URED AFTER 20 YEARS OF SUFFERING

CO great are the healing powers of Zam-Buk that men of elevated rank all over the Dominion are glad to testify to its merits. One of the most recent converts to the Zam-Buk method of treating and curing disease is Mr. C. E. Sanford,

of Weston, King's Co., N.S. Mr. Sanford is a Justice of the Peace for the County, and a Member of the Board of School Commissioners. He is also deacon of the Baptist Church in Berwick. Indeed throughout the County it would be difficult to find a man more widely known and more highly respected.

Some time back he had occasion to test Zam-Buk, and here is his opinion of this great balm. He says:-

"I never used anything that gave me such satisfaction as Zam-Buk. I had a patch of Eczema on my ankle which had been there for over 20 years. Sometimes also the disease would break out on my shoulders. I had taken Solution of Arsenic, had applied various ointments, and tried all sorts of things to obtain a cure, but all in vain. I was advised to give Zam-Buk a trial, and as I am a firm believer in nature's remedies, I did so. From first applying it I saw it was altogether different

to the ordinary ointments and embrocations, and it soon began to show signs of clearing away the eczema on my ankle. This was so gratifying that I persevered for some time with it, and I am glad to say it had the desired result. I am now cured of the disease which defied every other treatment for twenty years.

"This is not the only direction in which I have proved the merits of

OF COLD IN WEST

Thermometer at Fort William Dove to

55 Below Recently.

for this painful ailment in Zam-Buk. Zam-Buk soothes the pain, relieves the congested veins, and so restores the elasticity to the tissues, that the piles gradually but surely disappear.

I take comfort in helping my brother man, and if the publication of my cpinion of the healing value of Zam-Buk will lead other sufferers to try it, I should be glad. For the relief of suffering caused by piles or skin diseases, I know of nothing to equal Zam-Buk."

HOW WORKING PEOPLE BENEFIT FROM ZAM-BUK.

Every working man and woman occasionally sustains accidental injuries at business which give rise to great pain, and sometimes "take the wrong way." When Zam-Buk is tices to draw out the poison and inflamkept handy, it gives speedy relief in such cases and ensures quick cures. The following mation. We obeyed the order, but cases are interesting in this connection :-

SEVERE BURN CURED .- Mr. J. Nixon, blacksmith, of 901, William Ave-Vinnipeg, says: - "While working at the C.P.R. shops I burned my left foot severely. When about to wold two pieces of iron together, some of the hot metal fell on my foot burning a hole through the shoe, sock, and into the flesh quite deeply. I suffered terribly all that night with the burning pain, and the next morning my foot was badly inflamed and showed indications of blood-poisoning. I had now an angry sore which discharged freely. and for three weeks could not bring about a cure, though various remedies were applied. At last I obtained a preparation from the doctor which seemed to stop the discharging and made me feel quite hopeful, but finally the wound became as bad as ever. I was then advised to use Zam-Buk, and from the first application the balm gave me relief. The inflammation was thoroughly checked, and the puisonous matter cleared away in a very short time after beginning with Zam-Buk. Healing then began, and in less than two weeks the wound was healed and a thorough cure brought about, for which I am very grateful.

SCALDS CURED.-Mrs. M. Maskell, of 210, Gladstone Street, Winnipeg, says Last February I scalded my right arm with the escaping steam from a kettle of boiling water. Large blisters formed quickly, and the burning heat and pains were almost unbear-Directly this was done I applied a soothing oil I had in the house, but the next day while doing the work about the house the water blisters were broken. Inflammation set in, and before I was aware of it I had an angry sore on my arm. For upwards of a month I kept treating the sore with first one remedy and then another, but it refused to heal until I began using Zam-Buk. After three applications of this balm the inflammation was banished and the sore thoroughly cleansed so that healing began. In a week's time Zam-Buk had healed the sore nicely, new skin having formed." Zam-Buk. I suffered for a long time from piles, and I found a perfect cure had healed the sore nicely, new skin having formed."

