

TUBERCULOSIS IS CURABLE

800,000 people received Sanatorium Treatment in the United States during the last 10 years, 600,000 of those are still living.

Patients discharged from Sanatorium over a period of 30 years show the following results:

75 p. c. of the cases TREATED EARLIER were living at the end of the 30 years. 50 p. c. of the 2nd stage, treated cases, were living at the end of the 30 years. ONLY 11 p. c. of the Far advanced cases were living at the end of the 30 years.

EARLY DIAGNOSIS and IMMEDIATE TREATMENT means "CURE" and the prevention of the spread of the disease.

LOW DEATH RATES are directly dependable on the early discovery and treatment of the disease.

3 out of every 4 seeking the Doctor's advice in New Brunswick do so when the disease is Far Advanced.

CONSULT YOUR FAMILY DOCTOR EARLY

LENINGRADE OF TODAY IS SEEN ON THE DOWN GRADE; GRASS GROWING IN ONCE BUSY STREETS

Cities, like nations, are forever changing in relative importance, sometimes suddenly, sometimes slowly—up or down. The change may be due to the fate of war, economic conditions, or internal disturbance, and sometimes it is hard to find a direct cause at all. A city on the downgrade is always a melancholy spectacle, whatever its original position; but St. Petersburg in 1914 was one of the three or four first capitals in Europe and now there is grass in the streets of Leningrad, writes George Bell in the Sunday Times, London.

This is, perhaps, nowadays, the first thing that strikes the visitor to the former capital. It is a phenomenon so altogether outside one's experience. In Leningrad today it is not a matter of a few weeds in small by-streets, but of rank grass in once populous thoroughfares, streets of noble houses and fine vistas.

The same neglect is apparent all through the city. Except for the government offices, opposite the Winter Palace, which are just now being painted, all the public buildings and bridges have been left practically untouched for ten years.

Palace Neglected.

The Winter Palace itself, its dull red stucco pitted with bullet-holes and its windows boarded up, is typical of the universal neglect. Inside, some few rooms have been thrown open to the public, and fitted up as a propaganda museum. Here are exposed by photograph and tableaux the evils of the old regime. Side by side can be traced an almost complete record of all the Russian revolutionary activities of the last generation, a great many of the accounts being taken from foreign newspapers, all emphasizing the severity with which all such manifestations were repressed.

Prison life in Siberia is represented with great minuteness and a wealth of rather disgusting detail. Although, it is not a very exhilarating exhibition; and for the foreigner, at least, it would be far more interesting were a few of the State apartments to be shown in their original condition.

How the City Looks.

Very few houses in the city have been actually destroyed; the worst example is, perhaps, the old Law Courts building near the south end of the Liteinai Bridge; but bullet marks are fairly plentiful everywhere. The Street of the 25th October (once the famous Nevsky Prospekt) is still a most majestic thoroughfare, but save for its two lines of tramways, there is scarcely any road traffic. A few disreputable droshkies crawl up and down, but of the huge volume of motor traffic to which one is accustomed in a great city there is hardly a sign.

The shops in what was once alike the Piccadilly and the Rue de Rivoli of the capital are now mainly devoted to machinery and foodstuffs. There are very few luxury shops left, although a small number of jewellers remain, together with two or three curio dealers. Busts of Lenin and of Karl Marx stare at one from three windows out of five and the crossed hammer and sickle of the U. S. S. R. is displayed everywhere.

The two principal cathedrals—St. Isaac's and the Kazan—are open, candles are kept burning, and well-attended services take place. A constant stream of people, poorly dressed for the most part, pass before the numerous ikons, genuflecting and crossing themselves.

In contrast to the almost Oriental splendor of the two cathedrals, one is besieged at every street corner by

hordes of begging children, thin, unkempt, and ragged. Better dressed, but no less persistent, there are collectors of funds for the British miners who importune everywhere and seem to meet with fair support.

High Cost of Living.

