

# Sample Boxes Free!!

The most powerful healer in the world is Zam-Buk, and we offer you a free trial box. Zam-Buk combines the knowledge of the ancients with the science of the moderns. The charioters, gladiators, and wrestlers of ancient Greece seldom emerged from their contests without some gaping wound or severe laceration, and to anoint their injuries with secret balms was part of the day's program. In Zam-Buk you have the modern representative of these ancient healers. Ordinary ointments contain mostly rancid animal fat or poisonous mineral substances. Leave the lid off these ointments for a few days and note the result. Zam-Buk, on the contrary, is absolutely free from any trace of animal fat or mineral poison. It is made from purely herbal essences, is so concentrated and purified that it is suitable for the delicate skin of children, and yet so powerful as to be equal to the most stubborn sore, ulcer, or chronic wound. Zam-Buk never goes rancid. It always keeps clean, fresh, and sweet.

Nature has given man the instinct to rub a place that hurts. She has also given him Zam-Buk. Nature's own herbal healer, with which to rub, a cut, a sore, a poisoned wound, a patch of eczema, and at once the healing process begins. It prevents suppuration, blood poisoning, etc. It draws out inflammation, ends pain and smarting, and heals. The best test is a personal test. Send in for a free box and let Zam-Buk prove its own case. See coupon below.

## ZAM-BUG

THE GREAT SKIN CURE.

**POISONED WOUND COMPLETELY HEALED!**

MR. WILLIAM MUMFORD of 12 Louise Street, Stratford, writes: "While walking about in a park I trod on a rusty nail, which penetrated the flesh deeply, leaving a ugly wound. I bathed this foot in a shocking condition, very much inflamed and swollen, and I suffered acute pain. I had to lay off work, as I could not bear to put my foot on the ground. I feared blood-poisoning. For six days I suffered intense pain. Just at the time a friend brought me some Zam-Buk, and after using it a few days my foot was wonderfully improved. I persevered with Zam-Buk, and it soon worked a complete cure. It is a wonderful balm."

Zam-Buk heals sores, eczema, skin eruptions, ulcers, ringworm, itch, barber's rash, blood poison, bad leg, salt rheum, abrasions, abscesses, cuts, burns, scalds, and all skin injuries and diseases. Of all stores and druggists, 50c box, or from Zam-Buk Co., Toronto, for price.

**TRY IT AT OUR COST**

Send this coupon, the name of the paper, and a 10-cent stamp (to pay return postage) to Zam-Buk Co., Toronto, and you will receive a dainty sample box.

## A LETTER FROM GLOUCESTER.

Strongest Political 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 federal candidate, has absolutely 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 Dominion in general the great efforts put forth by Mr. Turgeon to meet the growing needs of his large constituency have placed him beyond the possibility of defeat. Pre-election boasting does not carry much weight in these days of political enlightenment, but it is no boast to say that his 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 situation and sees all that has been done for this county such as the construction of new wharves, breakwaters, new light-houses, etc. is to be wonder-

ed at that Mr. Turgeon's friends are so sanguine of success.

The completion of the great wharf at Petit Pocher and its connection with the I. C. R. will open up a new avenue of traffic for that flourishing district. It will also open a new avenue to the shipping of lumber from Lacquet River, Charle, Camp, and Dalhousie. Shipments can be made here by water four weeks later in the fall and three weeks earlier in the spring than from any port on the North Shore.

Besides this great advantage to outside trade, there is the assurance of a rapid development of local trade and a revival of the fishing industry. The people of this section of our County have for years been suffering for the want of such a wharf.

The addition to the wharf at Stonehaven, rendered necessary by the increasing trade of that locality, notwithstanding its condemnation in parliament by Mr. Crockett, M. P. for York, is a much needed and much appreciated piece of work, and there is no doubt that the sturdy and honest citizens of Stonehaven will give a decisive answer to the slanders, touching this work written to Mr. Crockett, by one of the candidates in the last provincial elections who lost his deposit, and who is now one of the Conservative organizers of this county.

The additions to the Grand Anse breakwater, the Caraque wharf, the Lamèque wharf, the Miscou wharf, all rendered necessary to meet the ever growing needs of these go-ahead and enterprising places, are strong proofs of the undiminished energy and zeal of Mr. Turgeon.

