

Operation for Piles Failed

Zam-Buk Was Then Tried and Worked a Cure.

Writing from Poplar, B. C. Mrs. C. Hanson, wife of the proprietor of the Commercial Hotel, says: "I suffered for years with bleeding piles. The pain was so bad at times that I could hardly walk, and ordinary remedies seemed utterly unable to give me any ease. Finally I decided to undergo an operation, and went to the Sacred Heart Hospital in Spokane. There they performed an operation and did all they could for me. For a time I was certainly better, but within 12 months the trouble started again and the piles became as painful as ever. I tried liniments, hot poultices, various 'pile cures,' and indeed everything I could think would be likely to do any good, but still I continued to suffer, and the shooting, burning, stinging pains, the dull, aching and wretched 'worn-out' feeling that the disease causes continued as bad as ever.

"One day I read about Zam-Buk and thought I would try it. The first one or two boxes gave me more ease than anything else I had tried, so I went on with the treatment. In a short time I began to feel altogether different and better, and I saw that Zam-Buk was going to cure me. Well, I went on using it, and by the time I had used six boxes I was delighted to find myself entirely cured. That was three years ago, and from then to the present time there has been no return of the trouble."

Zam-Buk is a sure cure for piles, eczema, ulcers, abscesses, chapped hands, varicose sores, burns, scalds, bruises, inflamed patches, and all skin injuries and diseases. Druggists and stores everywhere, 50 cents box, or Zam-Buk Co., Toronto, for price. Refuse harmful substitutes.

A GOOD RELISH.

Two tablespoonfuls of grated horseradish stirred in half a cupful of whipped cream, with a few drops of vinegar or lemon juice, mix this well, and serve with fish or meats, particularly with roast beef.

When heating flat irons, especially the kind with removable handles, turn an old pan or kettle over them as they are grouped on the stove, and they will heat much quicker and more evenly.

If a package or envelope is sealed with white of egg instead of gum it cannot be steamed open.

Fingers stained with fresh fruit, walnuts, etc., should be dipped in strong tea, rubbed with a nail-brush, and then washed in warm water.

By immersing an ink stained handkerchief in milk immediately after it has been stained, and allowing it to soak, the ink will invariably disappear.



REGAL Flour yields the best quality and the utmost quantity of bread per barrel: white, light loaves, pastry of melting flakiness.

This is simple direct truth.

Unless you find it so, when you try it, your dealer will return your money.

REGAL FLOUR

Duke Of Connaught Is Leaving Canada.

OTTAWA, Jan. 30.—The Duke and Duchess of Connaught are going home. The following was issued from Government House.

"Her Royal Highness the Duchess of Connaught is making steady progress towards recovery, and it is hoped their Royal Highnesses will be able to return to Ottawa at no distant date.

It is proposed that the Duchess shall return to England in the Spring for further medical advice. His Royal Highness will accompany her, going home on leave of absence.

"The date of their Royal Highnesses return to Canada cannot be definitely fixed, as the date of their departure and the length of the Governor General's leave of absence have not yet been determined.

(Signed) "H. C. LOWTHER,

"L. Col. Military Secretary."

There is general regret in Ottawa that the Duke and Duchess of Connaught will leave Canada in the spring. The presence of British royalty at Canada's capital had added brilliancy to the social atmosphere. In addition their Royal Highnesses have made themselves personally popular. The ill health of the Duchess of Connaught has been generally regretted and it was feared that the result would be the curtailment of the stay in Canada of the Duke and Duchess. While the announcement indicates that their Royal Highnesses will leave Canada only for a time, there is a general feeling that they will not come back, but will remain in England, and a new Governor General will be named.

Not only has the Duchess suffered in health while in Canada but it is understood that their Royal Highnesses have not found life in Canada quite as entertaining as the atmosphere they have been accustomed to in England and upon the continent. There is considerable speculation as to the Duke of Connaught's successor. Many people believe that another member of the British Royal family will be sent out, while others insist that the duty of presiding at

JOHNSON'S ANODYNE LINIMENT

Used 102 years for internal and external ills.

It alleviates coughs, colds, sore throat, colic, cuts, burns and bruises.

25c and 50c everywhere

I. S. JOHNSON & CO. Boston, Mass.

Parsons' Pills For Constipation

Government House will be assigned to a titled member of the British royal family below the rank of prince.

MONTREAL, Jan. 30.—The Duke of Connaught, the Princess and Duchess are still in Montreal, the Duke at noon to-day attending the automobile show, but no official comment upon the Ottawa bulletin was ascertainable.

For The Cold Days.

As the cold weather settles down the demand is for heavier foods, and the question of meats comes up. Next to beef, in nutritive qualities, comes mutton, and it is even more wholesome, being easier of digestion. Nearly half the weight of mutton should be fat, it should be clear white, and the meat should be a bright red. It is a waste to buy a piece with little meat as compared to bone.

Many people object to mutton because of a strong flavor. This comes from the oil in the wool which penetrates to the skin and causes it to taste unpleasantly; but if you will cut off this thin skin over the fat and flesh you will find the strong flavor gone.

Mutton may be served rare, but lamb must be served well done at all times. The leg, loin, saddle and forequarter are used for roasting, and the neck-bones and other boney pieces may serve for soups and stews. The crown roast, which is the handsomest and most expensive of meat which can be served, is formed of the entire carcass—beef, tied together and coated with the loose ends scraped and standing out to stimulate a crowd.

