

THERE'S NO DOUBT

that you get the maximum return for your money when you buy Zam-Buk, because Zam-Buk is all medicine—not 5% medicine and 95% animal fat as ordinary ointments are.

The herbal extracts and vegetable oils of which Zam-Buk is composed are so wonderfully blended and refined that Zam-Buk possesses unusual power of penetration. Instead of remaining on the surface skin, as ordinary ointments do (owing to the amount of coarse animal fat they contain), Zam-Buk literally soaks through until it reaches the "root" of the disease, which is always in the underlying tissues. Then it cures from the "root" up, which is the only thorough and permanent way of curing skin troubles, and is why Zam-Buk succeeds when other treatments fail.

Zam-Buk is best for eczema, pimples, blotches, psoriasis, chronic sores, blood-poisoning, teething rash, boils, piles, cuts, burns and scalds. All dealers or Zam-Buk Co., Toronto. 50c, box 3 for \$1.25.

Zam-Buk

TO HELP YOUNG GIRLS

A Mother Wants Her Letter Published.

Eaton, Ill.—"I wish you would publish this letter for the benefit of young girls. My daughter suffered greatly from female trouble with cramps, and headache, and backache most of the time. She never felt like working and it seemed as though she was sick all the time. I decided to try Lydia E. Pinkham's Vegetable Compound and it has helped her in every way, in fact it has really cured her, for she no longer has periodic pains, and no more headaches or backaches, and I want all young girls who suffer as she did to know about it."

—Mrs. Alma Mills, Eaton, Ill.

Another Girl's Experience.

New Castle, Ind.—"From the time I was eleven years old until I was seventeen I suffered each month, I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be any a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."

—Mrs. Hazel Hamilton, 822 South Fifteenth street, New Castle, Ind.

"CASCARETS" FOR YOUR BOWELS IF HEADACHY, SICK

For biliousness, bad breath, colds, indigestion and constipation.

Enjoy life! Liven your liver and bowels tonight and feel fine.

Your tongue is coated! Look inside your watch and see! That's bad business. What have you been eating? What were you drinking? What kind of a laxative did you take exercise in? Now don't think it doesn't matter, because it's your bowels that talk now every time you open your mouth. That doesn't help you, but Cascarets, nor your earning capacity. Besides, a person with bad bowels is in a bad way and a coated tongue or a bad breath are sure signs of bad bowels and poor digestion. Why don't you get a 10-cent box of Cascarets at any drug store and give your liver and thirty feet of bowels the most gentle cleansing they ever experienced. Take one or two Cascarets tonight and wake up feeling fine and fit. All Headaches, Dizziness, Biliousness, Bad Breath, Stomach Sourness, Cold and Constipation gone—wake up with your head clear, tongue clean, stomach sweet, liver and bowels active, step elastic and complexion rosy.

Cascarets work while you sleep—never gripe or sick and Cascarets act so gently that you hardly realize you have taken a thorough cathartic. They don't bother you all next day like salts, pills, or cathartics—Cascarets being perfectly harmless is best children's laxative.

PARLIAMENT TOLD SENATE AMENDMENT TO FRANCHISE BILL IS AN INJUSTICE

Nova Scotia Liberals Made a Final Appeal For Justice.

NATIONAL SERVICE BOARD

R. B. Bennett Announces That the Department Exists No Longer.

OTTAWA, Sept. 20.—Parliament has prorogued. Shortly before 6 o'clock, when some final questions were being put as to the administration of the franchise bill, Black Rod summoned the members of the House to the Senate, and following the reading of the speech from the throne by his excellency the governor-general, which required only a few minutes, the twelfth Parliament was at an end.

Just before the prorogation ceremony, R. B. Bennett informed the House that the department of national service had ceased to exist and sketched the work accomplished in regard to registration.

Nova Scotia members in the House made a final complaint against the Senate amendments to the franchise bill. A. K. MacLean termed the principle of the legislation "abominable," and Mr. Sinclair asserted that the Senate amendments were a piece of partisan injustice.

Election Act Amended. When concurrence in the Senate amendments to the war-time election act was moved by Sir Robert Borden, he explained that they were acceptable to the House apart from a couple of proposed modifications which would be made as a result of a conference between himself and the members for Pictou (E. M. MacDonald) and Halifax (A. K. MacLean).

