

My Experience as a Nurse

has been that there is nothing known to medical science that can compare with Zam-Buk for the treatment of skin troubles or injuries." This is the opinion of Miss J. Keith, professional nurse, of Olds, Alta. She continues: "I have tested Zam-Buk personally, and have used it for my patients in a great number of cases—always with the same satisfactory results. "Speaking professionally," Miss Keith concludes, "my advice to all sufferers from eczema or any other skin trouble is: Cleanse the affected parts thoroughly, and apply Zam-Buk freely and regularly. I am confident that this treatment will be found sufficient to cure even the most stubborn cases."

Zam-Buk, being composed solely of herbal essences, is so refined that it penetrates to the underlying tissues, which is where skin diseases have their roots. Unless a salve is capable of penetrating to the root of the disease it cannot permanently heal. This is why ordinary ointments which, owing to their coarse ingredients, never go deeper than the surface, either do not heal at all or only heal over the outer skin, with the result that the disease breaks out again. Zam-Buk cures, on the contrary, stay cured.

Zam-Buk is also unequalled for cuts, burns, scalds and all skin injuries. When Zam-Buk is applied, there is no danger of festering, and nothing ends pain and heals so quickly.

Zam-Buk should be used for ringworm, ulcers, abscesses, blood-poisoning, bites, boils, pimples, and all skin troubles. All druggists sell boxes of Zam-Buk, also, for sale by mail. Send this advertisement to the publishers, and you will receive a box free.



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Unexcelled for Flavor and Baking Qualities

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Are you still able to get the utmost pleasure out of a paper or book?

Can you read without your eyes becoming tired and blurred?

Can you read as well by lamplight as in the day time?

If your answer to any of these questions is no, your eyes are in a strained condition. We can relieve that condition by prescribing glasses. Prompt, skilful service is assured.

G. F. Hutcheson
Optometrist

THE WESTERN GUARDIAN

—SHOP from Holman's Catalog.

—CITIZENS L.C. 11-10 is considerable sickness at present around town. Mrs. Charles Andrew has been confined to his home with an attack of pneumonia for several days. Mr. A. H. Wadman, who has been removed from the hospital to his home, is still on the sick list. The most serious case are: Mr. James Gaudet whose recovery is entertained as doubtful, Mr. Oliver Carver and Mr. Havelock Corbett, have been under treatment for some time at the hospital and both cases are serious.

—SARLETOWN SCHOOL. The semi-annual examination of Sarletown school was held on the evening of Dec 21. The school room was prettily decorated for the occasion. Forty-two visitors were present, the pupils were examined in the different subjects by their teacher, Helen Bishop, assisted by Miss Noonan and Mrs. Hugh McLean. The manner in which the pupils answered their questions testified of their having been very carefully taught. At the close of the examination a good programme consisting of songs, dialogues, and recitations was rendered by the pupils towards the end of the programme Santa Claus arrived and distributed the presents from off the Christmas Tree, which was loaded with gifts for the pupils. The teacher was presented with two beautiful presents from the pupils and others. After complimentary remarks were made by the trustees, a very pleasant evening was brought to a close by singing the National Anthem.

MARIE NOTES.

The Marie Debating Society are now holding their weekly meetings, and listening to the able speeches from the young gentlemen and ladies, we have no doubt they will be heard from the public platform in the near future.

Their many friends are pleased to welcome back Wilbur Webster, and Dan Dingwell, after spending a very enjoyable Christmas holiday in Greenwich.

Midgell's official Santa Claus passed through Marie on his way home, after radiating his good cheer to the kiddies of Morell East school.

Marie school is progressing favorably under the skillful management of Miss Gillis, as was shown at the semi-annual examination, ably assisted by Everett Webster, and Freeman Bowley, the capable Trustees present. John Jay, being unavoidably absent, his place was capably filled by James E. Dingwell.

The many friends of Lantz Jardine and Stanley Dingwell are busy giving them the glad hand, after spending some time in the West and who say: "There is no place like home."

