

Zam-Buk

Unique herbal origin, scientific composition, absolute purity, and complete freedom from land or other animal fats. These are features that place Zam-Buk on a pedestal far above mere ointments.

Zam-Buk is unequalled for eczema, ulcers, piles, poisoned and festering sores, ringworm, scalp diseases, chapped hands, sore arms, necks and faces, burns and scalds, cuts, rheumatism, etc.

GROWS NEW SKIN

"All men forsook him!"

The most powerful and dramatic story that has been written for years. The famous author, **ETHEL F. HEDDLE** has written many fine serials, but never one so brilliant as "All Men Forsook Him," which is appearing in...

HORNER'S STORIES

ALWAYS WELCOME

Always welcome in every home is the Sauce with the famous Blue Label-Hoe's Sauce. Meal time with its use is pleasure time, the time when your food is most enjoyable. Make a note—Hoe's Sauce—no other.

HOE'S SAUCE

CHILBLAINS CHAPS.

Chaps, chills, and sores of the skin, caused by winter winds, and all skin affections, speedily relieved by **Homocea**.

FOR COUGHS.

Ombridge's Lung Tonic

FOR COLDS.

FOR COLDS.

BERMALINE BREAD

A Wholesome — and Nourishing Food for Family Use, delicious to eat — and ALWAYS FRESH

A GOOD HOME RULE

GIVE YOUR CHILDREN PERRY'S POWDERS

OMPHOS

FOR TONING UP THE SYSTEM and preventing and curing **Neuralgia & Migraine**

Drives Sallowiness from the Skin

Ladies, imperfect complexion is caused by sluggish liver. A few days' treatment with **CARTER'S LITTLE LIVER PILLS** will do more to clean up the skin than all the beauty creams in creation.

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Health and Home.

IS IT APPENDICITIS?

The prevalence of trouble in the appendix sends many a man to the doctor with an ache which, but for the doubt and dread at the back of his mind, he would think hardly worth the mention. Incidents keep the matter before him. Somebody whom he saw well and fresh a week ago had undergone an operation yesterday. A neighbour is under medical treatment at present with the promise that, should a relapse occur, the only wise course is to call in the surgeon. Somebody else, an old married man, had been well, but the other night a doctor had to be called in for an abdominal pain—the ambulance was brought—the best skill did its utmost—but he sank and died. Hence the anxiety over every ache which takes one below the belt.

Portrait of a Case.

There is usually, though not invariably, constipation before the onset of appendicitis. Often constipation may be reckoned the cause of the disease. Yet the reader must note that where appendicitis may reasonably be expected to be absent should be administered, unless on the advice of a doctor.

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ACCRINGTON DISTRICT.

FIVE AND THIRTY YEARS AGO.

[BY "OLD HAND"]

The old Accrington Gas and Water Company gave 50 tons of coke in quantities of 3 cwt. in the winter of 1879 to poor persons who obtained tickets from the Overseers, who distributed to about 120 needy folk articles of clothing, coal, etc., expending over £20.

There was a flourishing Sick Society at Huncote 36 years ago with a membership of 60 and funds amounting to £270. Mr. J. S. Grimshaw, J.P., and Mrs. Grimshaw were honorary members and generous supporters of the Society. Mr. Lawrence Ashworth was the secretary, and Messrs. A. Booth, John Marshall and Holder took a great interest in the organisation. At the annual dinner of the Society, held at the White Lion Hotel, Mr. J. S. Grimshaw presided, and his wife and Mrs. Grimshaw were highly distinguished by musical honours. Songs were given by Messrs. Hindle, Porter, Ingham and Wren, and Messrs. Ingham and Parkinson were the instrumentalists.

In the old days players for the Accrington Reds included W. Eaton, J. W. Whittaker, J. Hindle, F. Stocks, R. Raynes, F. Lonsdale, J. Lonsdale, T. Lightfoot, R. Horne, J. Yates, E. H. Ingham, J. Braubury, D. Talbot, and T. Hindle. At that period Ingham had a good football team, playing matches with the Accrington by two goals to nil. Ingham was represented by W. T. Sumner, J. Pickup, and still active, and Messrs. Robert Riley, James Hacking, W. Slater, David Shedd, James Greenwood, W. H. Odde, and J. W. Varley.