The first definite intimation that prorogation would take place this afternoon came when A. K. MacLean followed the prime minister. While agreeing with the prime minister's statement that modification had been agreed to, he said he still desired to enter his protest against the principle of the war-time election act. He promised not to speak at length because he understood that prorogation would take place this afternoon.

Government Act Unfair. He described as unfair and unjust the Government's decision at this stage of the session to establish in one province only a franchise act on a purely federal basis.

Mr. MacLean argued that when the war-time elections act was passed by the Commons it was with the promise that the provincial lists would be made the basis of the new lists. He expressed conviction that the Government had been a party to the plan to have amendments moved in the Senate having for their object the establishment of a federal franchise act in one province only. The amendment, he said, was designed for the purpose of gaining a political advantage in Nova Scotia.

Hon. Mr. MacLean said the amendment had been prepared by Liberal senators and consented to by Conservatives.

The Speech From the Throne. The speech from the throne reads as follows:

Honorable Gentlemen of the Senate, Gentlemen of the House of Commons.—Important measures for the effective prosecution of the war have engaged your close attention during a long and arduous session, and I am now happy to release you from further attendance. Since your labors began the high and worthy character of our cause has been confirmed by two events. Our allies, the Russian people, are engaged, under trying circumstances, in establishing institutions which shall conform to their ideals of liberty and order. In the midst of inevitable difficulties, which command our sympathy, they have affirmed their determination to remain faithful to the alliance.

The United States of America, refusing to tolerate the arrogance and menace of Prussian militarism, have made common cause with the Allies, and are vigorously co-operating in the struggle for freedom and humanity. Already the Canadian people have given many expressions of the warm welcome with which they greet their kindred neighbor as a comrade-in-arms.

Imperial Conference. The meeting of the imperial war cabinet and imperial conference in the early part of the year have very materially facilitated the thorough co-operation of the Dominion, both in the prosecution of the war and in preparation for the future. They constitute also an important step in the development of constitutional relationships between the nations of the British commonwealth.

Notwithstanding the increasing military strength of the Allied nations, the stubborn resistance of the enemy in all important theatres of the war demonstrates the need of throwing our utmost effort into the struggle, and thus hastening the day of abiding peace. In the western theatre the Canadian army corps, by its capture of the coveted Vimy Ridge, and by its recent operations at Lens, has sustained its distinguished record, and contributed in an important measure to the ascendancy which the Allies have gained in that theatre.

Getting Reinforcements. In order to meet the requirements essential for the support of our forces further steps have become necessary and the authorities have granted for compulsory military enlistment on a selective basis will meet the urgent need for reinforcements. At the same time it will provide the means for continuing the essential activities of agricultural and industrial activities of the Dominion. You have recognized your duty in providing the best possible safeguards for enabling those engaged in the defence of their country to have their voices in the declaration of national questions which vitally affect them, and you have made it a point of recognition to service and sacrifice in the welfare of the state the necessary legislation relevant to these matters will doubtless prove effective.

The bill which has been passed for the purpose of assisting returned soldiers to settle upon the land will not only aid materially in restoring these gallant men to their rightful status in the community, but should greatly increase the agricultural production of the country.

Food and Fuel Controller. The appointment of a food controller and of a fuel controller, invested with important powers and duties, is founded upon the imperative needs of the utmost economy and saving, in order that our national resources may continue unimpaired.

In order that our industries may be equipped to cope with the intricate problems of the future, provision has been made for providing scientific and industrial research.

Important progress has been made in solving our difficult problems of railway transportation and the means made for the production of the war railway system shall become the property of the people of Canada and be added to their national undertakings.

Gentlemen of the House of Commons: In the name of His Majesty I thank you for the liberal provision you have made for the needs of the public service and for the prosecution of the war.

Honorable gentlemen of the Senate: Gentlemen of the House of Commons: Although the stress of the war has become increasingly severe, the people of Canada, resolute in the supreme purpose of achieving through victory an abiding peace, have not faltered; and I

am confident that whatever further efforts are necessary will be unhesitatingly put forth in the stern determination that the vast sacrifices already made shall not be in vain.

National Service Report. R. B. Bennett, on informing the House that the department of national service had ceased to exist, and the various officials had handed in their resignations, said the cards received had been classified with great care and provided much useful data. It was shown, for instance, that out of 1,649,000 cards there were 45,282 military prospects. These were divided as follows: In non-essential occupations, 286,976; farmers, 183,727; skilled shipbuilding, munition and mine workers, 4,660.