The dredging of the Caraque har-

tion works at the entrance of Tracadie harbor, point to what is in store for these places in the near future.

The improvements in the different harbors in the way of additional buoys and light houses and especially the addition of gas-buoys to enable our numerous fishermen to reach a safe refuge at night has made of Mr. Turgeon the Napoleon of the sea-going class of our electors.

The strenuous efforts put forth by Mr. Turgeon to encourage the development of our iron deposits have had for result the purchase of these properties by a rich syndicate and have insured the construction of the iron works in Bathurst. Through his efforts a line of railway was surveyed from the mines at Grand Falls to within a mile of the Town of Bathurst, and the government has consented to the construction of the railway to connect the mines with the I. C. R. In order to induce the Drummonds to establish their works in the town of Bathurst Mr. Turgeon has made the necessary arrangements for the deepening of the Bathurst Harbor, at a cost that will mean thousands of dollars. As soon as the Drummond people will make known the site of their smelting works in the town or its vicinity the federal government will be prepared to put a dredge to work. In conversation, the other day, with a representative of the Drummond Company, he told your correspondent that judging from the encouragement given and the work already done by Mr. Turgeon towards the development of these iron deposits he was convinced that his people could rely with confidence on Mr. Turgeon's future efforts in that direction. The establishment of the iron

ture of from \$300,000 to \$400,000 by the government for the permanent improvement of our harbor. This is now being arranged for by our federal representative. In the view, therefore, of the immense benefit such improvements mean to the commercial welfare of our town, would it not be the proper time for our business men to work hand and hand with Mr. Turgeon and thus give new impetus to the great work he is now undertaking in the interests of our little town.

In reading an account of the Conservative convention held in Caraque on the 23rd of September, I was some what struck by the attempted show at enthusiasm and the expressed hope for success. To the outsider, not familiar with political events and the political situation in this county, it might appear that the Conservatives really did have some show of success in the coming 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 Conservatives, one would with some resemblance of truth say that such a convention augured well for success in the pending election, but when one considers the large number of provincial office holders whipped into line as delegates by the dispensers of local government patronage, it must be plain to every right-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 convention were N. A. Landry, law clerk of the Local Legislature, and Judge of Probate James J. Melanson, Police Magistrate John J. Harrington, Clerk of the Circuit court; George Gilbert, Chairman of the Board of License Commissioners; Dr. J. C. Meahan, Chairman of the Board of Health; J. B. Hachey, revisor of the electoral lists; L. A. Palmer, government vendor of school books; Michael Power, government lumber scaler; Theophile Blanchard, inspector of liquor licenses; James Morrison, sub-inspector of liquor licenses; Chas. M. Doucet, L. Doucet, road superintendents and many others that I could name. Should not such an array of government officials, having at their head as chief marshal of the parade, the High Sheriff of the County, make Mr. Hazen feel uneasy for the principle laid down by him last winter that no official under his government should mix in politics. Oh, but the above is a beautiful array of conservative strength. How Mr. Turgeon must tremble when he looks over such a list.

Sept. 28th 1908

**CRESOLENE ANTISEPTIC TABLETS**

A simple and effective remedy for SORE THROATS AND COUGHS. They combine the germicidal value of Cresole with the soothing properties of slippery elm and licorice. Your druggist or from us, 10c in stamps. Laxano, Mnas Co., Limited, Agents, Montreal, 401

### IN THE KITCHEN.

**HOW TO CLEAN TINWARE.**—Stains and discolorations on tinware can be removed by dipping a damp cloth in common soda and rubbing briskly. Then wash thoroughly and wipe dry.

**PREVENT BOWDS FROM SPLITTING.**—If the wooden chopping bowl is stood upside down when not in use there will be no danger of it splitting.

**TO FRESHEN HARD LEMONS.**—Lemons that have become hard from long standing, can be made usable by covering them with boiling water for a few minutes.

Stub—All the world likes to see a man marry and settle down.

Penn—Except in the case of foreign noblemen. Then their creditors like to see them marry rich American girls and settle up.