Eddie Dingwell has returned to his home in Midgell, after spending an enjoyable Christmas in Marie, the guest of Mrs. and Miss Mobbs.

Miss Ida Webster, Deaconess, Truro, is spending her Xmas holidays at her old home in Marie.

R. C. Webster, the successful smelt fisherman of Marie, is high in this season, and is shipping his fish to New York and is so well pleased with his returns that he would recommend others to do the same.

Bruce Webster, Midgell, paid a flying business visit to Marie recently.

Owing to the stormy weather the people of Marie miss the smile of the genial mail carrier, Mr. Wm. Robbins.

OTTAWA, Jan. 7.—War veterans in many parts of the Dominion have already indicated that they are eager to support the request of the Ottawa branch G. W. V. A. for the naming of a royal commission to investigate re-establishment rather than a parliamentary committee.



THOROBREAD FLOUR

Becomes a Habit

Milled by Hunt Bros Limited London, Canada

THOROBREAD USERS ARE QUALITY-CHOOSERS.

THE EASTERN GUARDIAN

—SHOP from Holman's catalog.

—TO RESUME THEIR STUDIES. The following Summerside students have left to resume their studies after spending the holidays at their homes Messrs John Sullivan, John Cameron, Hazen McLehane, Leo Wedge, Edmund Doyle, Leo Wood and Lloyd Gallant to St. Dunstan's University, Miss Marion Monkley to McDonald College, St. Anne de Bellevue, Miss Olga Clark to Volville Seminary, Mr. Wilfred Howard to Acadia College, Volville; Miss Lella Saunders to Edgehill, Miss Dorothy McArthur to Mount Allison, Messrs Hazen Phillips, and Ralph Silliphant to Mount Allison; Misses Doris and Marion Leard, Florence Allen and Irene Allen to P. W. College and Mr. Harold Clark also to P. W. College.

WESTERN PERSONALS

—Dr. G. P. McDougall, O'Leary, West Devon, visited on the 10th.

PANMURE ISLAND

On Friday, December 23, the annual school examination of Rossmore School was held on the night of December 23rd. Twenty-six pupils and thirty visitors were present. After the examination a programme of recitations, choruses etc., was rendered by the pupils. Miss Rita Donahoe was interrupted while singing a solo, by the appearance of Santa, who in a few minutes loaded the Christmas Tree with gifts for the pupils. The teacher, Ellie Donahoe, was presented with a beautiful brush and comb set, a manure set and a box of stationery by the pupils. After Santa departed, tea and cake were served by the ladies of the Institute. The following is the programme. Duca, Marie and Margaret Donahoe, Recitation, Letter to Santa. Ernest Poole, Recitation, Have you Seen Santa? Helen Donahoe, Motion Picture, Dolly's Stocking, Teresa Donahoe, Recitation, See My Dolly, Margaret Sanphy, Quatrain, Merry Christmas, Marie Donahoe, Mary of Bulpit, Agnes Donahoe, and Margaret Donahoe, Recitation, The Stockings Said, Percy Sullivan, Christmas Drill, Fourteen Pupils, Recitation, My Dolly, Ed. Egan, Chorus and March, The School, Solo, Jolly Old St. Nicholas, Rita Donahoe.

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EASTERN PERSONALS

—Mr. and Mrs. Alfred Dalton, West Devon, were visitors to town on Friday.

—Miss Hilda McEwen of Messrs Sinclair and Stewart Ltd., is visiting at her home in Souris.

—Mrs. Fidel Perry, Emerald, who had been visiting friends here returned home on Friday.

—Mr. Jack MacLean, who is attending Pictou Academy, spent his holidays in Souris with his parents.

—The many friends of Mr. Edson Stewart, of Souris, are pleased to see him out again after his recent serious illness.

—Miss Mary MacLean, student at P.W.C. is spending her holidays with her parents Mr. and Mrs. H. D. MacLean, Souris.

