

MR. WILLIAM MUMFORD of 12 Lo

d to anoint their injuries with secret balms was part of the day's program. In Zam-Buk you modern representative of theses ancient healers. Ordinary cintments centain mostly rancid ani-r poleoneus mineral substances. Leave the lid off these cintments for a few days and note and the contrary, is absolutely free from any trace of animal fat or mineral poison. If from purely herbal essences, is so concentrated and purified that it is suitable for the delicate never goes rancid. It always keeps clean, fresh, and sweet. the modern repres of childre the never goes ranoid. It always keeps clean, fresh, and sweet. have has given man the instinct to rub a place that hurts. She has also given him Zam-Buk, Na-process begins. It Prevents supportion, blood poisoning, etc. It draws out inflammation, ends pain and emarting, and heals. The best test is a personal test. Seed in for a free box and let Zam-Buk prove its own case. See coupon below.

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A LETTER FROM GLOUCESTER

Strongest Politicial Opponent of O. Turgeon, M. P., Has no Chance in That County.

WHAT TURGEON HAS DONE

Conservative Convention Largely Composed of Provincial OffIce Holders.

'The strongest political opponent of Mr. O. Turgeon our fedral candidate, has absoutiely no show of election in this county Apart from the popularity of the Liberal government and consideration of the immense progress its policy has brought to the Domin don in general the great efforts put forth by Mr. Turgeon to meet the uency have placed him beyond the of defeat. Pre-election possibility boasting does not carry much weight in these days of political enlightment, but it is no boast to say that his

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majority will be nothing less than 800 votes and it would be no surprise to see it jump to 1000. When one calmly views the situ ation and sees all that has been done

MARY PARTICIPATION

for this county such as the construcnew wharves, breakwaters, zeal of Mr. Turgeon. new light-houses, etc. is to be wonder

county.

ed at that Mr. Turgeons friends are tion works at the entrance of Tracadie harbor, point to what is in store the government for the permanent so sanguine of success. The completion of the great wharf for these places in the near future. at Petit Pocher and its connection. The improvements in the different with the I C. R. will open up a new harbors in the way of additional buoys representative. In the view, thereavenue of traffic for that ilburishing and light houses and especially the fore, of the immense benefit such im-

district. It will also 0324 a new addition of gashight buoys to enable provements mean to the commercial fail shipment of inn ! .. our numerous fishermen to reach a wekare of our town, would it not be from 'acquet River, Charl., Camp- safe refuge at night has made of Mr. and Dalhousie. Shipme ts Turgeon the Napoleon of the sea-... tor. can be made here by water four weeks going class of our electors. later in the fall and three weeks ear-The strenuous efforts put forth by

on the North Shore. opment of our iron deposits have had Besides this great advantage to for result the purchase of these prooutside trade, there is the assurance perties by a rich syndicate and have of a rapid development of local trade insured the construction of the iron

and a revival of the fishing industry. works in Bathurst. Through his eff-The people of this section of our orts a line of railway was surveyed County have for years been suffering from the mines at Grand Falls for the want of such a wharf. within a mile of the Town of Bath-The addition to the wharf at Stone urst, and the government has consent haven, rendered necessary by the in- ed to the construction of the railway | pear that the Conservatives really creasing trade of that locality, not- to connect the mines with the I. C.

withstanding its condemnation in par R. In order to induce the Drumliament by Mr. Crocket, M. P. for monds to astablish their works in the York, is a much needed and much town of Bathurst Mr. Turgeon has appreciated piece of work, and there made the necessary arrangements for the deepening of the Bathurst Haris no doubt that the sturdy and honest citizens of Stonehaven will give bor. at a cost that will mean thous a decisive answer to the slanders, ands of dollars. As soon as the Drum touching this work written to Mr. mond people will make known the growing needs of his large constit- Crocket, by one of the candidates in ; site of their smelting works in the the last provincial elections who lost ; town or its vicinity the federal govern his deposit, and who is now one of ment will be prepared to put a dredge the Conservative organizers of this to work. In conversation, the other day, with a representative of the

The additions to the Grand Anse Drummond Company, he told yous breakwater, the Caraquet wharf, the correspondent that judging from the Lameque wharf, the Miscou wharf, all encouragement given and the work rendered necessary to meet the ever already done by Mr. Turgeon towards growing needs of these go-adead and the development of these iron deposits enterprising places, are strong proofs he was convinced that his people of the undefatigueable energy and could rely with confidence on Mr. Turgeons future efforts in that direc-The dredging of the Caraquet har- tion. The establishment of the iron

to T sores, eczema, skin , itch, barber's rash, bl. , sait rhsum, abrasions urns, scalds, and all sh seases. Of all stores 50c box, or from Zar o. for price.