### TESTED RECEIPTS.

**PRUNE SOUFFLE.**—Soak half a pound of prunes over night. On the morning drain them well, remove the stones, 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 buttered pudding dish and bake in a hot oven. Twenty minutes should send it to table hot and high—a dream of lightness and deliciousness. 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 chopped beef, one cup rolled crackers, three eggs, well beaten, two table-spoons butter, one table-spoon salt, a little pepper, and one cup creamy milk. Mix in a smooth loaf; put in a deep pan and bake in oven for one hour.

**FRENCH PAN CAKES.**—Beat together six eggs and a half pound of flour. 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 frying pans and spread evenly on the 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 teaspoonful of cracked wheat, two pinches 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.

**RICE GRIDDLE CAKES.**—Two cupfuls of cold boiled rice, one pint of flour, one tablespoonful sugar, half 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. This sponge with milk, add a little sugar and they are ready to bake.

**CANDIED PICKLES.**—Get a half dozen 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 a crock. Cover this with another layer, and so on until you have used all the pickles. Let stand a day or two in a warm place before eating. The juice that is left is fine for mince-meat.

**SOFT BOILED EGGS.**—To boil an egg properly, drop it in boiling water, cover, take from stove and let stand five minutes without cooking. In using this method the white is congealed, yet soft and tender, and is easily digested, instead of being tough and indigestible as is often the case when an egg is boiled. Five minutes is the length of time to make an egg medium.

**CHEESE CUSTARDS.**—Butter some small cups thoroughly, and cut some thin slices of bread and butter into dice, arranging them round the sides of the cups, scatter grated cheese over all. Make a custard with the yolk of two eggs and three-fourths of a pint of milk and the whites of two eggs beaten stiff; fill the cups and bake in a slow oven till firm. Garnish with chopped parsley.

**BUTTER ON TOMATOES.**—A tablespoonful of sweet butter melted and poured over the tomatoes while boiling hot, just before sealing the can, gives the tomatoes a fine flavor and helps to preserve them. An excellent preventative against scarlet fever or diphtheria in their season is to give a child a small pinch of sulphur every night and morning.

Egg shampoo is well enough, but it is said to make the hair dry. Nothing is better than soap and water, provided the soap is a good sort and especially made for the purpose.

**BREAD GRIDDLE CAKES.**—Put half a pound of bread free from crust in warm water to soak. Beat one egg, half a pint of milk, and a tablespoonful 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 milk. Thicken with one pint of flour and beat to a smooth batter. Bake on a hot griddle. Sprinkle with powdered sugar.

## HOUSE WORK



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 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

### LYDIA E. PINKHAM'S VEGETABLE COMPOUND

comes as a boon and a blessing, as it did to Mrs. W. Barrett, of 602 Moreau St., Montreal, who writes to Mrs. Pinkham:

"For years I was a great sufferer from female weakness, and despite every remedy given me by doctors for this trouble, I grew worse."

"One day a friend advised me to try Lydia E. Pinkham's Vegetable Compound. I did so, and am thankful to say that it made me strong and well."

**FACTS FOR SICK WOMEN.** For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ailments and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

**INSURE YOUR HEALTH AND COMFORT**

on stormy days by wearing a

**WATERPROOF OILED CLOTHING**

Clean - Light - Durable - Low in Price

## Makes a Creamy White Loaf

You can tell the quality of the flour by the color of the loaf. Notice the rich, creamy white appearance of the bread when "North West Gem" is used—convincing proof of its superior quality. Test it for yourself. Order from your dealer.

## "North West Gem" Flour

BRANT-WOOD FLOUR MILLS, Ltd., Brantford, Canada

## GATES LIFE OF MAN BITTERS

Is made of the Fresh Roots, Herbs, Barks, Buds and Plants

### THE PEOPLE'S MEDICINE.

Expressly for the cure of chronic diseases, Scurvy, Rheumatism, Gout, Gravel, etc. It should be taken daily.

To purify the blood and best has been in Scotland for over 70 years.

**CASTORIA**

Bears the Signature of J. C. Ayer & Co.

## Stanfield's Underwear

(Chapter 3)

**Combing the Wool**

When wool reaches the Stanfield mills from farmers, who have sent us 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 wool—something like one combs the hair.

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?

All sizes from 22 to 70 inch chest measure. 3 weights—RED label for light weight—BLUE label for medium—BLACK label for heavy weight.

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

STANFIELD'S LIMITED • • • TRURO, N.S. 151A