



Zam-Buk

Soothes Pain — Grows New Skin.

Nothing can compare with Zam-Buk for healing, soothing and antiseptic power. This remarkable herbal balm has superseded common ointments and made for safety and simplicity in home treatment of injuries and skin diseases. Guaranteed free from all animal fats and poisonous minerals, Zam-Buk is so pure and so highly refined that it is readily absorbed by the skin. Poison, inflammation and disease are drawn out of the tissues, pain and irritation are soothed, and new healthy skin grows. Zam-Buk is proved without equal for eczema, ulcers, piles, ringworm, poisoned wounds, cuts, burns, pimples, rashes, boils or other eruptions. Also splendid to rub in rheumatism, strains and muscular pains.

Of all chemists and druggists at 50c. box. 3 for \$1.25 or send 10¢ stamp to Zam-Buk Co., Toronto, for FREE TRIAL SAMPLE.

A SURGERY IN A TWO-INCH BOX

How Many Pairs of Shoes Have You?

Needless to say you have more than one pair. Why do you go to the expense of several pairs when you could get along with one.

On the other hand you probably have only one pair of shoes. Why? If you break them you must endure discomfort and poor vision until they can be repaired.

Every person who needs one pair of glasses also needs two pairs. It is merely a matter of habit that you force yourself to be satisfied with one. We keep a record of your prescription and can duplicate your first pair at any time.

G. F. Hutcheson
Optometrist

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Eastern Guardian

SHOP from Holman's Catalog

HOCKEY.—The second game of hockey to be played in the Georgetown rink took place recently between the Tigers of Georgetown and the Pioneers of St. Peters. Score, 7 to 1. The game was played in three twenty minute periods and was very capably handled by Mr. John C. Yorton. The score at the finish of the first period was three to one in favor of the home team, goals being scored by Dalzell, one by MacDonald for home team and one by MacDonald for the visitors. In the second period the score ended 5 to 5 still in the Tigers' favor. The third period again ended in favor of the home team, score 11 to 7. Johnson made some good rushes for the home team. MacDonald for home team and one by MacDonald for the visitors. In the second period the score ended 5 to 5 still in the Tigers' favor. The third period again ended in favor of the home team, score 11 to 7. Johnson made some good rushes for the home team. MacDonald for home team and one by MacDonald for the visitors.

east of Cape Charles Lighthouse late yesterday as a rum runner. Her cargo, it is alleged, consisted of more than 1,000 cases of liquor for New York delivery. This together with the ship's papers, was seized and Captain John Allen Williams, with his entire crew were taken into custody pending an examination before the United States Commissioner at Norfolk on Monday. The Emerald was found to be seven days out of Nassau, according to her papers.

FRIENDS FEAR FOR LORD NORTHCLIFFE

NICE, France, March 2.—It is feared by intimate friends of Lord Northcliffe, who have seen him at Cap Dail, that he is more gravely ill than he is willing to admit. It is certain that he has abandoned the final portion of his world and inland tour of going to Paris, as expected at the time of his arrival at Marseilles, went direct to The Riviera on account of his health and the climate.

WEDDING BELLS.—St. Mary's Convent, Souris was the scene of a very pretty wedding on Wednesday Feb. 22nd when Miss Margaret Landy of Halifax became the bride of Mr. Andrew Meurant of Souris. Rev. Father McMahon performed the ceremony. The bride was becomingly attired in a heavy velvet coat with hat to match and was attended by the groom's sister, Mrs. Mary, who also wore a brown. The groom was supported by his brother Alexander. After the ceremony the happy couple drove to the home of the groom where a sumptuous dinner was served. The afternoon was pleasantly whittled away. Supper was then served and the remainder of the evening was spent in music and dancing and a general good time was enjoyed by all. The bride was the recipient of many valuable and useful presents. Among the guests were all the employees of the railroad running on the Eastern train. The groom is a son of Louis V. Meurant, Souris, and had been employed in the Dominion Express Co. for a number of years. Mr. and Mrs. Meurant will reside at Souris. Their many friends join in wishing them happiness and prosperity.