In the seventies and later on, Accrington Liberal society, as it was called, was a big affair, and was held in the Town Hall. It was often addressed by notable members of Parliament. At the election 35 years ago Alderman Swain Rhodes (Deputy Mayor) presided, and among others present were Mr. W. Sumner, then Liberal candidate for Salford, and Mr. Robert Leake, another prominent politician. Mr. E. J. Broadfield, at one time pastor of Accrington New Jerusalem Church, Alderman Henry Culliffe (father of Alderman J. W. Culliffe), Haywood and James Barlow, Councillors E. H. Ingham, J. Whittaker, E. Riley, W. Smith, Thomas Holgate, Mr. Stewart Blythe (Church Chemical Works), Mr. John P. Hartley (afterwards the esteemed secretary of the Liberal Club), Mr. J. S. Whalley (then secretary of the Club, who is now a borough magistrate), Mr. George Berry, and the Revs. Charles Williams, G. H. Smith, H. Angus, R. R. Antill, W. Hughes, W. J. Holgate, and W. E. Jackson.

In the report read by Mr. J. S. Whalley, it was mentioned that a deputation from the National Reform Union had met the members at the Club. There were 280 members, and a balance in hand of £20.

Mr. Stewart Blythe seconded the adoption of the report in an earnest speech. Alderman Culliffe moved a resolution regarding the National Reform Union, and the commercial depression, the increasing national expenditure, and urging retrenchment and the preservation of peace with foreign countries. Alderman James Barlow, in seconding, urged liberty to be made the basis of all political action, and a Liberal Government at the next election. Mr. W. Sumner and Mr. Robert Leake gave stirring addresses.

That stalwart Liberal and Liberator, the Rev. Charles Williams, in an eloquent speech, condemned Imperialism, which, he said, meant the magnifying of royalty and the dwarfing of the people, and in a rousing peroration urged the voters to fight for their liberties at the next election. Mr. E. J. Broadfield, in supporting the resolution, said the letters of "Verax" had done for his generation what the letters of Junius failed to do for his. Alderman Haywood moved a resolution that the Liberal Government was the only one that could bring about political well-being, and Councillor Thomas Holgate seconded.

Mr. John Haworth, of Vine House, Gosdun, who did much good in the old days, especially in connection with Wesleyan denomination, was the recipient 35 years ago of a group photograph of the members of the mothers' class at York Street Wesleyan School, Oswaldtwistle, the inscription reading: "Presented to Mrs. J. Haworth, in recognition of her services to the members of the mothers' meeting, by the members of the mothers' class, on the 25th of January, 1909." Mrs. Chadwick made the presentation, and addresses were given by Mr. Wood, Councillor William Smith, of Spring Hill, Messrs. Bradley and Robert Battiford, and Mrs. Barton, of York Street.

