Children

who have once had Zam-Buk applied never forget how it soothes and heals their hurts. Wise mothers never use anything else. A touch of herbal Zam-Buk—a bandage made of almost any clean rag—no more tears or worry. Zam-Buk is so pure and so refined that it provides the ideal healer for every sort of wound, abrasion or soreness.

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Mrs. J. E. Bierwirth, of Carnduff, Sask, writes:—"My little boy cut off the end of his finger and it seemed a case for a doctor. However, I applied Zam-Buk to stop the pain and bleeding and it gave the child such relief that I continued the treatment. Using nothing but Zam-Buk, I dressed the finger each day, and the wound healed perfectly."

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Clogged Air Passages Open at Once—Nostrils Cleared

If your nostrils are clogged and your head stuffed because of catarrh or a clod, get Ely's Cream Balm at any drug store. Apply a little of this pure, antiseptic, germ destroying cream into your nostrils and let it penetrate through every air passage of your head and membranes. Instant relief.

How good it feels. Your head is clear. Your nostrils are open. You breathe freely. No more hawking or snuffling. Head colds, and catarrh yield like magic. Don't stay stuffed up, choked up and miserable. Relief is sure.

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On Body and Face. Red and Itchy. Cried For Hours. Lasted a Year.

"A rash started all over my little girl's body, and she had some on her face. It started in a pimple that was full of water, and it got red and itchy. She cried for hours. This trouble lasted a year.

"Then I started with a free sample of Cuticura Soap and Ointment. I bought more, and I used four cakes of soap and three boxes of Ointment which healed her." (Signed) Mrs. Dora Langly, 1032 Gertrude St., Verdun, Que., August 11, 1918.

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216 Frontenac Street. Phone 1325j.

MAIN STREET

The Story of Carol Kennicott

By SINCLAIR LEWIS

CHAPTER X

I

The house was haunted, long before evening. Shadows slipped down the walls and waited behind every chair.

Did that door move?

No. She wouldn't go to the Jolly Seventeen. She hadn't energy enough to caper before them, to smile blandly at Juanita's rudeness. Not today. But she did want a party. Now! If some one would come in this afternoon, some one who liked her—Vida or Mrs. Sam Clark or old Mrs. Champ Perry or gentle Mrs. Dr. Westlake. Or Guy Pollock! She'd telephone—

No. That wouldn't be it. They must come of themselves.

Perhaps they would.

Why not?

She'd have tea ready, anyway. If they came—splendid. It not—what did she care? She wasn't going to yield to the village and let down; she was going to keep up a belief in the rite of tea, to which she had always looked forward as the symbol of a leisurely fine existence. And it would be just as much fun, even if it was so babyish, to have tea by just herself and pretend that she was entertaining clever men. It would!

She turned the shining thought into action. She bustled to the kitchen, stoked the wood-range, sang Schumann while she boiled the kettle, warmed up raisin cookies on a newspaper spread on the rack in the oven. She scampered upstairs to bring down her filmiest tea-cloth. She arranged a silver tray. She proudly carried it into the living-room and set it on the long cherry-wood table, pushing aside a hoop of embroidery, a volume of Conrad from the library, copies of the Saturday Evening Post, the Literary Digest, and Kennicott's National Georgraphic Magazine.

She moved the tray back and forth and regarded the effect. She shook her head. She busily unfolded the sewing-table, set it in the bay-window, patted the tea-cloth to smoothness, moved the tray. "Some time I'll have a mahogany tea-table," she said happily.

She had brought in two cups, two plates. For herself, a straight chair, but for the guest the big wing-chair, which she pantingly tugged to the table.

She had finished all the preparations she could think of. She sat and waited. She listened for the door-bell, the telephone. Her eagerness was stilled. Her hands drooped.

Surely Vida Sherwin would hear the summons.

She glanced through the bay-window. Snow was sifting over the ridge of the Howland house like sprays of water from a hose. The wide yards across the street were gray with eddies. The black trees shivered. The roadway was gashed with ruts of ice.

She looked at the extra cup and plate. She looked at the wing-chair. It was so empty.

The tea was cold in the pot. With wearily dipping finger-tip she tested it. Yes. Quite cold. She couldn't wait any longer.

The cup across from her was icily clean, glisteningly empty.

Simply absurd to wait. She poured her own cup of tea. She sat and stared at it. What was it she was going to do now? Oh yes; how idiotic; take a lump of sugar.

She didn't want the beastly tea.

She was springing up. She was on the couch, sobbing.

II

She was thinking more sharply than she had for weeks.