LOST PAINTING BY MURILLO

A "lost" painting by Murillo, a great Spanish artist of the seventeenth century, which was found several years ago in an Irish emigrant's trunk, has been brought to America by Mr. and Mrs. Meurant of Souris. The painting is a portrait of a man of the Old World which, as a result of the war, and is now on exhibition at the Kleinberger Galleries, 725 15th Avenue, New York. The painting is a portrait of "A Gentleman of Seville," and is considered of special value because of the rarity of Murillo's portraits. It is estimated that not more than fifteen authentic portraits of his are known.

GOD MADE US FREE

The brute is free from the binding force of moral law; the more savage he is, the more free he is bound. He is free to control his appetites by bringing them under obedience to the law. This is not only freedom worthy the name. Nobody does as he pleases but he who pleases to do right. He who like the animals follows impulse does a thousand things which by no means please him after they are done. He is in leading strings. The young and the superficial think that to be free from rules means to do the things which the rules forbid. On the contrary, a man may be quite at free in obeying laws as in disregarding them. God made us to be free. How is it that freedom sons of God, we are ready to sell ourselves daily for so small a price? We have been Satan's bond servants, and the habits of our servitude are strong upon us. When shall we stand fast in the liberty with which Christ has made us free?

SCHOONER IS SEIZED WITH CARGO OF RUM

PORTSMOUTH, Va., March 1.—The motor schooner, Emerald, of Digby, N. S., flying the British flag was seized by the coast guard cutter, Manning, nine miles south of here.

Reduce Your Fat Without Dieting

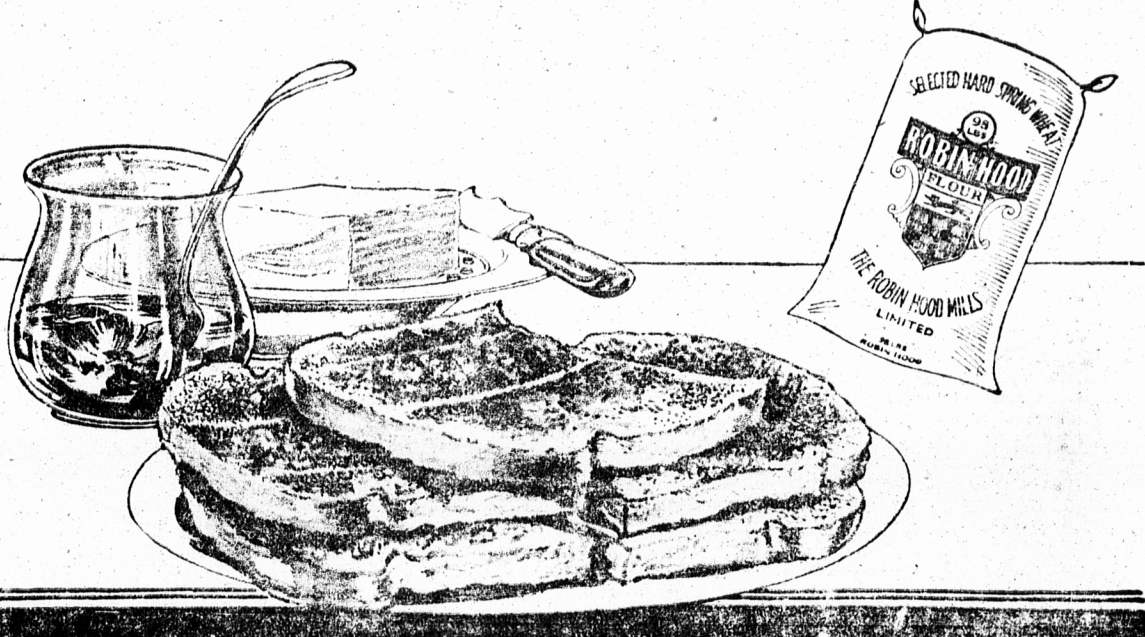
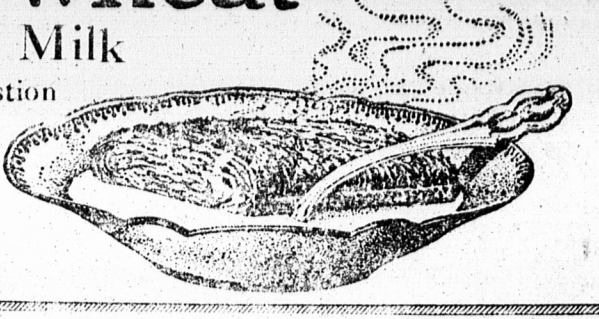
Years ago the formula for fat reduction was "diet"—exercise. "Today it is 'Take Marmola Prescription Tablets.' Friends tell friends these friends tell others. They eat substantial food, live as they like, and still reduce steadily and easily without going through stages of tiresome exercise and starvation diet. Marmola Tablets are sold by all druggists the world over at one dollar for a case, or if you prefer you can order direct from the Marmola Company, 4612 Woodward Ave., Detroit, Mich.