An occupational survey was also made, and 250,000 cards were distributed among soldiers overseas to get their idea as to the intention in regard to agricultural employment after the war. Mr. Bennett claimed that the information obtained by the national service would be of great utility in dealing with after-the-war problems.

Railway Act Stands Over. The general revision of the railway act was not finally dealt with this session. The Senate railway committee met at 10 o'clock this morning and



"Will they let Famine Fight Against Us?"

To us who stay at home, good meals, eaten in comfort, are a commonplace.

But to our Sons, Husbands and Fathers "out there" food is the only thing that matters. The possible lack of food forever haunts them. For without food, how can they "carry on."

From whence shall come their bodily strength?

Realizing these things—how dare we fail to send them the foods they so sorely need?

How can we refuse to eat a little less white

bread, beef and bacon so that there will be enough of these non-perishable foods for them?

Shall we let famine, also, fight against them? Or with these facts before them will the great Legion of Canadian Women live up to their Food Service Pledges?

The answer lies with each one of you.

The Judgment of Mankind will write an outcast verdict upon those who do not sign and live up to the Food Service Pledge.

Woman's Auxiliary, Organization of Resources Committee, in Co-operation with The Hon. W. J. Hanna, Food Controller.

Practical Housekeeping Hints

How to Care for Food

A food may contain sufficient nourishment to give it high value as a food and yet if proper care is not taken of it the food may become unfit for consumption.

Foods may be divided into three classes: Those that spoil easily; those that do not spoil so easily; those that may be kept a long time with proper care.

The foods that spoil easily are milk, cream, uncooked meat, uncooked fish, certain fruits, such as peaches and plums, and vegetables that wilt easily, such as lettuce and spinach.

Milk and Cream—Milk and cream bottles are usually dirty on the outside when delivered to you. Wash them carefully, particularly the top of the bottle, before opening, so that no dirt can possibly get into the milk or cream.

Uncooked Meat—Do not keep your meat in the paper in which it is wrapped when bought.

Unwrap it as soon as you get it home and wipe it off with a clean cloth that has been wrung out in cold water. The meat will keep better and the juices will remain in it longer, if you will wrap it in wax paper until you are ready to use it.

Uncooked Fish—Never put uncooked fish into the ice-box unless the fish is closely covered. You will find a tin lid useful for this purpose. If the fish is not covered other food in the ice-box will absorb the strong odor from it and be made unfit for use.

Fruits—All fruits should be kept in a cool, dry place, and spread out, if possible.

Vegetables—Vegetables that are to be eaten in a raw state should be washed well in clean, cold water, placed directly on the ice, or in a very cold place, to preserve their crispness. Lettuce should be carefully picked over and washed at once.

The foods that do not spoil so easily are eggs, butter, fruit such as apples, oranges and lemons, cooked meat, and cooked, salted and smoked fish.

Eggs—Care is necessary in the handling of eggs, as the spoiling is partly due to unclean handling, the shells being more or less porous. It is best to wash them as soon as you get them home. When only the yolk of an egg is used, the white may be kept in a cup or glass, covered with a damp cloth fastened with an elastic band; or, if only the white is used, the yolk can be kept in the same way.

Butter—Butter should be kept well covered and in a cool place.

Cooked Meat and Fish will keep much better if they are well covered before placed in the ice-box.

The foods that can be kept a long time with proper care are flour, salt, coffee, tea, all dried groceries, spices and chocolate. All these should be kept closely covered to keep out dust and dirt. Coffee, tea and spices will lose their flavor if left uncovered.

Cheese should be kept in a cool dry place. It should be wrapped in a clean cloth moistened with vinegar. This will prevent the formation of mould.

If you want health

you can have it, by heeding Nature's laws. Keep the stomach strong, the liver active, the blood pure, and the bowels regular, and you will seldom be ill. Take good care of these organs, and at the first sign of anything wrong—promptly take Beecham's Pills.

you certainly need

the help and relief of this world-famed remedy, to keep the body in health. They quickly establish normal conditions, so the organs perform their functions as Nature intended. No other remedy will so surely strengthen the system, stimulate the liver, regulate the bowels and quickly improve the general health as

BEECHAM'S PILLS

Worth a Guinea a Box

Prepared only by Thomas Beecham, St. Helena, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

increase the agricultural production of the country.

