

The Healing Virtue of Herbs

VALUABLE SECRETS
EXTRACTED FROM
NATURE'S STOREHOUSE.

There is a power and reliability in herbal medicines that never belong to mineral remedies. The curative power of herbs, when used with constant use, as is the general rule with mineral compounds. These truths were more clearly realized in bygone days when the famous athletes and gladiators of ancient Rome anointed their wounds and sores with secret herbal balms and vegetable oils of magical power. The secret and liking for these preparations perished with the fall of Greece and the burning of Rome.

BACK TO THE MINERAL AGE.

In the age that followed, the people of Europe fell back on artificial salves and ointments composed of mineral cures of lead, zinc, bismuth and other deleterious metals, without thought of the great damage which these unnatural compounds undoubtedly did to the delicate under-skin.

The explanation was that herbal remedies, whilst admittedly ideal, meant more trouble seeking, refining and making up. A return to natural perfect healing was never made until the discovery of the greatest and most perfect example of herbal compounding. The immense resources of modern science have been looked up in ram-buk with Nature's remedial herbs.

The rare and costly herbs used in the scientific manufacture of ram-buk are carefully selected, gathered at the right season, compounded in up-to-date and elaborate laboratories and cleverly

combined. Each ingredient assists the other in the curative work.

NATURE & SCIENCE UNITE.

The ultimate outcome of all this patience and skill is a rich, warm, balm, one as unique in conception and combination as it is successful in treatment of skin troubles of all kinds.

Apart from the fact that it is conceived on altogether novel lines, ram-buk is absolutely free from any of the animal fats which are present in ordinary ointments and which cause these ointments to turn rancid and useless in very short time.

Whether it is a cut or scratch, that threatens to fester, a patch of eczema, cold sores or salt rheum, an obstinate ulcer or poisoned wound, or an attack of piles or disfiguring pimples, ram-buk is the one ideal herbal healer superior to every other form of skin medicine. It is a novel combination of all those healing, soothing, and antiseptic powers which Nature had hidden in the juices and the herbs of her virgin forests.

Judged either by its character or the cures it makes day by day, ram-buk is in every way a remarkable healing substance. With a box of this wonderful balm always at hand you have a ready means of dealing with a hundred and one common skin complaints.

PROVE THIS FOR YOURSELF.

All you need do to obtain a free trial sample of this great herbal healer is to write to the ram-buk laboratory at Dupont St., Toronto. A small trial box of ram-buk will be gladly sent anyone if it, stamp is enclosed to cover re-shipment good in turn postage. Mention where you saw this offer when writing. Regular size boxes of ram-buk at fifty cents, obtainable of all chemists.

RIFLES CRACK PRISONERS DIE

Reconstruction Proceeding Slowly in Russia; No Political Freedom

RIGA, Oct. 16. — The cracking of the rifles of squads of executioners continues throughout Russia, and may be heard simultaneously with the taton of workmen's hammers engaged in the actual repair and reconstruction of buildings throughout the land. That reconstruction has begun and is slowly continuing without important assistance from foreign countries, and that the Soviet has not changed its unrelenting and ruthless policy toward its political foes, are two outstanding phases of the Russian situation evident to the correspondent of The Associated Press who has come to Riga after an eight months' stay in Russia.

Political Offenses

Hardly a day passes but somewhere in the country the death sentence for political offenses is made effective, but at the same time no day dawns without the beginning of some new task, the purpose of which is to put in order buildings and streets that were wrecked during the revolution. Prisoners doomed to die look from their windows out on bustling street scenes and smiling people who have forgotten politics in the pleasure of building new fortunes as trade opens up.

There have been no changes in the fundamental policies of the Soviet government, its tactics now seem to be strikingly summed up in the phrase of a foreign observer at Moscow: "Assist or sink at anything which ultimately helps us in the reconstruction of Russia; relentlessly crush anyone who dares to raise his hand against us politically."

Speculators Flourish

Speculators flourish, but the government is busy devising means to get their money away from them. These men pay heavy taxes; dine at stupendous prices in tax-burdened restaurants, and play bacarat for high stakes at night in the casinos from which the government takes the lion's share of the profits. To the speculators the government is like the Gods of Olympus, permitting its children to play at business, but threatening them with a thunderbolt if they dare to take part in the political game.

The government makes no secret of its dictatorship, and the people are becoming accustomed to this and are even happy in their daily lives under it. Under the iron hand of dictatorship the existence of the masses in Russia is beginning to run smoothly.

While the correspondent was in Moscow he was assured by government leaders that no political freedom would be granted Russia. But this seems not to worry the people, and tired of war and strife, they now see ample food before them, coupled with the possibilities of personal advancement.