The Sun Will Shine All Day

Whether a man is an optimist or a pessimist depends largely on his breakfast. It lays the foundation for the best work of the day—the work that is done before the mind and the body "strike twelve." Sunshine will come in every window all day if you eat

Shredded Wheat With HOT Milk

There is no doubt about its easy digestion and its strength-giving nutriment. Two Biscuits with hot milk make a warm, satisfying, nourishing meal at a very small cost. Much better for children than mushy porridges—ready-cooked and ready-to-serve.



Toast—and Marmalade for Breakfast

BREAD—plain or toasted—is the staff and mainstay of life; it is also the most inexpensive food product in the world. Therefore, upon the quality of the bread depends the vitality of a nation. FROM NOW ON eat more bread—eat better bread—insist on only the best. This is the guarantee that goes in every bag.

Our "MONEY BACK" Guarantee. Robin Hood Flour is guaranteed to give you better satisfaction than any other flour milled in Canada. Your dealer is authorized to refund the full purchase price with a 10% penalty added if, after two bakings, it is not thoroughly satisfied with the flour, and will return the unused portion to him.

- ROBIN HOOD gives this guarantee BECAUSE—
- (1) It is milled from the choicest hard spring wheat only.
 - (2) It is milled on the prairies right where the wheat is grown.
 - (3) The wheat is purchased direct from farmers thus avoiding elevator mixtures.
 - (4) No milling process is as up-to-date or as thorough.
 - (5) Each package contains all flour—no filler—no flour dust, therefore it actually has much greater strength (takes more water) yielding more loaves of light, flaky bread at every baking.

We know it is Better, otherwise we could not afford to give this Unqualified Guarantee

Robin Hood Flour

"Well worth the slight extra cost"

MUTT AND JEFF

SOPHIA IS A JEWEL! IT WOULD BE CLASSIER TO HAVE A BUTLER BUT WHEN IT COMES TO COOKING I CALLS HER A WIZARD!

BOSS, I'VE GWINE TO QUIT TODAY!

WHY, SOPHIA, WHAT'S THE MATTER? AIN'T YOU SATISFIED WITH YOUR JOB?

YESSIR, I'VE SATISFIED! BUT TAIN'T DAT, BLESS!

DO YOU WANT MORE WAGES? ANSWER ME THAT!

NO SIR! THE PAY AM O.K! BOSS, DOES YOU RECOLLECT YOU LET ME OFF TO GO TO A FUNERAL ABOUT A MONTH BACK?

WELL, I'VE GWINE TO MARRY DE CORPSE'S HUSBAND!



Jeff Will Have to Scramble his Own Eggs From Now on. —BY BUD FISHER