

## ESCAPE WEATHER PERILS

This sort of weather gives coughs and colds to the strong as well as to the weak-chested. Infectious throat and chest ailments are also about. The safeguard against this two-fold peril take Peps.

When a Peps tablet dissolves on the tongue, powerful medicinal fumes are breathed directly into the lungs. This Peps medicine soothes, heals and strengthens every part of the throat and chest. It speedily banishes

**Coughs Colds & Bronchitis**

Whenever you leave home, office or work, slip a Peps tablet in your mouth to keep out the "cold germs." If you are a "cold" person, you start to sneeze, bathe your nostrils, throat and lungs with the germ-destroying Peps fumes. They prevent the development of serious throat and bronchial ailments.

Peps is available at all medicine dealers. See the Peps logo on the wrapper.

**Take PEPS**

## SAVE!

One Dollar opens an account

A savings account with this Bank is a good foundation on which to build. Lay your foundations sure and strong and your future will be assured.

**THE PROVINCIAL BANK OF CANADA**  
Campbellton Branch: L. J. Bourque, M. n. ger.

## LOCAL ITEMS OF INTEREST

Newspapers of Town and Country Happenings  
Gathered by Graphic Reporters.

### MEETS NEXT TUESDAY.

The regular annual meeting of the Beaufort Municipal Council will be held commencing next Tuesday, Jan. 16th.

### AGAIN MISSED CAMPBELLTON.

Another severe storm swept southern New Brunswick and Nova Scotia last week-end. The storm did not reach Campbellton. This is the third storm to miss us in three weeks. The weather here has been cold and bright except Tuesday when about four inches of snow fell.

### TOWN MANAGER SELECTED.

At a meeting of the Woodstock town Council on Thursday afternoon Mr. J. Rutledge was designated as town manager to succeed R. Fraser Armstrong. Mr. Rutledge during the last fifteen years has had a wide experience in engineering work, which includes municipal engineering and administrative work of all kinds. There were sixteen applicants for the position.

### CHRIST CHURCH.

Services will be held at the following hours Sunday, Jan. 14th: Morning, 11 a.m. Sunday School at 2:30 p.m. Evening, 7 p.m.

### WITH ANOTHER FIRM.

Mr. Romeo G. Comeau, who has represented the Duxbury Drug Co. in northern New Brunswick and on the Gaspe Coast for the past few years, has recently severed his connection with that firm and is now covering the same territory for the Canadian Drug Co. of St. John.

### STEVE HURLEY INJURED.

While endeavoring to assist the doorkeeper, Sgt. Huxley, who was endeavoring to clear two "toughs," Mr. Stephen C. Hurley was tripped and fell against a radiator, severely injuring his head. Several stitches were taken in the wound. Friends who remember Mr. Hurley as manager of the Opera House here, will be glad to know he is coming around all right.

## OF INTEREST TO WOMEN

### THE PROBLEM OF KEEPING HOUSEHOLD ACCOUNTS

Do you keep your household accounts in an old-fashioned daybook or are you running on the modern budget system? If you are a "real" housekeeper you are doing one or the other. The word "budget" seems to hold unspeakable terror for many women who do not understand and won't take the trouble to learn how the budget works. But the advantage of a household accounting system of some sort is undeniable. It shows you just how much it costs you to live.

Bills neatly filed are needed in case they should be presented a second time, and this proof of payment does away with the risk of having to pay them twice. Well-balanced books save money. A family argument as to what has been done with the household allowance.

Three or four ordinary letter-files make this sort of bookkeeping easy. One should be used for filing old bills, one for business letters and duplicate orders for supplies, and one for all unpaid bills presented just before or after pay-day. A day-book carries the accounts that are to be balanced and footed up the first of each month.

Where there is a staff of household help they should each sign for daily, monthly or weekly wages. This provides all chances of argument. Their date of arrival with all information connected with it, including references, etc., are carefully noted, not trusted to memory. It is also a wise precaution to pay in cash.

It is always wise to file gas and electric bills, for they may in this way be compared. As companies change rates sometimes, and our bills tell us how we are faring under various changes of conditions. In a rebate shake-up a few years ago in New York city, persons who had saved their bills found them more valuable as proof that they were entitled to sums which proved in many cases well worth while.

Living out of town, families often buy more in bulk if they have a place for storing supplies. In this way daily accounts do not show living expenditures as monthly records do. Some housewives feel that they are apt to use more freely if they carry their own stock, but this is not the case if the supplies are carefully given out and kept under lock and key.

If the expense account is not checked up every day small details are sure to be overlooked, and it is these lapses that make bookkeeping so hard to keep straight. Small gifts and expenditures should be counted in if they are taken from household funds. There is always an argument as to just what should be paid for out of this money, and it is well to decide and start the right way the account is to be worth anything at all.