Control Complete

Throughout Soviet Russia there is no today, nor has there been for months, a single important uprising. The Communist control is tighter and more complete than ever. The Committee of Investigation is outwitting, trying, and convicting various minor officials who accepted bribes, and is thus endeavoring to build up a bureaucratic machine which will operate strictly in accordance with orders from the Central Government.

The old Cheka has been abolished, and in its stead there has come up the organization known as the Political Police. The latter does not interfere in men's private lives, but in politics they are as omnipotent as ever. At one time the political police could shoot people first and try them afterward. Today the method is to have a court trial first and then carry out the execution, or to send suspects into exile without trial.

To foreigners in Russia the leaders make no effort to conceal their policy. They are not ashamed. They have confidence in the policy of doing wrong that good ultimately may come, and they apparently are succeeding, slowly and painfully, in reconstructing Russia, but along their own lines, and without any important sacrifice of principle.

Industries Needed

The evidence of reconstruction



MILK
as pure, as rich in cream, as nourishing, as if just from the cow

Yes, even richer than it comes from the cow, for most of the natural moisture has been removed from St. Charles Milk which makes it so creamy.

Always fresh, pure and sweet, St. Charles Milk should be used every day for every cooking and table use. It is the finest milk you can buy.

Depend upon it—absolutely—for the name St. Charles is our good name. It always stands for the best—the highest quality.

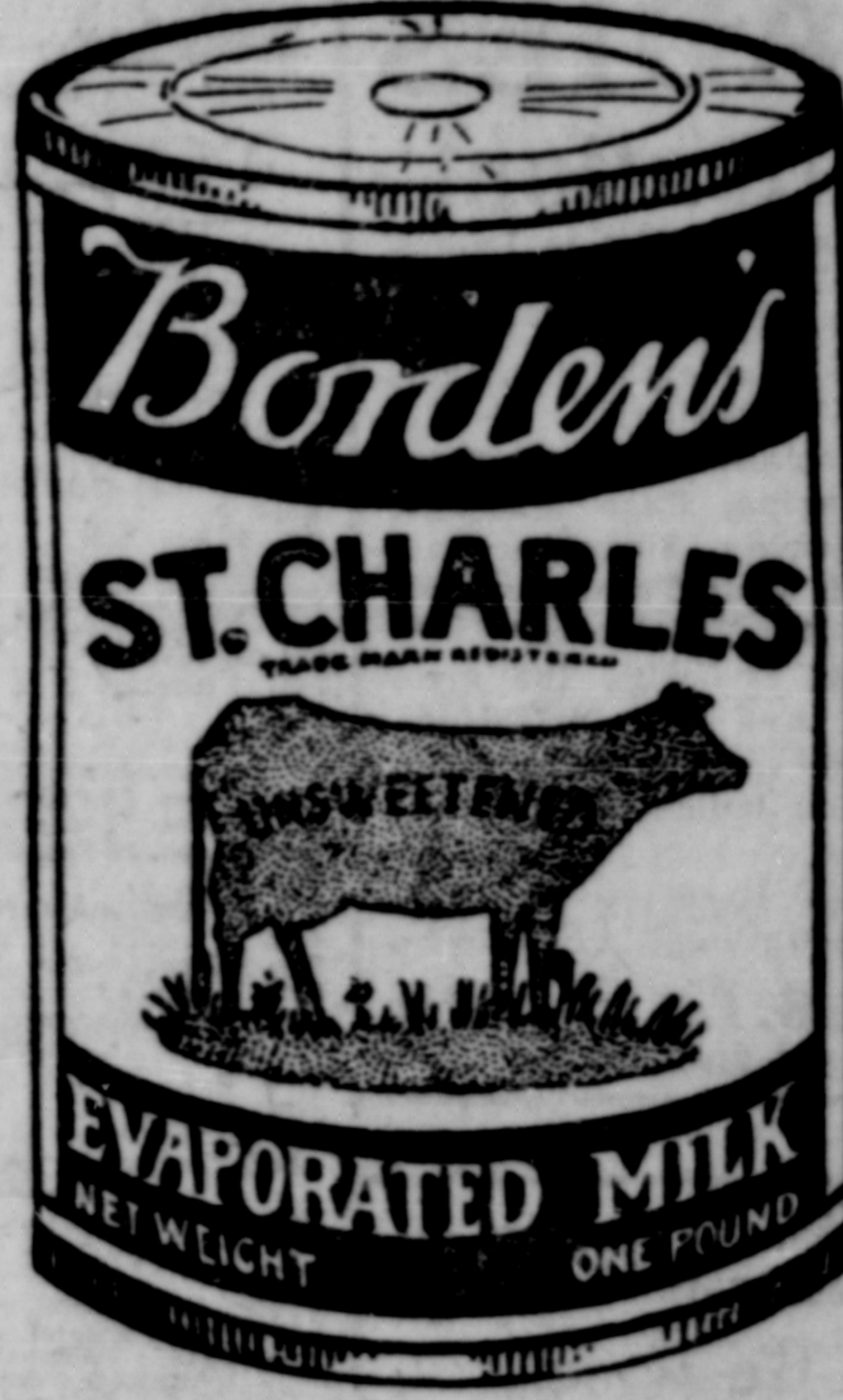
With a few tins of St. Charles on your pantry shelf you are always assured of a plentiful supply of rich, pure milk to use as you need it. Your grocer will gladly supply you.