MOTHER'S APPEAL TO MOTHERS.

Mrs. C. J. Irlam, of 907, William Ave, Winnipeg, says :- "I am quite sure that every mother who once proves the allround value of Zam Buk in the home, will never again be without a box." She goes on to show how on three distinct emergencies in her own home Zam-Buk proved an unspeakable boon. Some eight weeks ago," she says, my brother, while at work had a rusty nail driven into the palm of his right hand. The rust and dirt on the nail set up blood-poisoning and inflammation. He attended the General when after some days there was no improvement, I left off the poultices and applied Zam-Buk. The change of treatment had an almost magical effect! Zam-Buk soothed the pain, drew out the poison, and allayed the inflamma-Healing then set in, and in a few days he was able to go back to work. "About six weeks ago, my husband while returning home quite late in the evening was pitten by a dog. The animal's teeth penetrated his thigh just above the knee and inflicted an ugly wound. Directly he got home we applied Zam-Buk, and in a few days the soreness was gone and the wound almost healed.

"Still a third instance occurred in which Zan-Buk again proved its great healing power. My little boy of five was at play one day when he fell and striking his head upon a sharp stone nflicted a nasty gash. I washed the wound nd put on some Zam-Buk. The way in which his balm relieved the little fellow's pain was eally splendid! Within a week the cut—a "We have proved Zam-Buk's power in still ugly one-was quite healed.



WHAT YOU SHOULD USE ZAM-BUK FOR.

Zam-Buk is a positive and certain cure for cuts, burns, bruises, sprains, piles, festering sores, ulcers, scalds, blood-poisoning, eczema. chapped hands, cold cracks, chilblains, ringworm, scalp sores, bad leg. diseased ankles, and all other skin diseases and injuries. Rubbed wel into the parts affected, it cures neuralgia, rheumatism, or sciatica. All druggists and stores sell at 50 c. box, three for \$1.25, and post free from Zam-Buk Co., Toronto, for prices. Refuse the harmful imitations sometimes represented to be "just as good."

SPENDING BOARDS WANT MORE MONEY

They Are Now Busy Preparing Four of the Undesirables Com-Estimates for the

Year.

The different boards are preparing their estimates for the year.

So far no definite information can be secured as to the probable crease in the different appropriations, but it is more than likely the majority of the boards will ask for more

Board of Works.

The board of works will probably insist upon a start being made in a system of storm sewers throughout the city, and will ask for an appropriation to lay a considerable distance this year. It is not likely that much new work will be commenced by the board.

Hospital Trust.

The hospital trust will ask for a were capable of doing a day's work largely increased grant this year. They were taken to Montreal last week Last year over \$31,000 was spent on by the deportation officer, Mr. Robert Victoria, and with the new isolation Boston, and handed over to the steamhospital to be maintained that beard ship company which had brought them will ask not much short of \$40,000, over almost 2 mills on the dollar for the coming year.

Number Three Committee.

No 3 committee will show a considerable increase in their estimates. Last year the fire halls cost about \$10,000, while this year with the two this country April, 1908, and who is new halls to maintain and other expenditures, it will run not a cent less theft. than \$50,000. There will be other expenditures by the committee such as Americans, who came here in Septemstreet watering and the like, that will ber, 1908, and who are both serving 21 increase their appropriation fully days for trespass. \$20,000 over 1908.

The Schools.

Little information can be obtained regarding the schools, but it is expected that the increase in the estimated expenditure from that source will not be very large. However, as there is a sum of \$5,000 overdraft to make up, there will be some increase

Judging from the increases, the tax rate will not be much lower, if any than last year.

> la any emergency you can rely on

GRAPE=NUTS

food to sustain and strengthen brain and body.

"There's a Reason"

SIX RECOMMENDED FOR DEPORTATION

Merely Vagrants.

mmending that they be deported.

