ZAM-BUK Beats Any Embrocation In Winter Aches & Pains

Whilst Zam-Buk has long been recognised as Canada's most popular remedy in skin troubles, how many know how better it is than any poisonous liniment for relieving the sharp twinges of rheumatism, sciatica or lumbago?

for relieving the sharp twinges of rheumatism, sciatica or lumbago?

Zam-Buk is equally good for aching
backs, stiff joints, sore muscles, cold in
the head and chest, or sore throat.

Rubbed well into the affected parts,
Zam-Buk's powerful pain-soothing
essences soak right into the tissues,
banishing soreness, congestion and inflammation. Others prefer to treat their
colds so: they rub Zam-Buk between
the palms of both hands and then inhale
the evaporating medicinal balsams.

This does the same good in another way.

Also Fox COLD SORES CHARS CHILBLAINS &C



Extract from a letter of a Canadian soldier in France.

To Mrs. R. D. Bambrick:

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 Linimont.

Your affectionate son,

Minard's Liniment Co. Ltd.

Yarmouth, N.S.

LOGGING SEASON ONE OF VERY BEST

One of the best logging seasons on record as far as weather conditions are concerned, is the report from all parts of New Brunswick. November has been a remarkably open month and at a time when snow and cold weather have been usual, there has been no snow, or very little and the weather has been mild.

This combination of circumstances has enabled the lumber operators to log more extensively and economically than other wise they could. At the labor situation has steadily improved as the season advanced conditions are considered good.

From some parts of the lumberwoods the report is that weather could have been colder within the past few weeks without causing any inconvenience as the temperature has been slightly too high to get the best work out of the horses.

At present the lumbermen are wishing for Ireezing weather in order to make the bottoms and swamps passable for horses.. Cold weather is expected in good time however. With the prospect for a large cut of lumber in all sections the excellent opening of the logging season is one of the best things for the province.

SOME PUZZLE

In the State of Washington there is already one divorce to every two marriages, and the divorces cre increasing, indicating that presently there will be more divorces than there are marriages, and then the spinsters and bachelors will have to begin getting divorces.



Magic Baking Powder is scientifically made and has never failed to give the maximum leavening efficiency. Because of this and the uniformly satisfactory results obtained by its use we recommend it as Canada's perfect baking powder.

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THE NEWSPAPER

It is probable that to a greate

extent than any of us would care to admit, we give a serious place t the daily or weekly paper which comes to our door. We never editors oftentimes with self-interest and the managment with political bias the lack of news is always a cause for complaint; and yet thes very papers fill a large place in our daily lives. Some persons in the cities would not enjoy their breakfasts if the morning papers were not beside their plate.. When we meet each other in the street and come together in our gatherings the main topic of conversation is the last cable report in the day's paper. It is the newspaper which keeps as in touch with the four corners of the earth, and the secluded hamlet of a hundred years ago is now related each day to the ends of the world and the ends of the world are informed daily of the course of events in the most remote quarter. The power of the Press has by no means diminished by modern inventions but rather has greatly increased On the part of editor and manage ment there should be a deepened sense of privilege and obligation it. the present day to look upon a newspaper as one of the channels through which the finest contribu ssible may be made to the welfare of the community, and on the part of the reader also certain privileges and obligations should be recognized. Probably the public receive what they demand and if we maintain high tastes and large interests we may do much to lift the press to the highest plane. In any case, the reader may use discrimination and decide between wheat and chaff in the day's news; between political prejudice and sel-

SERIOUS FIRE AT BATHURST

At an early hour Wednesday morning fire was discovered in the drug store of J. Harry Meahau on Water street Bathurst, and made such rapid headway that the drug store and the restaurant of W.G. F. ent., were totally destroyed with their contents, also the office of Tr.. W.S. Coffyn including his instruments and equipment.

The store of J.P. Whelan also was damaged with a stock of gent's furnishings.

All buildings were one storey frame structures. The locality has suffered from several previous fires, the last occuring about a year ago when Whelan's store and several others were destroyed.

Here and There

Fifty cars of fish were shipped this season from Lesser Slave Lake to various points in Canada and the United States, the majority going to cities in the Eastern States. These shipments were practically all whitefish, the coarser varieties being disposed of in the local markets.

Showing a record increase over the figures of last year, grain loadings in the Western Provinces since the commencement of the crop year, September 1st, aggregate 82,219 cars, representing 136,958,448 bushels, as against 80,828 cars loaded, or 130,287,194 bushels, from September 1st to October 14th, 1922.