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ture of from \$300,000 to \$400,000 b improvement of our harbor. This is now being arranged for by our federal the proper time for our business men to work hand and hand with Mr. Tur geon and thus give a new impetus to lier in the spring than from any port Mr. Turgeon to encourage the devel- the great work he is now undertaking in the interests of our little town. In reading an account of the Conservative convention held in Caraquet on the 23rd of September, I was some what struck by the attempted show a enthusiasm and the expressed hope for success. To the outsider, not familia with political events and the political situation in this county, it might apdid have some show of success in the oming election, but to those living here, such attempts are only laughed at. Had the majority of the delegates to the Convention consisted of the sturdy rank and file of the Con-

servatives, one would with some resemblance of truth say that such a convention augured well for success in the pending election, but when one onsiders the large number of provincial office holders whipped into line as delegates by the dispensors of local

government patronage, it must be plain to every sight-thinking man, irrespective of politics, that the enthusiasm displayed was a forced one and held no hope of future success. Among those present at the Convenwere N. A. Landry, law clerk of tion the Local Legislature, and Judge of Probate James J. Melanson, Polic

Magistrate John J. Harrington, Clerk of the Circuit court; George Gilbert, Chairman of the Board of License Commissioners; Dr. J. C. Meahan,

B. Hachey, revisor of the electoral

lists; L. A. Palmer, government ven-

TESTED RECEIPTS

PRUNE SOUFFLE-Soak half a pound of prunes over night. On the norrow drain them well, remove the tones, and mince the prunes finely Whip the whites of seven eggs to a standing foam. Beat in quickly six spoonfuls of powdered sugar; whip the minced prunes into this meringue; turn into a buttersd pudding dish and bake in a hot oven. Twenty minutes should send it to table hot and highdream of lightness and deliciousnes Serve whipped cream as sauce.

. COTTAGE CHEESE.-Cottage cheese is best made in a porcelain vessel. Cook slowly, drain in cheesecloth bag pinned to a clothes line with clothes pin. Never squeeze bag, as this hardens cheese. Place in cool place and when ready to serve season with salt, pepper and cream. Do not spoil a delicious dish by concocting it into a fancy salad.

BEEF LOAF-Use two pounds choped beef, one cup rolled crackers; three eggs, well beaten, two tablepoons butter, one tablespoon salt, a little pepper, and one cup creamy milk. Mix in smooth loaf; put in a deep pan and bake in oven for one hour.

FRENCH PAN CAKES-Beat to gether six eggs and a half pound of our. Melt four ounces of butter and add to the batter, with one ounce of sugar and a half pint of milk. Put a spoonful at a time into buttered fry-ing pans and spread evenly on the surface. Comes as a boon and a blessing, as it did to Mrs. W. Barrett, of 602 Moreau St., Montreal, who writes to Mrs. Pinkham:

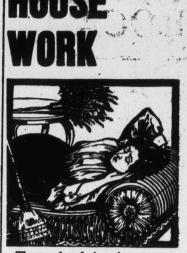
surface. INDIAN PAN CAKES—Take a pint of cornmeal, a teaspoonful of salt, one of soda, pour on boiling water to make a thick mush; let stand until cool; add the yolks of four eggs, half a cupful of flour and stir in as much buttermilk as will make a good batter. Beat the whites of the eggs and stir them in. Bake in a well-greased skillet.

CRUSHED WHEAT GRIDDLE CAKES-One teacupful of cracked wheat, two pints of flour. two teaspoonfuls of white sugar, half a teaspoonful of salt, two of baking powder, one egg and one pint of milk. Boil the wheat in a half pint of water one hour before mixing it. Bake brown.

BICE GRIDDLE CAKES-Two CHP fuls of cold boiled rice, one pint of flour, one tablespoonful sugar, hal: teaspoonful salt, two of baking powder, one egg and a half pint of milk. Bake to a dark brown and serve with honey.

PLAIN WAFFLES-Take a cake of any good yeast and make a sponge in the evening in the usual way. Next morning add two or three eggs, according to how many you have, one will do if the supply is small. Thin the spooge with milk, add a little sugar and they are ready to bake.

CANDIED PICKLES.-Get a half Jozen jumbo pickles from your grocer. slice them thin, (either long or round). Put a layer of brown sugar, 'pickles, cinnamon, celery seed, and cloves in



Thousands of American women in our homes are daily sacrificing their lives to duty.

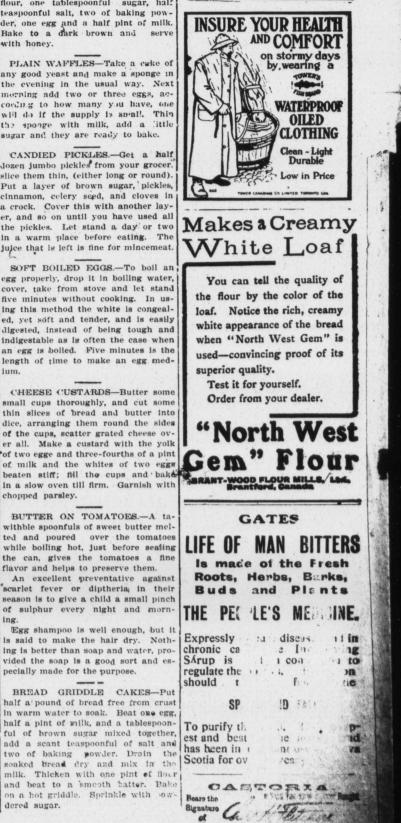
In order to keep the home neat and pretty, the children well dressed and tidy, women overdo. A female weakness or displacement is often weathess or displacement is often brought on and they suffer in silence, drifting along from bad to worse, knowing well that they ought to have help to overcome the pains and aches which daily make life a burden. It is to these faithful women that