Parker and John Hall, both Englishmen, were recommended for deporta-

tion. Parker had maintained himself

by begging, while Hall had been com-

mitted for vagrancy, there being no

other means of supporting him pend-

Of the criminal cases there are four

James Malone, an Englishman, 35

ears of age, and married, who came to

this country Nov. 21, 1907. He was

committed for three months for theft.

John McDonald, a Scotchman, 2:

years of age, and single, who landed in

serving a sentence of six months for

Earl Randall and Bert Long, both

It is possible to deport these crim-

inals before their sentence is com-

pleted, but it is usual to make them

Much-Needed Improvement Is Now

Being Made.

The improvement in the lighting of

he jail recommended by the grand

jury, and adopted by the county coun-

cil at their last session, is being com-

menced, and within a couple of weeks

the local building will be as well light-

ed an institution of the kind as is to

be found in the Province. There will

be 23 lights in all, each of 16-candle-

power, two of which will be placed in

each corridor. The lack of light in the

past has been a serious handicap to

the jail authorities as often in the dark

mornings the berakfast hour has had

to be postponed waiting for the tardy

THE COUNTY JAIL

serve their sentence as a warning.

MORE LIGHT FOR

ing his removal. Neither of these mer

come a charge

mitted Crimes and Two Were

Mr. Jeffrey Hennigar, cashier in th . P. R. freight offices at Fort Wil liam, and a well-known London box stated in a letter to friends here that he had both of his cheeks slightly During the past month six persons frozen one day last week when th have been reported by the sheriff, recthermometer took a sudden drop and went down to 55 degrees below zero In criminal cases, each one recom-Mr. Hennigar states that it is great mended for deportation has to be sepweather for hockey, and mentions th arately reported, and at the end of the fact that Davy Bole, who played such month, returns embracing all the cases a star game for London last seaso must be made. When the undesirables has scored more goals this season so have committed no offence they can far for the Fort William team than be recommended for deportation on the any other player in the league. Bole representation of the clerk of the mu- is playing the position of rover of th nicipality upon which they have be Fort William team, and has for entre man Billy McGimsie, of Under this rule two men, George famous Kenora Thistles

WONDERFUL CURE BY DODD'S KIDNEY PILLS.

Mark Southern Tells How They Raised Him From a Bed of Sickness, Cured His Kidney Disease and Made Him a Well

Skipton, Duck Lake, Sask., Feb. 1. After thirteen years' suffering from Kidney Disease, brought on by an accident, Mark Southern, of Heslaker Farm, near here, is a well man, and he is not slow to state that he owes his cure to Dodd's Kidney Pills.

"It began with pains in my back. Mr. Southern says, "and across my oins, and of late years I became very weak, and for days I had to keep to my bed. I had all kinds of advice and tried a great many medicines, but all to no

"Reading an advertisement induced me to give Dodd's Kidney Pills a trial for 50 cents. and I wrote for six boxes. After taking the first box I began to feel relief, and the old complaint."

Diseases and all diseases resulting bies, including the worst kind of indi from disordered Kidneys right out of the system. That's how they cure Bright's Disease. Diabetes, Dropsy, Rheumatism and Backache, They do it by putting the Kidneys in good working order and they always do it.

Feather Beds, Phrows and Mattresses renovated and sterilized: also manufac-

Grand Union Hotel

Rooms, \$1.00 a Day Baggage to and from Station free.



A Woman's Sympathy Are you discouraged? Is your doctor' bill a heavy financial load? Is your pai a heavy physical burden? I know

these mean to delicate women—I have been discouraged, too; but learned how to cure myself. I want to relieve your bur-dens. Why not end the pain and stop the doctor's bill? I can do this for you and AWAY OUT

N THE PRAIRIES

| doctor's bill? I can do this for you and will if you will assist me. All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write to-day for my free treatment. MRS. F. E CURRAH, Windsor, Ont.

ACUTE INDIGESTION.

If you occasionally have a taste of our food in your mouth, it surely shows that the food you are taking into your stomach is not being digested, but instead is fermenting and giving out poisonous gases.