The second annual bell promoted by the Accrington Liberal Club was held at the Town Hall 35 years ago, and was very successful, the M.C.'s being Capt. Sandeman, Sth. L.A.V., and Mr. J. E. Riley, of Hapton, Mr. W. C. Riley, of Hapton, and Mr. W. C. Riley, of Hapton. Mr. Crossin's band supplied the music. Among the guests were the following: Mr. J. E. Riley, Mr. John S. Higham (now Member for Sowerby Bridge Division), Mrs. W. C. Riley, Mr. W. C. Riley, Mr. Arthur Riley and Miss Lilla Riley (Hapton), Mr. E. Bailey and Misses Bailey and S. A. Bailey (Lovershough), Mr. and Mrs. Storey (Burnley), Mr. and Mrs. Blackburn (Burnley), Captain and Miss Sandeman (Churchill), Miss Sieber (Bacup), Messrs. Stewart and F. C. Rhye, Mr. A. W. Bury, Misses Greenwood and Greenwood (Blackburn), Mrs. Lloyd (London), Mr. F. and Mrs. Barnes (Bacup), Mr. and Mrs. James Culliffe (Accrington), Mr. and Mrs. F. Mitchell, Alderman Mitchell, Miss Mitchell and A. Mitchell and Mr. W. Mitchell, Mr. C. Freeston, and Mr. and Mrs. Carlisle (Clitheroe), Mr. and Mrs. R. W. Kenyon, Miss Melnyne, Mr. A. Barnes, Miss E. Kenyon, Mr. and Mrs. Worswold, Mr. Alden, Mr. J. D. Jones, Miss Breakell and Miss Ada Breakell, Mr. and Mrs. J. E. Kenyon, Miss Waddington, Miss Kenyon, Mr. F. A. Frankland, Miss Heap, Capt. and Mrs. Ballard, Miss Benn, Mr. and Mrs. Arthur H. Hapton, Mr. W. C. Riley, Mrs. Lill, Miss Slater, Miss Barron, Mr. Helm (Padmarsh), Mr. Dowhurst, Mr. Murray, Miss Needham and party (Baxendale), Mr. J. A. Entwistle, Mr. J. H. Hapton, Mr. E. Grimshaw, Miss Gaffron, Mr. A. Haywood (Liverpool), Mr. Joe P. Hartley, Miss E. Ham (Manchester), Dr. Monaghan, Mr. W. B. Dickson, Mr. and Mrs. Arthur H. Hapton, Mr. F. H. Moleworts, Mr. W. James Culliffeth Hall, Mr. J. H. Hindle, Mr. J. S. Whalley, Mr. A. Langham, Mr. G. R. Snape (Darwen), Mr. F. Riley (Hapton), Mr. Richard Rushton, Mr. and Mrs. Haworth, Mr. E. and Mrs. Riley, Miss Calvert, Mr. W. Wilson, Mr. John P. Hartley, Mr. Joseph Barnes, Mr. W. T. Riley, Miss Hindle, Master A. E. Hindle, Mr. Riley, and Miss E. J. Riley, Mr. E. Barnes, and Mr. Pickles (Churchill), Mrs. Pilkington, Dr. Milne, Mr. A. Birtwistle (Great Harwood), Mr. and Mrs. Holt, Mr. Hill, Mrs. Weston (Burnley), Mr. Brown (Leeds), Mr. E. Jackson, Mr. J. T. Anderson, Mr. W. Richards and Miss

WHY THE BREATH IS OFTEN IMPURE.

Very few people realise that bad breath often comes from the kidneys being in a weakened or diseased condition. The kidneys should filter all the impurities from the blood, but when they are weak, they are unable to do this work, with the result that the impurities remain, and ultimately cause the breath to become impure. Other symptoms, such as pain in the back or joints, puffiness under the eyes, tired feeling, cloudy urine, or general feeling of weakness and irritability, all indicate kidney troubles.

Dr. Williams' Pink Pills are especially adapted to remedy such symptoms. Go to your Chemist at once, and provide yourself that within twenty-four hours, the impurities will be removed, and all ailing and healing work. They go right straight to the weakened spot—the kidneys and bladder.

LONDON'S FIRE LOSSES.

LONDON'S monetary loss by fires in 1913 is estimated to have amounted to £507,250, the sum for previous years having been: 1912, £421,000; 1911, £473,221; 1910, £462,100.

The figure for 1913 is the lowest for any year since 1897.

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"After I had been restricted to put my kit on board the S. Kila, and proceed to Malindi—some 70 miles up the coast. Ever since I pay most diligently that I may never again pass aboard this craft. Intensely I longed for a night's stay in a small, never soiling steamer, and my imaginations of a "back block" being run, and I fell far short of the actual horrors of the Kila! She boasts two cabins and four bunks. I occupied one of these cabins with another Englishman and many natives, and the other side on the deep bay of Mombasa, and on the other on the large lagoon which forms the harbour of Kilindini, and can take in a fleet. The entrance is a narrow channel, and a great reef—a part of the enormous reef which spans the coast. It was interesting to watch the apparently curious course steered by incoming and outgoing ships.

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A Geological Ramble.

[BY ONE OF THE PARTY.]

Early Saturday morning saw the members of the Geology Class at the Accrington Municipal Technical School, heading for the coast, some at Accrington, others at Church with Rishon Quarry as the objective.