Everything in the way of supplies for the house is usually included under household expense, and this should cover laundry, repairs, fuel, help, kitchen equipment, linen, in fact everything except rugs, pictures and furniture. The latter are large expenditures, and not really monthly investments. Clothing and silver, of course, do not come under the expenditures included in household accounts. These things are pin-money items, or gifts from the wage-earner. Garment expenses may or may not be included in household accounts. This is a matter to be decided by the family, and depends upon whether the account is for errands and household needs or for pleasure only. January accounts should include a statement showing last year's living costs.

### SIX RECIPES FOR DELICIOUS CHEESE DISHES

Cheese dishes are especially suitable for luncheon menus, and almost everyone likes them. The only warning needed is not to make them too rich or cook them too much. The richer and more creamy dairy cheese is, the more quickly and perfectly it melts. Each recipe requires the cheese that is most satisfactory for that particular dish. A hard, dry cheese for casseroles, will not do for a creamy dish, and a rich cheese is not suitable for a soup cheese, and so on down the list.

### Cheese Omelette.

Prepare a five-egg omelette by beating the egg yolks thoroughly and adding a half cupful of rich milk or light cream, pepper and a little salt. Pour the mixture into a hot, buttered omelette pan, and cook as usual. When ready to turn, have ready the whites of the eggs beaten to a stiff froth, adding a little pepper and salt and a half cupful of grated sharp cheese. Spread the filling and set the omelette under the broiler for a couple of minutes, then fold it. Garnish this omelette with a teaspoonful of bar-le-chien.

Toast five slices of bread and place them on a hot dish. Melt five ounces of rich creamy dairy cheese in a bowl over the kettle, with a beaten egg, a tablespoonful of butter, a half teaspoonful of mustard, pepper, salt, a tablespoonful of sugar and five tablespoonfuls of rich milk. Stir these ingredients until they are rich and creamy. Pour this mixture over the toast, spread the cheese mixture over the toast, place, lay an egg on each slice, and put a teaspoonful of the cheese mixture on top of each egg. Garnish the chicken with parsley and little strips of broiled bacon.

### Queen Ann Parsnips

Pare three white, firm parsnips and boil them until they are tender, then mash them fine. Add pepper, salt, a tablespoonful of sugar, a teaspoonful of butter, the juice of an onion, a hard egg, and a quarter cupful of grated cheese. Mix all these ingredients well, then add a tablespoonful of flour and a tablespoonful of finely chopped walnuts. Roll the mixture in small balls, the size of a walnut, dip the balls in eggs, then in fine crumbs, fry them a golden brown in hot fat and serve them with a good cream or smooth tomato sauce.

### Papa's Cheese Fingers

Mix together a quarter pound of butter, a quarter pound of grated cheese, a quarter pound of flour, pepper salt, and a half level teaspoonful of paprika. Add a little ice water to make the dough soft enough to roll. Cut it into fingers a quarter inch thick, place the fingers on heavy writing paper, bake them a delicate brown. Place the fingers when cool on a doily and serve with cream and butter. Cheese and orange salad in a French dressing.

### Nutted Cream Cheese.

Work a small cream cheese to a paste with a little heavy cream, and add a teaspoonful of sugar, a spoonful of salt and a quarter cupful of walnut nuts or bleached almonds, chopped very fine. A little whipped cream may also be added if the paste seems to be too dense. Mould and chill the cheese, then serve it garnished with a teaspoonful of mint jelly. Serve cinnamon or plain toasted muffs with this cheese.

### Cheese Peppers

Put two bell peppers into the oven long enough to loosen the skins, peel them, cut the stems ends and draw out the seed cones. Work a cream cheese to a paste with a tablespoonful of chopped chives, the juice of an onion, a teaspoonful of chopped white celery leaves, salt and add a little sugar and cream. Fill the peppers full with this mixture, chill them, place them in lettuce leaves, and serve them on lettuce leaves dipped in French dressing.

### W. C. T. U.

First, those who become rich in one department or another of the liquor

### NOTICE.

Be Estate of Herbert Henry Brown, in his lifetime Merchant of Esquimaux, Co. Bonaventure, District of Gaspe. Notice is hereby given that Edgar Brown, farmer of Esquimaux, and Henry Brown in his lifetime Merchant of the minor children of Herbert Henry Brown, of Esquimaux, District of Gaspe, in virtue of a judgment of the Superior Court, rendered on the 15th Dec. 1922, and assigned in the name of the said minor children, Grant Brown and Burnett Brown, the estate of their late father, Herbert Henry Brown under benefit of Inventory.