Belching of gas is a common symp tom at such times, and also that lump of lead feeling, as if your stomach was carrying a much greater load than it could stand. These are sure symptoms of indi gestion, and should be attended to a

If you want prompt relief and per manent cure, go to W. T. Strong, and

W. T. Strong knows that Mi-o-na is a highly recommended scientific after using six boxes I felt quite well remedy, and that is why he is ready The Bermuda-Atlantic S. S. Co. again. I am now able to get about my at all times to return your money if it 21-24 State street, New York, N. work and feel no effects whatever from fails to cure acid stomach, belching of gas dizziness biliousness sick head. Dodd's Kidney Pills clean all Kidney ache, foul breath and all stomach trougestion. Mi-o-na cures by removing the

cause. It builds up the stomach so fast that in a few days the blood, nerves, muscles, and the entire body received increased nourishment, which results in a clearer complexion, bright eyes, more energy and hopefulness.

men among the pensioners CANADIAN

PACIFIC No Change of Cars Going to the Northwest

By the Canadian Pacific direct Canadian line. Through standard and Tourist sleeping-cars and coaches leave Toronto daily a 10:15 p.m. for Winnipeg, the Northwest and Pacific Coast.

Fastest Time For full information and tickets apply to W. Fulton, C. P. R. agent

161 Dundas street, corner Rich-

NOW IS THE TIME TO VISIT THE LANDS OF SUNSHINE AND FLOWERS

Round trip tickets are now on sale daily except Saturday, for Quebec, St. John. Round trip tickets are now on sale daily at lowest rates from all Wabash stations to the South and West, including TEXAS, OLD MEXICO and CALIFORNIA. The Wabash is the GREAT THROUGH CAR LINE between the East and West.

For rates, time of trains, apply to your nearest Wabash agent, or address J. A. RICHARDSON, district passenger agent, Younge street (Traders' Bank building), Toronto, and St. Thomas, Ont.

REDUCED RATES TO BERMUDA The most delightful winter resort in the world. Ideal climate.

The Garden Spot of the World Less than two days from New York by the superb nineteen-knot twinscrew ocean flier "Prince George." Sails every Thursday. The fastest and most comfortable boat to Bermuda. First-class round trip fare, including stateroom, berth and meals, \$40 and up. Handsome booklet and full particulars of your local ticket agent, or

TO LIVERPOOL .Empress of Brital

Lake Erie Feb. 6... Feb. 12..... to be postponed waiting for the tardy sun. The lights in the corridor will be a great assistance to the turnkeys in seeing that their prisoners do not get into trouble.

The lights in the corridor will be a great assistance to the turnkeys in seeing that their prisoners do not get into trouble.

Booth's Laxatives are great favorites to with constipation sufferers. Nothing the constipation sufferers. Twenty-into trouble.

Booth's Laxatives are great favorites the constitution apply to W. FULTON, F. B. CLARKE or E. DE LA HOOKE, or write S. J. SHARP, 71 Yonge street. The ronto.

Call or write for rates and full particution apply to W. FULTON, F. B. CLARKE or E. DE LA HOOKE, or write S. J. SHARP, 71 Yonge street. The ronto.

RUGGLES, G.P.A., Chicago.

GRAND TRUNK RAILWAY

Winter Resorts Round-trip tourist tickets now on sale to all principal winter resorts,

including California, Mexico, Florida, The New and Attrac-

tive Route To Manitoba, Saskatchewan and Alberta is via Chicago and St. Paul, Minneapolis or Duluth. Baggage checked through in bond-no examin-

Full information from E. de la Hooke, City Passenger and Ticket Agent; E. Ruse, Depot Agent

Royal Mail Trains

Famed for the excellence of Sleeping

and Dining Car Service.

Leaves Montreal 12:00 (noon) dally,

Friday's Maritime

Express passengers and baggage at the side of the steamship at Halifax the following

Intercolonial Railway uses Bonaventure Union Depot, Montreal, making direct connection with Grand Trunk For timetables and other information

apply to Toronto Ticket Office, 51 King street east, or General Passenger Department, Moncton, N. B.