The Borden Cook-book FREE on request to The Borden Company Limited, Montreal

Borden's ST. CHARLES MILK
"Pure Country Milk With The Cream Left In"

Recipes worth saving

ONE EGG CAKE—1/4 cupful St. Charles Milk diluted with 1/2 cupful cold water; 1/2 cupful vegetable cooking oil, sweet; 2-3 cupful sugar; 1 egg; 1/2 teaspoonful salt; 1 1/2 teaspoonful baking powder; 1 cupful barley flour; 1/2 cupful cornstarch; 1/2 teaspoonful vanilla; 1/2 teaspoonful lemon extract.
Beat the egg light and cream it with the sugar, salt, and flavorings. Combine the milk, diluted, with the cooking oil, beat together the dry ingredients and add them alternately to the first mixture with the milk. Beat thoroughly, turn into a lined, medium-sized pan and sprinkle nut meats, chocolate raisins or coconut over the top. Bake in a moderate oven, for forty-five minutes.



FIRE CHIEF'S REPORT

According to the report of Fire Chief McDonald read at the council meeting last night in the month of July the city fire department responded to five fire calls, at a total loss of \$10 above insurance. Salaries for the months amounted to \$1,099.90 and total expenses amounted to \$181.79.

In the month of August the fire department responded to four fire alarms with a total loss of \$172.39 fully covered by insurance. The fire alarm boxes were tested and found to be in order. All buildings were inspected and found in a fire prevention standpoint were found to be in fairly good condition. Salaries for the month amounted to \$1,099.90 and total expenses amounted to \$22.39.

FAIR WAGE CLAUSE

Hays Bridge Contract to Contain Restriction Regard to Rate to be Paid

A letter was read at the council meeting last night from the Carpenters' Union with reference to a fair wage clause being inserted in the projected Hays Cove bridge contract.

Alderman Montgomery inquired if it was not compulsory to insert such a clause.

Engineer Whittaker stated that in any contract drawn up a clause compelling the contractor to pay the standard rate of wages was inserted.

Alderman Montgomery moved that the Carpenters' Union be no-

OCEAN FALLS SENDS GROUP OF VERSES

Five Limericks all Related Come From Paper Town for Movie Competition

A group of five verses have arrived from Ocean Falls. They are all closely related and are therefore given in consecutive order as follows:

Ocean Falls Critic

Of limericks I've written galore
Some risqué, a little (or more)
Though Editor Pullen
Will stand lots of foolin'
I fear if I'm tough, he'll get sore.

So I'll write in a manner refined,

Keeping all those dear young things in mind,
Who adore Wally Reid
And who go off their feed,
At requests for his photo declined.

You may say that I'm lacking in taste,

That my instincts are low and debased,
But I hate Reid and Ray
While I roar every day;
When a cross-eyed comedian is chased.

Sound the praises in voices emphatic,

Of Mack Sonnett's damsel aquatic,
Who dance into view,
Not precisely "toutes nues,"
But in costumes so slim we're ecstatic.

Scenario writers attend,

Your methods you'll have to amend,
Your famous drivels,
Twist kissing and snivel,
Is killing your job in the end.

Where They Learn

When night's dusky wings hover nigh,
To movie-land flappers all hie
To learn the new tricks
For enamoring hicks
And the S.O.S. code of the eye.

Thumbs Down

Ye gods! how I long to enshroud
The pest who chews gum so
danged long
Or titters and jeers
At the scenes meant for tears,
Or explains everything to the crowd.

Oh, Boy!

And when on the screen I see joy
And love and sweet lassies so coy,
It all seems so real
That I can't help but feel
That this life is worth living,
"Oh, Boy!"

Went Too Far

When Fatty was on the stage
They thought he was quite the
rage,
But he went too far
With a movie star
And got himself into a cage.