She reverted to her resolution to change the town—awaken it, prod it, "reform" it. What if they were wolves instead of lambs? They'd eat her all the sooner if she was meek to them. Fight or be eaten. It was easier to change the town completely than to conciliate it! She could not take their point of view; it was a negative thing; an intellectual squalor; a swamp of prejudices and fears. She would have to make them take hers. She was not a Vincent de Paul, to govern and mold a people. What of that? The tiniest change in their distrust of beauty would be the beginning of the end; a seed to sprout and some day with thickening roots to crack their wall of mediocrity. If she could not, as she desired, do a great thing nobly and with laughter, yet she need not be content with villages nothingness. She would plant one seed in the blank wall.

2—MAIN ST— p- t nusll

Was she just? Was it merely a blank wall, this town which to three thousand and more people was the centre of the universe? Hadn't she, returning from Lac-qui-Meurt, felt the heartiness of their greetings? No. The ten thousand Gopher Prairies had no monopoly of greetings and friendly hands. Sam Clark was no more loyal than girl librarians she knew in St. Paul, the people she had met in Chicago. And those others had so much that Gopher Prairie complacently lacked—the world of gaiety and adventure, of music and the integrity of bronze, or remembered mists from tropic isles and Paris nights and the walls of Bagdad, of industrial justice and a God who spake not in doggerel hymns.

One seed. Which seed it was did not matter. All knowledge and freedom were one. But she had delayed so long in finding that seed. Could she do something with this Thanatopsis Club? Or should she make her house so charming that it would be an influence? She'd make Kennicott like poetry. That was it, for a beginning! She conceived so clear a picture of their bending over large fair pages by the fire (in a non-existent fireplace) that the spectral presences slipped away. Doors no longer moved; curtains were not creeping shadows but lovely dark masses in the dusk; and when Bea came home Carol was singing at the piano which she had not touched for many days.

Their supper was the feast of two girls. Carol was in the dining-room, in a frock of black satin edged with gold, and Bea, in blue gingham and an apron, dined in the kitchen; but the door was open between, and Carol was inquiring "Did you see any ducks in Dahl's window?" and Bea chanting, "No, ma'am. Say, ve have a svell time, dis afternoon. Tina she have coffee and knackebrod, and her fella vos dere, and ve yoost laughed and laughed, and her fella say he vos president and he going to make me queen of Finland, and Ay stick a fedder in may hair and say Ay bane going to var—oh ve vos so foolish and ve laugh so!"

When Carol sat at the piano again she did not think of her husband but of the book-drugged hermit, Guy Pollock. She wished that Pollock would come calling.

"If a girl really kissed him, he'd creep out of his den and be human. If Will were as literate as Guy, or Guy were as Guy as executive as Will. I think I could endure even Gopher Prairie.

"It's so hard to mother Will. I could be maternal with Guy. Is that what I want, something to mother, a man or a baby or a town? I will have a baby. Some day. But to have him isolated here all his receptive years—

"And so to bed.

"Have I found my real level in Bea and kitchen gossip?

"Oh, I do miss you, Will. But it will be pleasant to turn over in bed as often a I want to, without worrying about waking you up.

"Am I really this settled thing called a 'married woman'? I feel so unmarried tonight. So free. To think that there was once a Mrs. Kennicott who let herself worry over a town called Gopher Prairie when there was a whole world outside it!"

"Of course Will is going to like poetry."

(To be Continued.)

HOME-MAKING HELPS

"Everything About the House Helps to Make the Home."

By WANDA BARTON

ARE YOU PLANNING A PARTY FOR YOUNG FOLKS?

During these winter months, there are sure to be many parties for young people of all ages, from the primary to the graduating class, and the following suggestion may prove helpful in planning these festivities.

An alphabet party for youngsters from eight to twelve is always voted a success. In the invitation each child is given a letter which is part of a word of four letters and the completed word decides the partners for a game table. After the guests arrive, the words are spelled and the children who hold the letters of each word come forward to the table designated. The tables have numbers. Each table has a different game, which is played fifteen minutes, then the living words change tables.

The party is arranged for from three to six or from eight to eleven o'clock, according to convenience. Refreshments may take the form of an early supper or be served in the usual manner.

After the seated games, an old-fashioned spelling match is in order. For this, two first and two booby prizes are provided. If there is still time, any of the good general games will be found entertaining until it is time for supper or refreshments.