ROUND TRIP WINTER **Tourist Rates**

MICHIGAN CENTRAL

"The Magara Falls Route."

Florida and the

South

Through sleeping cars, tri-weekly service, Detroit to Jacksonville, Fla., and many other points in the South. Feb. 6. Lake Erie

Feb. 12. Empress of Ireland
Feb. 26. Empress of Britain

Empress of Britain

The close connections made at Detroit, with no delays, make this the quickest and most satisfactory route.

TRAVELERS' GUIDE

BRIDGE AND TORONTO. Corrected to Jan. 10, 1909 10:56 a.m., *11:12 a.m., *11:28 a.m. *6:30 p.m., *8:00 p.m., 10:10 p.m. Arrive from the west-*12:09 a.m *3:35 a.m., *11:28 a.m., 1:10 p.m.

4:10 p.m., 6:25 p.m. Depart for the east-*12:14 a.m. *3:40 a.m., 7:30 a.m., 9 a.m., *11:33 a.m., 2:05 p.m., *4:25 p.m., *6:53 p.m. (Eastern Flyer).

The trains leaving at 7:30 a.m. an :05 p.m. stop at all stations. Depart for the west-*3:50 a.m. :40 a.m., *11:18 a.m., *11:43 a.m. 1:40 p.m., *9:14 g.m. The 7:40 a.m. and the 1:40 p.m. trains stop at all stations.

LONDON AND WINDSOR. Arrive-10:25 a.m., 4 p.m., *6:56 m. (Eastern Flyer), 11 p.m. Depart-6:35 a.m., *11:35 a.m., 2:2 .m., *8:10 p.m. (International Lim

Arrive-*3:25 a.m., 11:15 a.m., 1:3 n., 6:45 p.m., 11:25 p.m. Depart-6:00 a.m., 10:26 a.m., 2: .m., 4:55 p.m. LONDON, HURON AND BRUCE.

STRATFORD BRANCH.

Arrive-10:10 a.m., 6:10 p.m. Depart-8:30 a.m., 4:50 p.m. Trains marked thus * run dall Those not so marked run daily excer PERE MARQUETTE RAILWAY.

Depart-5:40 a.m., *7:10 a.m., 9:4 i.m., 2:30 p.m., *3:40 p.m. Arrive-8:45 a.m., *12:20 p.m., 1:5 p.m., 4:40 p.m., *9:20 p.m. * To and from Walkerville withou: change. Trains not "starred" to Port Stanley.

CANADIAN PACIFIC RAILWAY. Arrive-From the east-*11:30 a.m. 8 p.m., *10:52 p.m. From the west-4:30 a.m., **8:35 a.m., *5:20 p.m. Depart-For the east-*4:40 a.m. 8:43 a.m., *5:28 p.m. For the west-*11:38 a.m., ***8:10 p.m., *11:00 p.m Trains marked thus * run daily Those not so marked run daily ex cept Sunday. **From Chatham only **Runs only to Chatham. MICHIGAN CENTRAL RAILWAY.

Arrive-6:55 a.m. 11:10 am. 5:1 .m., 9:50 p.m. Depart-7:15 am. 2:20 p.m., 5:3 .m., *10:25 p.m.

*Runs through to Waterford.

OCEAN STEAMSHIP TICKETS AMERICAN LINE.

Y.—Plymouth—Cherbourg—S'hamptor Philadelphia—Queenstown—Liverpool. ATLANTIC TRANSPORT LINE. New York-London Direct. DOMINION LINE.

Royal Mail Steamers.
ontreal - Quebec - Liverpool (Summer Cortland-Liverpool Direct (Winter). WHITE STAR LINE. New York—Queenstown—Liverpool,
N. Y.—Plymouth—Cherbourg—S'hampton
Boston—Queenstown—Liverpool.
New York and Boston—1

W York