Will have to be also, duly sworn to, into the hands of the said Edgar Brown as equality, at the office of P. Emile Cote, lawyer, of New Carlisle, his attorney, within 30 days of the present notice.

New Carlisle, Dec. 29th, 1922.  
(Sgd.) EDGAR BROWN  
Equality  
(counter-signed)  
P. EMILE COTE, Attorney for Edgar Brown, Esq.  
Jan. 2nd 1923.

business before its legality was abolished and who are fighting secretly for the resumption of that business. Second, those who consider their own interest as the most important thing in life and who are fighting openly for the resumption of their appetite's gratification. And third, those who have been hoodwinked by high-sounding phrases about personal liberty or frightened by false propaganda concerning lawlessness into unwittingly supporting the cause of the liquor interests. If you are against prohibition you are bound to belong in one of these three groups.

This division into three parts, and a more, satisfies all there is of reality in the situation. To take note of the bewildering and complicated further subdivisions of enemies to prohibition that are being made on paper is interesting only as it is the artificiality and humbug that overlie that reality.

When the Propaganda Started. Also, the liquor interests are paying for the entire performance. The fact is provable. Who would put up the hundreds of thousands of dollars now being expended to destroy prohibition if not those who would reap the financial benefits of such destruction?

A plain and obvious as the question and its answer are, the proof, by showing motive, is even more specific. The activity of the propaganda against prohibition did not begin to show vigor and substantial financial backing until the big distillery and brewery interests began to be hard hit by the gradually developing machinery for the enforcement of prohibition.

Before this machinery really got under way and began to show some effectiveness in stopping big liquor business as well as hunting petty bootleggers in back alleys, the organized propaganda against prohibition was hush-hush. It became aggressive only after the Federal prohibition enforcement officers had cut the whisky supply of the country from something like one hundred and thirty million gallons a year to seven million gallons, and when the brewers earned from experience that they were going to jail instead of escaping with fines that hardly impaired the profits of the illegitimate production. Then the brewers and distillers began to pay heavily to finance the camouflage of the anti-prohibition organizations which pretend to have no connection whatever with the liquor interests.

There is proof also in past performances of the liquor interests as revealed by the United States Senate investigations of 1917. It was then shown that a vast sum was being furnished by such interests for propaganda to accomplish the double purpose of staving off prohibition and of diminishing the effectiveness of America in the war. The war motive is now eliminated, but the methods of the liquor interests today to destroy prohibition are identical with their methods to prevent its coming, as revealed by the hearings before the judiciary committee of the Senate. For example, the Senate committee found, as stated in its official report, that the brewers and distillers "organized clubs, leagues and corporations of various kinds for the purpose of secretly carrying on their political activities."

### Relieves Promptly:

Coughs, Colds, Bronchitis, Grippe, Whooping-Cough, etc.

### Colds when neglected

or wrongly treated give rise to consequences of such a grave character that you should not risk using inferior preparations.

### Mathieu's "Mouth" Syrup

Mathieu's SYRUP OF TAR & COD LIVER EXTRACT STOPS COUGHS

It gives relief in a few days, and helps a mother's nursing child. 25c a bottle.

### HOUSE FOR SALE OR TO RENT

Now occupied by Mr. Scott Moffat, Aberdeen Street. Apply to S. W. DIMOCK, Town—Sept. 21st.

### A Challenge Against Useless Expense

When making repairs in your home or about your premises always be sure to get our prices before beginning the work. Our very reasonable prices are a challenge against useless expense and are bound to save you money.

### WE HAVE EVERYTHING FOR HOME-MAKERS

Beaver Board, Windows, Doors, Siding, Scantling, Paints, Paper and Building, Nails, Douglas Fir Doors, Sheathing, Sewer Pipe, Cement, and Finest Laths.

And we are prepared to do Architectural, Engineering or Survey Work.

### Hamilton & Collier

Builders and Contractors Office Roseberry St., opp. Tribune Office. Phone 417 P. O. Box 208

without having their interests known to the public." That is what they are doing now, and the brewers are contributing two-thirds and the distillers one-third of the money needed to pay the bills.

The Senate committee also reported that the liquor interests "contributed enormous sums of money to political campaigns in violation of the Federal and state statutes, that they exacted pledges from candidates, that they undertook through a cunningly conceived plan of advertising and subsidization to control and dominate the foreign-language press of the United States." These are the words of the official Senate report. They apply in every particular to the present fight against prohibition.

### THE POTATTO TRADE.

During the last two weeks about 100,000 barrels of potatoes have been shipped from the Maritime Provinces to Cuba. Three cargoes have been shipped from Prince Edward Island, two from Nova Scotia and one from St. John. Another is to be forwarded shortly. Conditions in Cuba are improving, the Cuban governments recent \$50,000,000 loan, floated in the United States, having aided to relieve the financial situation. The potato market in Aroostook County continues dull and largely nominal, producers showing little interest. Prices continue low.

