, American primarily designed to enter the common German U-boat. Now aiding Allied as are American American naval they have been in for some months. Daniels revealed the submarines here there in his address last Saturday. Loan celebration, details. It is however, to tell time of the mid-winter of the boat, across the face of the most other known in year perilous passages, conditions of the service maintained.

Little has been work of the British submarines in the. They are playing a however, and hurling enemy bases. The encounters between reports of which tion. The service ascribed as a try which men of courage are needed. work, presumably, erican submarines, ed.

NO LOAFING IN MINION UNDER ORDER

OTTAWA, April 5—In-council to supply has been adopted in ment. It provides male person shall engaged in some dition, with the exceptions under sixteen and over sixty, or unfit, or a student unemployed.

Violation of the renders liability to exceeding one hour or in default to it with hard labor six months.

THE MINISTER WIFE

A most astounding reported in the church paper. In the case, this stand against a, m was said that his tending a certain he went there in he by violence drag the hall, and that compelled her to go him. He allowed