

Cold Sores and Ulcers are  
Healed By Zam-Buk.

Cold sores, chapped hands, ulcers, and winter eczema are common troubles just now, and for all these Zam-Buk will be found the surest and quickest remedy. Sometimes cold sores arise from chilblains on the toes or fingers, and in the former case, where colored socks are worn, there is a danger of blood poisoning from the dye. Zam-Buk being so powerfully antiseptic removes the danger as soon as applied and quickly heals.

Mr. W. J. Halliday, of Ash Grove, Ont., says: "I had my little finger frozen, and it cracked at the first joint, causing a bad sore, which discharged freely and would not heal. The pain was very bad, and the whole of my hand became swollen and in bad shape."

"A friend advised me to try Zam-Buk, and I soon found that Zam-Buk was altogether different to any preparation I had ever tried. In a very short time it healed the sore."

Miss Lillie May, of Stoney Creek, Ont., says: "A few weeks since, several nasty, disfiguring cold sores suddenly broke out on my lips, which became much swollen. Seeing my condition, a friend advised me to try Zam-Buk and leave all other preparations aside. This I did, and was much pleased, after a few applications of this balm, to see every sore healed."

Zam-Buk will also be found a sure cure for eczema, blood-poison, varicose sores, piles, scalp sores, ringworm, inflamed patches, babies' eruptions and chapped places, cuts, burns, bruises, and skin injuries generally. All druggist and stores sell at 50c. box or post free from Zam-Buk Co., Toronto, upon receipt of price. Refuse harmful imitations and substitutes.

Use Zam-Buk Soap, 25c. tablet. Best for baby's tender skin.

## Recipes For A Long Life.

The late John Bigelow the patriarch of diplomats and authors, and no less distinguished physician and author, Dr. S. Weir Mitchell, were together, several years ago, at West Point. Dr. Bigelow was then ninety-two, and Dr. Mitchell eighty.

The conversation turned to the subject of age. "I attribute my many years," said Dr. Bigelow, "to the fact that I have been most abstemious. I have eaten sparingly, and have not used tobacco and have taken little exercise."

"It is just the reverse in my case," explained Dr. Mitchell. "I have eaten just as much as I wished, if I could get it; I have always used tobacco, immoderately at times; and I have always taken a great deal of exercise."

With that, Ninety-Two-Years took his head at Eighty-Years and said, "Well, you will never live to be an old man!"

—Dece. mber Lippincott's.

**Meals!**

**L**OTS of home baked bread, cake and pastry are always welcome. But baking is not always an easy job. Perhaps we can help you. Here is a truth backed by honest proof.

## Help:

Regal Flour readily yields the best quality and the utmost quantity of bread per barrel of any flour in the world. Makes light, white loaves. And such meltingly flaky pastry.

## Proof:

Try Regal once. If it is not just as good as we have promised, your dealer will return your money. We then have to pay him back. So unless you like Regal we lose completely. Isn't it fair to expect that Regal will mean easier, nicer meals?

A woman writer on a New York newspaper, who evidently had a fondness for historical research, has found that twelve weddings have been held in the White House, and asks the natural question: "Will one of Dr. Wilson's daughters be the thirteenth White House bride?"

Sightseer—"What do your prisoners seem to miss most?"  
Warden—"Pardon."

Rosenthal's Murderers  
Sentenced to Death.

NEW YORK, Nov. 26.—"Gyp the Blood," "Whitey Lewis," "Lefty Louie" and "Dago" Frank, the gunmen convicted of the murder of Herman Rosenthal, were sentenced by Justice Goff to-day to die in the electric chair at Sing Sing during the week of January 6.

Servian War Chief Who Fights  
From Bath Chair.

Belgrade, Nov. 24.—A crabbed wheezy hypochondriac in a cushioned armchair, a shawl on his knees, a muffler round his throat, with a chart on the table before him, a cup of black coffee in his hand—that is General Putnik, the organizer of the Servian plan of campaign.

His active soldiering days are long past. He has made three campaigns, and was a brilliant leader in his time. He is out of touch with the new generation, and his acquaintance with existing conditions is drawn from interviews with responsible military experts here in his own overheated room.

One long glance at the face of his visitor and his eyes are not again lifted from the chart. A few, a very few, questions, fewer notes, figures mostly scribbled in the margin in a nervous, hurried hand, and he relapses into inactivity, apparently oblivious of his visitor or his visitor's remarks.