Food and Fuel Controller. The appointment of a food controller and of a fuel controller, invested with important powers and duties, is founded upon the imperative needs of the utmost economy and saving, in order that our national resources may continue unimpaired.

In order that our industries may be equipped to cope with the intricate problems of the future, provision has been made for providing scientific and industrial research.

Important progress has been made in solving our difficult problems of railway transportation and the means made for the production of the war railway system shall become the property of the people of Canada and be added to their national undertakings.

Gentlemen of the House of Commons: In the name of His Majesty I thank you for the liberal provision you have made for the needs of the public service and for the prosecution of the war.

Honorable gentlemen of the Senate: Gentlemen of the House of Commons: Although the stress of the war has become increasingly severe, the people of Canada, resolute in the supreme purpose of achieving through victory an abiding peace, have not faltered; and I

am confident that whatever further efforts are necessary will be unhesitatingly put forth in the stern determination that the vast sacrifices already made shall not be in vain.

National Service Report. R. B. Bennett, on informing the House that the department of national service had ceased to exist, and the various officials had handed in their resignations, said the cards received had been classified with great care and provided much useful data. It was shown, for instance, that out of 1,649,000 cards there were 45,282 military prospects. These were divided as follows: In non-essential occupations, 286,976; farmers, 183,727; skilled shipbuilding, munition and mine workers, 4,660.

An occupational survey was also made, and 250,000 cards were distributed among soldiers overseas to get their idea as to the intention in regard to agricultural employment after the war. Mr. Bennett claimed that the information obtained by the national service would be of great utility in dealing with after-the-war problems.

Railway Act Stands Over. The general revision of the railway act was not finally dealt with this session. The Senate railway committee met at 10 o'clock this morning and

discussed the clauses of the bill relative to commutation, adjourning at the call of the chairman at 11 o'clock.

When the Senate met at 11 o'clock the act concerning the payment of wages to railway employees, with the general amendments adopted by the Commons, was taken up. The Commons' amendments were considered in committee and concurred in. The action of the Senate means that the less pretentious railway measure will have to serve until Parliament meets again.

Death of Col. Smith. Sir Robert Borden and Sir Wilfrid Laurier referred feelingly to the death of Lieut.-Col. Smith, sergeant-at-arms of the House whom Sir Robert described as a fine gentleman of the old school.

The prime minister moved and the leader of the Opposition seconded a resolution making T. B. Flint, retiring clerk of the House of Commons, an honorary officer of the House, and granting him the "freedom of Parliament" on all official occasions. Appreciation of Dr. Flint's services and regret at his retirement were expressed by both leaders.

Announcement by the premier of the successful placing of the central span of the Quebec bridge was received with cheers.

COMMISSION TO PROBE WESTERN LABOR TROUBLE

Washington, D. C., Sept. 20.—Labor troubles on the Pacific coast and the western mountain states will be investigated by a special commission headed by Secretary Wilson, appointed today by President Wilson to represent the action of the German censor appears to be decidedly daring.

CATHOLIC ORGAN SUPPRESSED. Stockholm, Sept. 21.—Dispatches from Berlin say that the newspaper Germania has been suspended until further notice. Germania was the leading organ of the Catholic centre. It represented such a powerful influence that the action of the German censor appears to be decidedly daring.

CHILDREN DELIGHT IN

Cuticura Soap baths because they are so refreshing. When assisted by Cuticura Ointment they mean skin health in infancy and childhood. Sample of each free with 32-page book. Address Cuticura, Dept. S, Boston.

To Defend Canada's Coast

Qualified Officers and Men wanted at once for service in the Canadian Naval Patrols.

PAY Officers from \$2.50 a day and \$30.00 and upwards monthly to dependants. Men from \$1.10 a day and \$20.00 separation allowance. Petty officers \$1.50 to \$1.90 and \$25.00 separation. Must be sons of British subjects. Ages 18 to 45. Also vacancies for Stokers, Seamen, Cooks and Stewards.

Apply to **COMMODORE EMILIUS JARVIS**, Naval Recruiting Officer, Ontario Area, 103 Bay Street, TORONTO, or The Naval Recruiting Secretary, 305 Wellington St., Ottawa.