Labor Party Is With The Women

LONDON, Jan. 30.—The British labor party to-day officially declared itself in favor of women suffrage. By a vote of 850 against 437, a conference of the representative of most of the trades unions of the United Kingdom, now sitting in London, adopted a resolution instructing the labor members of Parliament to oppose any franchise bill in which women were not included.

The significance to the women's suffrage movement of this resolution affecting men's unions is very great. The trade unions in the United Kingdom comprise between 2,000,000 and 3,000,000 members—nearly all of whom are electors—and these would carry enormous weight in case women suffrage were made a plank in the programme of any party at a general election.

DUNDEE, Scotland, Jan. 30.—Well organized bands of suff-

ragettes rained a pandemonium during the ceremony of conferring the freedom of the city of Dundee on Premier A. Guthrie to-day. The Premier had hardly risen to acknowledge the honor, when shrieks of "traitor," "traitor," resounded throughout the hall.

Stewards and policemen were soon busily occupied in throwing the women out of the building. Howls of "you brutes," and sharp scrimmages marked the passage through the hall of each conveyer of evictors. One woman sprang over the front of the gallery and was only saved from falling among the crowded audience, twenty feet below, by the fact that several men seized her by the skirts and held her suspended.

Our Trade With Germany.

A press despatch from Montreal says Canada's exports to Germany increased from some three and one-half million dollars for the whole of the fiscal year ending with March 31st, 1912, to ten and one-half millions during the late season of navigation.

This phenomenal advance is due to two causes—the lessening of tariff restrictions in trade between the two countries, following upon the end of the tariff war, and the growing dependence of Germany on foreign sources for her food supply. This dependence is bound to increase with the years and as a consequence Germany may soon be expected to equal Britain as a market food stuffs.

To-day Germany is Britain's most important foreign customer. In a few years, if normal conditions continue, she may be expected to rank next to United States and Britain as a market for Canada's exports. What folly it is to talk of war with a country with which we have no quarrel and on the prosperity of which the prosperity of Britain and Canada so largely depends?

—Toronto Weekly Sun.

To soften paint-brushes which have become dry and hard, heat a much vinegar as required to boiling point, immerse the brushes, and allow them to simmer for ten minutes; then wash in strong soap suds.

A Mica Mine In Kent County.

A mica mine is said to have been discovered at Clair Fountain, a few miles north of Kouchibouguac. Mr. McDonald, a New York mining expert, is investing.

Harry Lauder's Narrow Escape

CLEVELAND, Ohio, Jan. 30.—Friends of Harry Lauder, the Scotch comedian, are congratulating him to-day on his escape from death yesterday, when his private car Mayflower was wrecked in the Lake Shore station here.

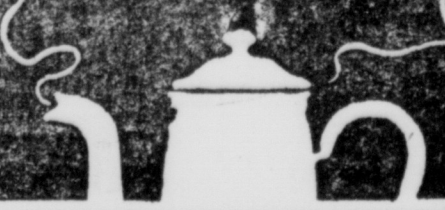
Mr. Lauder, his wife and members of the company had just left the car, when a passenger train run through the switch and smashed into the Mayflower. The party had been out of the car less than a minute.

Pitt water for Cleaning delicate Fabrics.

For cleaning delicate fabrics, this method is said not to fade or injure the finest colors: Grate raw potatoes to a pulp, add one pint of water to one pound of the potato pulp; stir and wash between the

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The Taming Aroma of SEAL BRAND COFFEE An Excellent Appetizer



CHASE AND SANBORN MONTREAL

hands, then drain the water from the pulp through a fine sieve or cloth; let it stand in the vessel until the fine white starch settles to the bottom, then pour off the clear water, which is what you use for potato starch for stiffening fine materials.

For cleaning, sponge with the liquid, applying until all soil is removed, rinse in clear water and iron on the wrong side. For white silk, which may be passed through the water as through suds, add a very little borax to the water. Party dresses and white cashmeres clean beautifully by this method.

Latest Freak Of Women Suffragists.

New York, Jan. 30.—It was said on good authority yesterday that women suffragists of this city are to undertake a horseback ride to San Francisco, that two women are already pledged to go, that others will join them, that the party will set forth in the early spring as soon as the highways of the east are fit for steady traveling.

The purpose of the riders will be to scatter their trutons and arguments through a fruitful line of States east of the Rockies, and to join the women voters of the west in celebrating their conquest.

SOFT MOLASSES COOKIES.

One cup of molasses, one tablespoonful of ginger, one te spoonful of soda, two tablespoonfuls of warm water or milk, one-third cup of butter, or equal parts of lard and butter, and flour to mix a soft dough. Put the molasses in the mixing bowl, and sift into it the ginger; dissolve soda in the water or milk and stir it into molasses, add the lard, flour enough to make the dough, roll and cut into shapes and bake in a quick oven.

Crude Oil Again Advances In Price

PITTSBURG, Pa., Jan. 30.—The fourth successive advance in crude oil was recorded when the South Pennsylvania Oil Company announced its prices at the opening of business this morning. As on every other day this price, the price was lifted seven cents a barrel, bringing Pennsylvania crude to \$2.34.