There is no formal close to the interview. Whether the one-voiced colloquy be carried on for half an hour or two minutes, there is no sign of weariness or interest in the torpid attitude of the general. A faint grunt shows his acquiescence as the visitor rises to withdraw, and as the door opens he draws his rug more closely round him.

The general has a horror of draughts. While the fire he lit is still raging at Prepolatz, Preshava, Kumanova, Ferisovitch, and Pristina, General Putnik travels doggedly in the armies' wake. His carriage is steam-heated, trembling lieutenants hover in the corridors, harkening for a cough or a sneeze from the sanctum inside.

They are responsible to their superiors for the health of the chief of staff. Hundreds of men may fall unnoticed in the battlefield. These are the fortunes of war. But the general may not risk a chill. On his temperature depends

the fate of the Servian army that he has formed, marshaled and launched on its triumphal progress through Turkey.

General Putnik is a purely Servian product. He was in his youth devoted to mathematics and metallurgy. His active career in the army was terminated some years ago when he retired as a colonel to give himself up with passion to the study of war tactics.

He was induced to leave his retirement, and promoted to the rank of general. Then as minister of war he contributed vastly to the recognition of the Servian army.

Our Rhodes Scholars A  
Sided Lot

(Montreal Herald.)

The culture of the average Rhodes scholar at Oxford University does not meet with the approval of Mr. R. C. Brook, M. A., tutor in University College, Oxford, who is in Montreal to-day.

Mr. Brook said that he had come into the closest possible contact with these Overseas representatives and was keenly disappointed in the character and accomplishments of those young men who were supposed to be the pick of the Empire's youth. "Rhodes scholars are a lop-sided lot at best," continued Mr. Brook. "They are either athletes or 'pluggers.' With the exception of a few whom I could count on the fingers of one hand, the all-round type which Mr. Rhodes wanted to see at Oxford is a visionary quantity. Unless something is done to stir up the people of the Dominion and of the United States to the genuine importance of the Rhodes movement, I can prophesy nothing but miserable failure for the whole scheme."

## Growth Of Halibut.

A remarkable incident happened during the recent trip of the schooner Avalon, which arrived in Gloucester, Mass., the other day from halibuting.

Two years ago one of the crew of the Avalon brought up a baby halibut on his trawl while fishing on Green Bank. The fish weighed about fifteen pounds and was thrown overboard, before releasing the fish, the fisherman cut the initials "L. R." plainly up its back, and nothing more was thought of the incident.

A few weeks ago, while fishing on Western Bank, some of the crew were surprised when a halibut was hoisted on board bearing the familiar initials "L. R." Instantly some of the crew recalled the incident of two years ago which nearly had been forgotten, and singularly enough the fish had been caught again by the crew of the same craft.

To give an idea how fast a halibut will grow, the baby fifteen pounder of two years ago had grown to four times his former size, tipping the scales at sixty pounds.

Earthquake Was Felt  
at Vancouver.

Vancouver, B. C. Nov. 22.—A distinct earthquake shock was felt here Thursday evening over a district of several miles, just before 5 o'clock. The shock was also felt in North Vancouver and in adjoining municipalities. Its duration was exactly six seconds, and it appeared to be travelling north and south. Two houses at Lynn Valley on the north shore of Burrard inlet almost collapsed and a child was thrown out of a chair. The motion was most severely felt by a man at the top of the eighteen story Vancouver block, who narrowly escaped being precipitated into the street below. No damage has been reported.

Mexico City, Nov. 22.—The town of Acambay, in the northern part of the State of Mexico, is practically in ruins as a result of the earthquake there on Tuesday.

Fifty-nine bodies have been removed from the ruins of a church and other buildings.

Many more are still buried in the wreckage. The injured will number a hundred. Scarcely a house or public building is standing intact.

At various other places in the same district, the reports tell of devastation and death. At Temaxcalcingo nine persons were killed and twenty injured. At Atlacomulco three persons were killed.

There was only slight property damage at El Oro and only one child was

**AP** **OUND OF GOOD COFFEE IS NOT**

only more economical than the ordinary cheap grades, but is an added pleasure to every meal.

**Seal Brand**

is the best that can be produced.

**CHASE & SANBORN**  
MONTREAL

**PACKED IN ONE AND TWO POUND CANS ONLY**

RAISIN PIE AND LEMON  
JUICE.