Since the stabilization of the rouble at approximately 9½ to the pound sterling the cost of living to the Englishman in Leningrad is very high. For example, at a certain hotel we paid 4 roubles (over 8 shillings) for "cafe complet" for two, and dining a la carte there was no dish under 1 rouble 50 copecks (3 shillings), and other commodities were in proportion.

Leningrad is in fact by no means a paradise for the foreign traveller. Official surveillance is even stricter than it was before the war. By way of illustration, in crossing the frontier, every scrap of written or printed matter, paper, book, or private letter has to be read, and, if necessary, translated. Any reference to Russia or the Soviet is closely scrutinized, and possibly the page or sheet containing it has to be torn out. The moral is obvious—Do not bring any books or papers into Russia, for it is distressing to miss the only train in the day whilst a Soviet official laboriously translates a long and chatty letter from one's small brother.

At Nightfall.

At night the city descends into blackness; except for a few of the main streets there is hardly a light to be seen, so that to drive in a droshky after dark through the cobbled streets is an experience to be remembered. These streets are almost deserted, although here and there an occasional drunken man lying in the roadway testifies to the never-falling influence of vodka.

MUST ATTEND CHURCH SUNDAYS FOR 2 YEARS

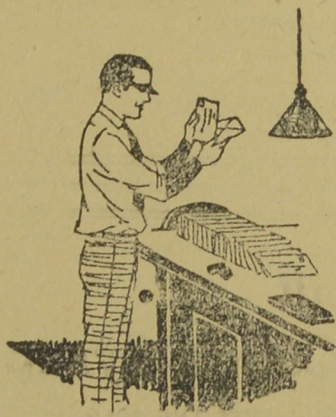
Charlotte, N. C., Nov. 25.—L. L. Herrin, North Charlotte youth, must go to church every Sunday for the next two years.

"If he fails to attend church he will receive a six months' sentence at a prison road camp."

This was the penalty, imposed by Judge R. Lee Wright of the superior court here, on the youth, charged with driving an automobile while intoxicated. Herrin also had to pay a \$100 fine.

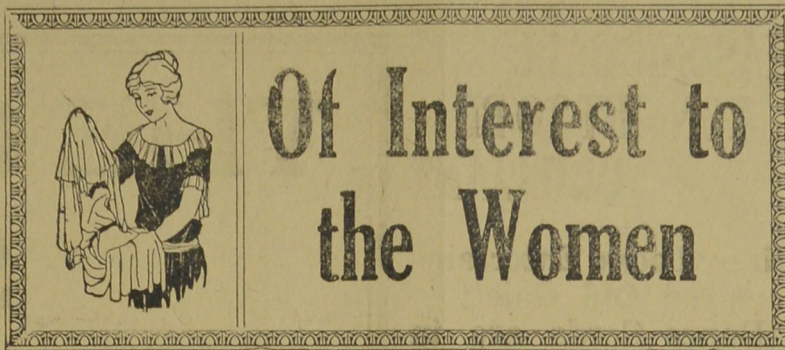
"You can't help getting a religion in that time," Judge Wright said in ordering Herrin to attend church.

BLUNDERS



WHY IS THIS WRONG?

One of the many annoyances that the postal service has to contend with is the receipt of bundles of carelessly sealed letters, many of which are stuck together. Since letters can be run through the cancelling machines only one at a time, all those stuck together must first be pulled apart by some postal employee. This may result in mutilation of the addresses or in placing the letters to one side until other mail has been handled.



Of Interest to the Women

NEW WINTER COLORS GET ELABORATE NAMES.

The colors selected for this winter season by the National Garment Retailer's association are Gypsy, a dull purple; Autumn, a deep tan; Romance, a deep coral pink and Neptune, a jade green. New York's color styles copy those of Paris.

Many women have wondered why the colors are christened with such elaborate names. It is to facilitate matching exact shades and to enable cable and telegraph orders to be filled to perfection. Each season makers of shoes, hats, stockings, underwear and gowns all confer on what colors shall be promoted. Woman changes her color scheme each season by the most elaborate and intricate method.