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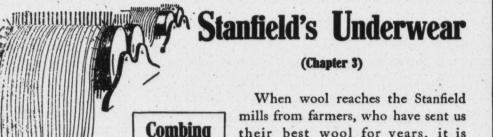
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their best wool for years, it is thoroughly washed. Then it is rendered absolutely unshrinkable.

Then it is COMBED. This process consists in passing the wool through a machine that combs out all the short lengths, weak threads and snarled strands of

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wool-something like one combs the hair.

the Wool

After the wool has been combed, all the fibres are the same length and strength.

The Stanfield Combing Machines are mighty particular, too. They comb only WOOL-and they 'comb out everything but the longest, strongest strands.

> Most Underwear is made of CARDED wool. Now, carding consists in tearing the fibres into short lengths. Mills, using carding machines, put the whole wool through-short wool, weak fibres, even cotton and shoddy-the carding machines make no distinctions.

The "cream" of the best wool-rendered absolutely unshrinkable by the Stanfield process instead of being "eaten" with lime-combed instead of carded-knitted with a lock stitch that prevents raveling-is it any wonder that Stanfield's Unshrinkable Underwear wears so well, and is so thoroughly satisfactory ?

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Your dealer has all sizes and weights, or can easily get them for you.

STANFIELD'S LIMITED . . TRURO, N.S. THE PARTY OF THE PARTY OF THE PARTY OF

der of school books; Michael Power, in a warm place before eating. The government lumber scaler; Theotime jujce that is left is fine for mincemeat Blanchard, inspector of liquor licenses James Morrison, sub-inspector of li-SOFT BOILED EGGS .- To boil an uor licenses; Chas. M. Doucet, L. egg properly, drop it in boiling water, Doucet, road superintendents and many cover, take from stove and let stand others that I could name. Should not five minutes without cooking. In us such an array of government officials ing this method the white is congealnaving at their head as chief marshal ed, yet soft and tender, and is easily of the parade, the High Sheriff of the digested, instead of being tough and County, make Mr. Hazen feel unindigestable as is often the case when easy for the principle laid down by an egg is bolled. Five minutes is the him last winter that no official unlength of time to make an egg medder his government should mix in politics. Oh, but the above is beautiful array of conservative strength. How Mr. Turgeon must CHEESE CUSTARDS-Butter some small cups thoroughly, and cut some tremble when he looks over such a thin slices of bread and butter into list. dice, arranging them round the sides MORE ANON of the cups, scatter grated cheese ov-er all. Make a custard with the yolk Sept. 28th 1908 of two egge and three-fourths of a pint of milk and the whites of two eggs CRESOLENE ANTISEPTIC TABLETS SORE THROATS AND COUGHS chopped parsley. They combine the germicidal value of Cresolen ith the soothing properties of slippery eim and lice use. Your druggist or from us, 10c in stamp maximo, Minas Co., Limited, Agents, Montreal, qu BUTTER ON TOMATOES .- A ta withble spoonfuls of sweet butter mel-IN THE KITCHEN. ted and poured over the tomatoes while boiling hot, just before sealing the can, gives the tomatoes a fine HOW TO CLEAN TINWARE .on tinflavor and helps to preserve them. Stains and discolorations An excellent preventative against ware can be removed by dipping a scarlet fever or diptheria, in their damp cloth in common soda and rub season is to give a child a small pinch bing briskly. Then wash thoroughly of sulphur every night and mornand wipe dry. ing. Egg shampoo is well enough, but it PREVENT BOWDS FROM SPLIT. TING .- If the wooden chopping bowl is said to make the hair dry. Nothing is better than soap and water, prois stood upside down when not in use vided the soap is a good sort and esthere will be no danger of it splitpecially made for the purpose. ting. TO FRESHEN HARD LEMONS .-BREAD GRIDDLE CAKES-Put emons that have become hard from half a pound of bread free from crust ong standing, can be made usable by in warm water to soak. Beat one egg, half a pint of milk, and a tablespoonovering them with boiling water for few minutes. ful of brown sugar mixed together, add a scant teaspoonful of salt and two of baking powder. Drain the soaked bread dry and mix in the Stubb-All the world likes to soman marry and settle down. Penn-Except in the case of foreign milk. Thicken with one pint of flour and beat to a smeoth batter. Bak oblemen. Then their creditors like on a hot griddle. Sprinkle with o see them marry rich American girls and settle up. dered sugar.