Here is an excellent recipe for raisin pie. One cup raisins, one cup sugar, one cup water, one tablespoonful flour, juice of one lemon and a little of the rind, if preferred. Chop the raisins fine in the meat grinder, put all ingredients together, and cook until thickened, stirring to avoid burning. Let the filling cool and then use in pie with two crusts.

## PRUNE ROLL.

Prepare a rich biscuit crust, spread it thickly with copped pitted prunes, adding a little sugar and a slight grating of lemon or orange peel, then roll up the crust over the fruit as for any other fruit roll and steam it one and a half hours. Serve with hard sauce, or soft sauce, or both.

Exchange: The Salvation Army is training men to convert the gunmen of New York. The Army always seems to be looking for the hardest kind of work.

## HEROIC RESCUE.

Three-year-old Montague and two year-old Harold were having a bath together in the big tub.

Mother left them a moment while she went into the next room. Suddenly a succession of agonized shrieks recalled her. Two dripping, terror-stricken little figures stood, clasped in each other's arms, in the middle of the bathroom floor.

"O mother," gasped Montague "I got him out! I saved him! The stopper came out, and we were going down!"

## CHILE'S COAST LINE

Chile yields to no other country in the extent of her unbroken coast line, which extends from Peru to Cape Horn, a distance of about 4,000 miles. The country is indeed, like a great whip lash, long and narrow, bordering on the Pacific. The Chilean Government is now engaged in making this great coast safe for mariners by erecting lighthouse, at dangerous points, along its entire length.

Mixed with cracker crumbs, one egg will increase its bulk yet the whole mixture will taste like egg.

When boiling fish add a dash of vinegar in the water, and the fish will be much whiter and firmer.

Add a teaspoonful of baking powder to old potatoes when mashing them and beat briskly. This will make them light and creamy.

To prevent the saucepan containing cabbage or cauliflower from boiling over add to the water a piece of butter the size of a walnut. This will make the vegetables cook steadily, and they will not require watching.

## Poultry Interest.

Turkeys are not so plentiful in the United States this year as last, according to the reports of correspondents to American Agriculturist. This statement holds true in practically every district where turkeys are reared on a commercial scale, with the exception of Texas. The output last year was not large and prices to the consumer were very high, but low to the grower. The severe winter of 1911-12 followed by the wet spring was very unfavorable to the turkey industry.

## BUTTON BAG.

A durable button bag is easily made and is always an acceptable and useful article. From figured material, such as cretonne, cut a strip fourteen inches long and five inches wide. Fold this in the middle and stitch up both sides, and overcast the seam to keep it from raveling. At the top turn down and stitch an inch-wide hem. On the outside of the bag, where the stitching of the hem comes, sew on eight quarter-inch brass rings. Through these rings run two pieces of narrow ribbon, starting with one piece at each side of the bag. Fasten the ribbons with a knot. This ribbon will close the bag and provide a loop to hang it.

## A PRETTY PIN BALL.

To make a pretty pin ball, cut three circles of cardboard four inches in diameter. Cover this cardboard with fancy silk, and sew two of the circles together half-way round. In the opening thus made insert the third circle, and sew all round with the overhand stitch. The pins, black, white and colored, are inserted where the pieces join. At the top sew on a full bow and a loop of narrow ribbon.

## SILK TEAPOT HOLDER.

An inexpensive and easily made gift is a silk teapot holder. Cut a paper pattern shaped like a butterfly that measures seven inches from wing to wing. From this pattern cut two pieces of silk, and between the silk place two layers of cotton. Turn in the edges of the silk, baste carefully round the edges, and catch-stitch them together with silk of a contrasting shade. To make a holder, any fancy silk can be used, but the likeness to a butterfly is obtained when the outside is made of shaded brown silk, with a lining of orange or yellow, and when the catch-stitching is done with black.

No-way has forty schools for elementary instruction in agriculture horticulture, forestry and dairying, with many students.

The street sweepers of New York city have petitioned to have their wages increased from \$780 a year to \$920. Extra pay for Sunday work is also asked for.

Chinese and Moroccan Helms control the retail trade in the Peruvian rubber towns.

Death in Ohio of Famous  
Inventor.

Massilon, Ohio, Nov. 29.—Joseph Davenport, aged 97, inventor of the locomotive cab and pilot, and builder of the first wrought iron bridge in the United States, is dead at Zoar, the socialist settlement near here where he had been a recluse for years.