A few flowers are all the decorations needed, except about the table. For the supper, cover the table with white crepe paper with a border of large letters of the alphabet in gay colors. In the centre of the table, use a Jack Horner pie in the shape of a Noah's Ark. Paper animals circled around outside are each attached with a ribbon to the favor inside, and the youngsters spell their animals and pull out the prizes. Chicken boullion, chicken croquettes, peas and creamed potatoes, fruit salad, ice cream, cake and cocoa are sufficient for supper. For evening refreshments, cocoa and sandwiches of various kinds, with ice cream and cake will be sufficient. With a good leader to keep things moving, this makes an excellent entertainment.

"Juniors" are a bit more difficult to plan for because they at at the age which wishes to appear grown-up and hence must be handled with infinite tact. A small and early dancing party lasting from 8 to 12 is a popular choice. It order to make it a bit "different", call this a "Pierrot and Pierrette" party and announce in the invitation that it will be a pantomime party until 10 o'clock. Black and white costumes, paper or muslin, with little black masks and pointed caps, are inexpensive and attractive and may be worn all evening.

Black and white decorations and foods help carry out the color scheme. A black and white paper table may have for a centrepiece, a black paper pirate ship with white sails and a cargo of favors. A silhouette artist who will cut each Jill's picture for her Jack makes the souvenirs a lasting pleasure. As for the black and white menu, it may be accomplished by serving the food in white paper cases on black service-plates.

Another idea for young people of the "junior" age is a flower-garden party. Each girl is asked to come as a paper flower and the boys dress as gardeners. The decorations for this party should be entirely of garlands and vines, hedges and pagodas of rustic paper trellis-work. Everything should be planned to make the house as like a garden as possible in order to show off the flowers. Favor dances, with wee rakes, hoes, watering-pots and barrows, cause much merriment.

The invitations are written on brown paper flower-pots. Beside each plate a wee potted plant bears the place-card. The table may be covered with brown crepe paper. In the centre use a pyramid of potted hyacinths in all colors, the pots concealed with moss or smilax.

Supper or refreshments may be either simple or elaborate, but sweets and fancy foods should predominate. Marzepan garden vegetables may be used for the bonbons. Garnish the dishes with colorful garnishes. Pistachio ice cream garnished with cherries and green and pink frosted cakes will improve the decorative color scheme.

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Lee Valley Tidings.

Lee Valley, Jan. 16.—Miss Jennie Babcock spent the week-end with her friend, Marilda Root. Frank White is still visiting at D. Andress'. A birthday pary given by Marilda Root on Saturday evening, January 7th, was attended by the young people of Lee Valley and all had an enjoyable time. Mrs. Frank Buell has been very ill with diphtheria but is now better. The corn and hay ordered through the U.F.O. has arrived. The corn was $32 a ton. Miss Florence Mollison spent a few days holidaying in Sudbury. Miss Jennie Babcock and Miss Marilda Root were the guests of Miss Myrtle Stevens on Tuesday, Jan. 10th. A number of young men volunteered to cut some wood for the hall, and on Wednesday they completed the task. Miss Marilda Root spent a few days visiting at Miss Jennie Babcock, Pleasant Valley. The school has been closed for a few days on account of the severe weather and illness in the teacher's home.

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Heart trouble has of late years become very prevalent. Sometimes a pain catches you in the region of the heart, now and then your heart skips beats, palpitates, throbs, or beats with such rapidity and violence you think it is going to burst.

You have weak and dizzy spells, sinking sensations, are nervous, irritable and depressed, and if you attempt to walk upstairs or any distance you get all out of breath.

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Mrs. Chadwick, Delhi, Ont., writes:—"I had palpitation of the heart, and the least exercise, such as going upstairs or up a hill, my heart would beat like a trip-hammer and at times I was dizzy-headed and had a sinking sensation as if my time were near.

A friend suggested I try Milburn's Heart and Nerve Pills, so I procured three boxes, and by the time the first one was used I began to improve. In all I took six boxes, and now although in my 66th year I feel like a young girl; no dizziness or heart-thumping, and can walk miles without fatigue. At time of sickness I weighed 120 lbs., now I weigh 150."

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Feb. 23 ..... Algeria
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Mar. 9 ..... Saxonia
Apr. 10 (omits Cher. call) .... Caronia

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July 8|Aug. 12|Sept. 16 .....Ausonia
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Feb. 25|Apr. 1|May 12 .....Algeria
May 6|June 3|July 1 .....Cameronia
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Jan. 26|Feb. 26|Mar. 22 .....Scythia
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Apr. 4|Apr. 25|May 16 ....Mauretania
May 30|June 20|July 11 ....Berengaria
N. Y., Plymouth and Hamburg
Apr. 8|May 13|June 17 .....Caronia
Apr. 18|May 25 .....Saxonia
N. Y., Ply., Cherbourg and Hamburg
Mar. 7|July 1 .....Saxonia
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