Leaving Rishon Station, we passed the canal, where our teacher, Mr. Spencer, pointed out to us the M. Hill and the Mill (Chalmers) also, that a series of the millstone grit, a continuation of which we were to see in the quarry to be visited, which were thrown down 1200 feet below land surface, rested under 1200 feet of the millstone grit. In a short time we left the road and turning left, drove through the "Pass of Glencoe," as one member of strong imaginative faculty named a few very small hills of devolopement, found our way to the millstone grit, where a halt was called, and immediately every eye was centred on our leader, whose warm, earnest, and somewhat excited, voice was heard. What did the damp, the mud (for which we have now great veneration), and the being back to the millstone grit, and the being on our road rocks of the second series of millstone grit, generally known as Haslingden. By means of a clinometer the dip was ascertained, which proved to be 50 degrees. Great cracks in the bedding planes, and the fact that the millstone grit was not parallel with the "line of strike." Examining pieces of rock, we noticed the fine and coarse layers deposited on the first layer. This grit was cemented by sulphate of iron. The rock, obviously enough, is more or less of the same nature as the millstone grit. It is this lamination which renders the rock so suitable for stone.

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"Although I have been in Africa only six months," says Mr. Logan, "I am able, I think, to fulfil my promise to write to the 'Brazon Nose' concerning the life of an A.D.C. (Assistant District Commissioner) in British East Africa. The work we do here is on all four with that done in India, and those who hope to enter the L.C.S. may be interested to hear of the duties here as they are intended to come to the Protectorate. The only difference, and of course it is a vast one, between the work here and in India is that, apart from the few Indians on the coast and the few Europeans, British East Africa is a vast desert. Men familiar with the East in books only may regret this. One of two of the A.D.C.'s who came out when I did felt the spell of the East at Port Said and at Suva, but at Kilindini, the port of Mombasa—I was dismayed at two things. One was that I had to remain at Mombasa for a fortnight to learn the practice of the law, the other was that I had to go to the coast. All our conversation had turned on life up-country, and it never occurred to me that we should be kept down on the coast. My duties, however, demanded rapidly with the days.

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WRITING to the agent entrusted with the purchasing of the stores for the forthcoming Imperial Trans-Antarctic Expedition, Sir Ernest Shackleton uses these words:

"I consider the question of the concentrated beef supply is most important— it must be Bovril"

For the first time in the history of Antarctic exploration Sir Ernest Shackleton will undertake an expedition where there will be no food depots for the return journey. The party must entirely and absolutely rely upon the food they carry with them.

Therefore every ounce of food must be of the maximum food value, and every ounce must yield up its maximum nourishment to the men who carry it.

Men who trust their lives to their food take no risks, and Sir Ernest Shackleton, planning this expedition with as intimate a knowledge of stores as of ice and snow, has recognised the scientifically proved value of Bovril.



'Bovril is the food which has been proved by independent scientific investigation to possess a body-building power equal to from 10 to 20 times the amount taken.

This was found to be due partly to its own high food value and partly to its remarkable powers of assisting the assimilation of other food. The investigation which established this unique power of Bovril was carried out by one of the foremost physiologists of the Kingdom on behalf of a Government Department, and the results obtained applied to Bovril and Bovril alone.

That is why Sir Ernest Shackleton writes: "it must be Bovril"

Published at about 4 p.m. on a hill, if possible, and near a well or stream. Then a most grateful bath, a change of paper, and a long evening over the camp fire. A trifling lonely? Yes, but one has to make up one's mind to fight loneliness each day and night unrelentingly. And, after all, the insects, bees, hornets, and mosquitoes bear one company, and are lavish in their attentions. I like the life so long as I have plenty of things to do; but in a few fatal moments of idleness I pine for a sight of the old world, and think too fondly of the days I spent on the Cher, and the evenings in the old college. Really, I did not set out to collar the entire staff of a "Brazon Nose" for myself!

"A TERROR TO WOMEN."

Accrington Confectioner Assaulted.

A prisoner who pleaded that he committed an assault in "a bit of temper," but who was added to "have made a common practice of assault," was charged before the Mayor and other justices at the Accrington Police Court on Wednesday. Prosecutor, George William Youd, a middle-aged man of no fixed abode, was charged with assaulting a woman, and the prisoner, a woman of 20, was charged with assaulting a man, and the prisoner, a woman of 20, was charged with assaulting a man, and the prisoner