TO PUT EFFICIENCY INTO HOUSEHOLD TASKS.

A clean chimney will give more heat to each ton of coal.

A flaky crust is one of the essentials of a good apple pie.

Try baking some apples with the next ham you bake. 'Tis said that both are improved.

Fruit pies bake better in oven glass pie plates than in any other kind.

Every piece of useless furniture discarded means one less thing to dust and keep in repair.

If the color runs in flannels that are colored add salt and vinegar to lukewarm rinsing water.

Silver lace may be brightened by applying a little dry powdered magnesia. Rub it on and allow it to remain a few hours then brush off with a clean stiff brush.

COCOANUT LAYER CAKE.

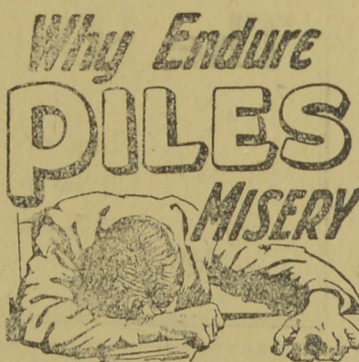
One cup shortening 2 cups raisins, 1 teaspoon salt, 1 teaspoon vanilla, 1 cup milk, 5 eggs, 4 cups flour, 4 teaspoons baking powder.

Cream shortening with sugar, add salt, eggs (well beaten) vanilla. Sift flour before measuring and add baking powder; add this alternately with milk. Beat well and bake in layer cake pans.

Icing—Boil to soft ball, 1 cup sugar, 1-3 cup water and pour 1-3 of this syrup over 2 well beaten egg whites. Continue beating while the remainder of the syrup cooks until it spins a thread and add it to the mixture. Flavor with vanilla and add grated coconut. Put between layers of cake and over top and sides.

TAPIOCA CREAM.

Two level tablespoons tapioca soaked in a little water for an hour or two. In a double boiler put 2 cups milk add the tapioca after draining it. Cook till the tapioca is clear. Stir together 1 egg, a level teaspoon sifted flour and ½ cup of



The weakening agony of piles robs life of its pleasure, turns days of brightness into days of misery, and brings periods of acute suffering. Overwhelming evidence proves Zam-Buk incomparable for banishing the pain, bleeding, swelling and inflammation.

Mr. Alf Brown, of Merriton, writes: "I hope that my testimony will reach thousands suffering from that dreadful ailment, piles. For six years I was never free from pain. No one ever spent more money in search of a remedy. A sympathetic friend gave me a part of a box of Zam-Buk to try. Its soothing power was marvellous, and I soon had a further supply of this grand herbal healer. I used Zam-Buk until the old painful trouble was gone completely."

Equally successful for eczema, psoriasis, salt rheum, pimples, boils, bad legs, ulcers, scalp disease, poisoned wounds, cuts, burns, scalds, etc. Dealers everywhere sell Zam-Buk at 50c. box 3 for \$1.25

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MISS GUINN, 147 Westmorland Street.
ALONZO STAPLES, 100 York Street.
J. HANLON, 83 Regent Street.
W. GRIEVES, Cor. Regent and King Streets.
RAY BARKER, Cor. Carleton and King Streets.

WESLEY ERB, 266 York Street.

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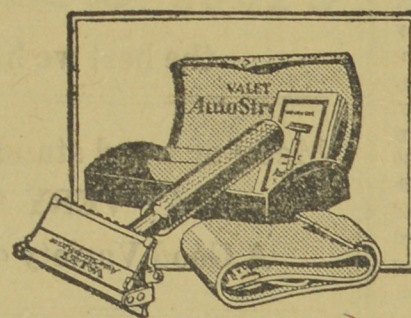
England has a town crier whose cry can be heard on a still day for a distance of three miles. What a defeated candidate he would make.

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REAL BARGAIN

A Valet Auto Strop Safety
Razor at Less Than Cost!

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