That the future prosperity of the Maritime Provinces, as well as the whole, of Canada, depended on the routing of Canadian trade over Canadian railways and through Canadian ports, was the view expressed by Dr. Murray MacLaren, M.P. for St. John, speaking recently in his constituency.

Tens of thousands of caribou are trekking southwards through Yukon Territory for the winter. Bands of them have passed through the outskirts of Dawson City. For a hundred miles down, bands of caribou can be seen swimming the Yukon river and sometimes surrounding cances and steamboats as they pass.

Part of the 15,000 feet of moving pictures taken for the Dominion archives by the Arctic expedition in charge of Captain Bernier, which has just returned from the northern regions, are to be shown in Quebec City shortly. They contain interesting incidents of the life of the Eskimo and typical scenes of the Northern land.

Up to the end of June, 1923, according to E. W. Beatty, President of the Canadian Pacific Railway, the Company had disposed of 18, 194,737 acres of agricultural lands, for which an average price of \$7.87 per acre was received. During this period the Company had, by direct effort of its own, secured the settlement of over 100,000 farmers in Western Canada.

A splendid hunting year with a late onen fall is reported from British Columbia. A world's record Osborn caribou was killed by D. W. Bell, of Williamsport, Pennsylvania. The length of the head was 65 % inches, spread 55 inches and thirtyeight points. A party of three, of whom Bell was one, backed nearly 100 pieces.

A total of 40 round voyages to the port of St. John, New Brunswick, constituting an increase of six over last winter's figures, is announced by the Canadian Pacific in a newly issued schedule of operations for the winter port. The S.S. Montclare will be the first liner to leave St. John after the close of St. Lawrence navigation, sailing for Liverpool on December 7th.

Captain S. Robinson, R.N.R., the hero of the Japanese disaster, who commanded the Empress of Australia when that ship was in Yokohama harbor at the time of the earthquake, has been fittingly honored by the Canadian Pacific Railway. He is to command the company's steamship, the Empress of Canada, when the ship leaves New York, January 30th, on a world cruise.

The most spectacular nugget brought to town in many years arrived in Cobalt, Ont., recently, and the camp's oldtimers gathered round, admiring the huge mass. The nugget weighs approximately 3,200 pounds, is estimated to run fully 75 per cent silver and is worth over \$20,000, according to the estimate of the owner, Angel Clemens, a New Liskeard carpenter.

The Royal Canadian Naval Reserve, of 500 officers and men, is now being organized, and it is expected that selection of officers will be completed early in November. Headquarters will be established at Charlottetown, Halifax, Lunenburg, St. John, Quebec, Vancouver, Prince Rupert and Victoria. Naval training at the naval bases of Esquimalt or Halifax will be given to R.C.N. V.R. ratting during the winter meating.

fish interest, or true principle and rightedus cause. But the power of the Press was never greater than nor

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Something to Consider

Manufactured by Imperial Tobacco Company of Canada Limited

Who makes the RANGES sold here and did you ever try to find out the REPUTATION of the foundries back of the ranges on sale?

foundries back of the ranges on sale?
Then did you ever consider the KNOWLEDGE the salesman has of a stove or range while he TALK Sto you and you are looking over a range?
There is nothing so VOID of SENSE as a person talking RANGE who has not grown up in the business.

When you want a RANGE call and let us REA-SON a bit with you.

We have the finest line of RANGES produced in

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MOTHER! Fletcher's Castoria is a harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared to relieve Infants in arms and Children all ages of

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Wind Colic To Sweeten Stomach Regulate Bowels

Aids in the assimilation of Food, promoting Cheerfulness, Rest, and

Natural Sleep without Opiates
To avoid imitations, always look for the signature of Chartteletcher
Proven directions on each package. Physicians everywhere recommend it.

What Did Jou Give Last Christmas?

"Something useful" for the grown-ups—now worn out or forgotten. A cash bonus for your employees—appreciated but long since spent. Other "last-minute" presents—expensive but unsuitable. Are they remembered now? Q This year give them a Bank Book—make their first deposit and urge them to add to it regularly. Q Could anything be more suitable and enduring?

A Special Christmas Cover is provided for Gift Books.

The Royal Bank of Canada

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Choice Western Beef

Ham, B. Bacon, Roll Bacon, Rose Brand Cooked

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Moncton Ideal Bread, Oranges, Apples, Bananas,
Grape Fruit' Lemons, Cabbage, Preserving Plums,
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Fresh Vegetables of all kinds
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