### Soup Bones.

Bake the bones you are saving for soup, just a few minutes in a hot oven and they will remain in good condition for several days.

A Tip From The Manicurist. Rub a little olive oil on and around your finger nails each night, before retiring and you will find them much less brittle.

### Stung!

Mrs. De Nage—It's about time our Mary was getting married. Mr. De Nage—Just let her wait: until the right man comes along. Mrs. De Nage—Why should she? I didn't.

### Classified

OFFICE TO LET. A complete office building on Minto Street near Roseberry, consisting of three rooms, heated by furnace, water, electric lights. Suitable for doctor, lawyer or business office. Near C.N.R. Depot. Possession at once. Apply to GRAPHIC OFFICE, Dec. 6th.

EXPERT DEVELOPING—If you want still "BETTER PICTURES" mail us your films. Our "RESULTS" are the kind you want but cannot get elsewhere. Campbellton Agency at A. McE. MacDonald's. H. V. HENDERSON, West Bathurst, N. B. Oct. 26th.

PULPWOOD—I will buy any quantity of pulped wood two feet round or four feet, peeled from 100 to 1000 cords. Subject to inspection before loading. 100% cash with Bill of Lading.

Write or wire how much you have and I will send inspector. GEORGE S. KERR, Campbellton, N. B. July 20th.

### We Will Pay Your Railway Fare to Toronto

MEN WANTED. \$5.00 to \$12.00 Per Day. Men wanted at once, both city and country, the present demand in automobile mechanics and driving, tractor operating, tire vulcanizing, oxy-acetylene welding, storage battery and electrical work; we teach these trades, practical training only a few weeks required, day and night classes; write for free catalogue; big wages, steady employment, HEMPHILL AUTO GAS TRACTOR SCHOOLS, 163 King West, Toronto. Visitors welcome. Dec. 14-4 wks.

### HOUSE FOR SALE OR TO RENT

Now occupied by Mr. Scott Moffat, Aberdeen Street. Apply to S. W. DIMOCK, Town—Sept. 21st.



### KITCHEN ACCIDENTS

How often have you cut or burned yourself, and because of the pain and smarting have been almost unable to continue your household duties? Are you aware that if you would apply Zam-Buk immediately after such an accident it would prevent all that pain and inconvenience?

Zam-Buk quickly takes the fiery pain out of a burn or scald, the sting out of a cut or scratch, and the soreness and tenderness out of a bruise. Besides, it is an unfailing healer and prevents festering, blood-poisoning, etc. Try Zam-Buk the next time you meet with an accident and prove its merits for yourself. Get a box to-day and have it ready for the moment you need it. Zam-Buk is equally good for all sores, eczema, ulcers, salt rheum, blood-poisoning and piles. All dealers sell it.

FREE Try Zam-Buk at our expense. Get out this advertisement and send it with a piece of paper and a stamp for return postage to Zam-Buk, Toronto, and free trial box will be sent you.

**ZAM-BUK**

### Cook's Prices

#### This Week

Five Rose Flour, bbl.	\$8.50
Five Rose Flour, Bag	4.00
Middlings	1.75
White Middlings	2.00
Bran	1.50
Cracked Corn	2.50
Cornmeal	2.50
Western Black Oats	2.00
Buffalo Reelcaned Oats	2.25
Hay, per ton	20.00

Prompt attention to Phone Orders.

### W. T. COOK

Phone 174 - Town

### FOR SALE—Sand and Gravel

promptly delivered to any part of the town. A large stock always on hand. Get my prices before buying elsewhere. Apply to BENJAMIN LAUREN, Ramsey Street—Apr. 16th. Phone 281

### ROOMS TO LET—Suitable for office, large, airy and heated. In Commercial Block. Apply to H. A. CARR, Town. Dec. 3rd.

### SAND AND GRAVEL.

I am prepared to attend to all orders for sand and gravel. Prompt Services—Right Prices. J. C. CHATTERTON, Nov. 28th Phone 262

## Birthday Gifts

Christmas is past and gone for another year but birthdays come with every passing week.

If you are contemplating

the purchase of a gift of quality and one that will best express your sentiments, get

**Gifts That Last** At Right Prices

**H. R. HUMPHREY** CAMPBELLTON, N. B.



### Good food and the right exercise will oblige your health and happiness.

### —MacDonald's Oblige—

The exercise of shopping will help you a lot. You'll recognize the fact that we have choice meats when you make a purchase here.

**SUGARLOAF**

**SUGARLOAF ST. PHONE 400**

**MURINE EYES**

SUN WIND DUST & CINDERS