—The many friends of Mr. A.J. White, Souris, will regret to learn that his condition continues very critical.

—Mr. Norman MacKenzie, Bradshaw, has returned to Souris to resume his duties as Principal of Souris High School.

—Mrs. Stephen Burke and little son, Master Stephen, Jr., were passengers on Wednesday to Charlottetown, where they are visiting friends.

—Mr. Earl Brownell, mechanical engineer, has returned to town after spending the holidays at his home in Port Elgin, N. B.

—Miss Patti Currie has returned to Charlottetown after spending the Christmas holidays at the home of her brother, Mr. W. D. Currie, Souris.

—Mrs. Frank Heartz, her daughter, Miss Ruth and Miss Van Bell have returned to the city after spending the Christmas holidays in Souris, where they were the guests of Mrs. Irish Mathew.

—Mr. Drake, Manager of the Souris Branch of the Canadian Bank of Commerce, and Mrs. Drake, have moved into the house formerly occupied by Mr. F. D. Tanner.

USE COCOANUT OIL FOR WASHING HAIR

If you want to keep your hair in good condition be careful what you wash it with.

Don't use prepared shampoos or anything else that contains too much alkali. This dries the scalp, makes the hair brittle and is very harmful. Just plain Mulsified coconut oil shampoo (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls of Mulsified will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get Mulsified coconut oil shampoo at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months. Be sure you get Mulsified. Beware of imitations. Look for the name "Waxkins on the package."

ECZEMA

you are not experiencing itching when you use Dr. Chase's Ointment for it relieves at once and gradually heals the skin. Sample box, Dr. Chase's Ointment free if you mention this paper and send 2c stamp for postage. Write a box all dealers of Ontario, Bates & Co., Ltd., Toronto.

TEACHERS' SALARIES

Too Low to Attract Men, Says Ontario Inspector

TORONTO, Jan. 9.—Teachers' salaries are not large enough to entice young men into the teaching profession, R. H. Cowley, Chief of Public School Inspector of Toronto, told the Lions' Club in an address today. He maximum salary in Toronto for male principals is \$2,500, and for assistants \$2,500. "The financial reward for teaching in the public schools of Toronto," Inspector Cowley said, "is something the city's business men should take into serious consideration."

Sale of Dresses

Silk Dresses
Serge Dresses
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Tricotine Dresses

all new this present season
being offered at a big reduction.

Come in and look through
the assortment today.

"Odd Lot" Sale of Wall Paper

Opened this morning
PERHAPS THE MOST important and attractive of the winter sales at this is the sale of ODD LOTS and REMNANTS WALL PAPER.

The head of our WALL PAPER PARTMENT goes through the stock carefully—where a pattern is sold down quantity too small to include in our new sample books, we have it made up into RO LOT each with border to match, and price about

HALF THE REGULAR PRICE

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It Creams as It Cools!

That's the sign of aristocratic quality in Blue Bird Tea; Orange Pekoe Flavor. Watch the sparkling amber of the next cup you pour "cream" to a cloudy texture—one sign out of many of its goodness.

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MUTT AND JEFF—Quite so: The Cheaper the Meat the Tougher it is.

—By Bud Fox

MUTT AND I HAVE COME TO OUR SENSES AND FROM NOW ON WE'RE GONNA EAT AT HOME: IT'S CHEAPER!

GET BUSY, MUTT, AND SET THE TABLE: THE STEAK'S ON THE FIRE!

STEAK FOR DINNER!! OH, FINE! WHAT DO THEY SOAK A GUY FOR STEAK NOW?

FIFTY CENTS A POUND!!

IT'S TOUGH WHEN GUYS LIKE US HAVE TO PAY FIFTY CENTS A POUND FOR STEAK!

YES, AND IT WOULD BE TOUGHER IF WE PAID TWENTYFIVE!

HE'S RIGHT, AT THAT!

The Imperial Biscuit Co.
Box 446
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