Back to The Farm

We are always getting news from somewhere about Pacific Milk. Not long ago we had a letter from a woman who lived near Ladner. As a matter of fact, they always keep a few tins of Pacific Milk in the house, and her letter was written to tell us what a farmer living in the heart of a dairy district knows about our product. She says that she has observed that practically every high-grade herd in the district sends its milk to our factory and that she has been over our plant and could not believe, until she had seen it, how spotlessly clean everything is kept.

Pacific Milk Co. Limited

Head Office: Vancouver, B.C.
Factories at Ladner and Abbotsford, B.C.



Sport Chat

To eradicate any false impression that may exist in the minds of citizens as to the lack of sports in local public schools H. L. Campbell, public school principal gives information in this connection.

During the school year of 1921-1922 from Sept. 21 last to June of this year the following organized and supervised sport was held.

In September and October last during the fine days, football fixtures were played between the Booth and Borden St. schools and other days were taken for practice purposes. This also obtained during the months of March and April of this year on fine days.

Two basketball leagues were formed last year, one for girls and one for boys, which played fixtures from October until March. The league comprised four teams of girls and four teams of boys, and games were played continuously under the supervision of a teacher. A schedule was drawn up comprising 36 games.

With regard to baseball. On the fine days during May and June last a great deal of time was spent in practice baseball and also several fixtures were played between the various schools both between the girls and boys.

Mr. Campbell points out that the great drawback in school sports is that during the two

best months of the year, namely July and August, when the weather is most suitable, the schools are closed for summer vacation. Also to the fact that the schools do not participate in evening sports because school sport fixtures in the evening are not welcomed by the parents of school children who often have other engagements for them to attend.

During the coming winter Mr. Campbell is arranging for football on fine days, and two leagues of basketball, one for girls and one for boys, also girls hockey in fine weather if sticks are available. Hockey for girls had been planned last year but unfortunately the necessary hockey sticks could not be obtained in time. In the spring baseball fixtures will also be arranged for girls and boys.

In future the school sport fixtures will be published and the results of the various games will be given so that parents will be able to see what is being done for the children in this direction.

ODESSA BOY SCOUTS.

ODESSA, Sept. 10.—One hundred Russian Boy Scouts are doing valiant work in this city in delivery of food packages sent in by the American Relief Administration. Mounted on bicycles they notify the addressee that some friend has sent him food. If he cannot call in person for his package another section of scouts, using hand carts, make actual delivery.

CANADIAN NATIONAL RAILWAYS.

(Western Lines).

GRAND TRUNK PACIFIC RAILWAY.

Scaled Tenders addressed to the Chief Engineer, Winnipeg, Man., and endorsed Bridge Foundation and Rock Filling Kyax Bridge, will be received at the office of the Chief Engineer until twelve o'clock noon, Thursday, October twelfth, nineteen twenty-two, for work in connection with construction of bridge foundation and rock filling at crossing of Kyax River, Mile seventeen thirteen point three, Skeena Sub-Div., near Prince Rupert, British Columbia.

Plans, profiles, specifications and form of contract may be seen and form of tender obtained at the offices of the Chief Engineer, Winnipeg, Man., District Engineer, Prince Rupert, B.C., District Engineer, Maintenance of Way, Vancouver, B.C., District Engineer, Edmonton, Alta., District Engineer, Saskatoon, Sask.

Tenders will not be considered unless made on the form supplied by the Railway Company and accompanied by an accepted cheque on a Chartered Bank equal to five percent of the value of the work, payable to the order of the Treasurer, Canadian National Railways, Victory Bonds payable to bearer will be accepted in lieu of accepted cheque mentioned. Tender must be enclosed in special envelope supplied by the Railway Company. The lowest or any tender not necessarily accepted.

A. E. WARREN, General Manager.

Winnipeg, Man., Sept. 27th, 1922.

LAND ACT.

NOTICE OF INTENTION TO APPLY TO

In Prince Rupert Land District, Recording District, Coast Range 5, B.C., and situate 21 miles east from Prince Rupert, being immediately east of G.T.P. Ry. bridge at mouth of Boneyard Creek on north shore of Skeena River. Bert Butler, of Haysport, B.C., occupation farmer, intends to apply for permission to lease the following described lands: Commencing 149 feet west of a post planted at the south-east corner of Lot 597, Range 5, Coast District B.C., thence in a westerly direction 200 feet along G.T.P. Ry. thence in a southerly direction to low water mark, thence in an easterly direction along low water mark to a point directly south of the point of commencement, thence in a northerly direction to point of commencement, containing 2 acres more or less. BERT BUTLER, Notch of Applicant. Dated Sept. 20th, 1922.

Advertise in the Daily News.