

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 authoress, ETHEL F. HEDDLE so brilliant as "All Men Forsook Him."

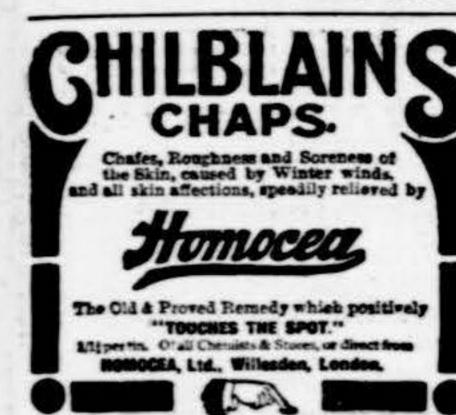
which is now appearing in

#### HORNER'S I'STORIES

#### UP II U I A II PPARIIIP

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



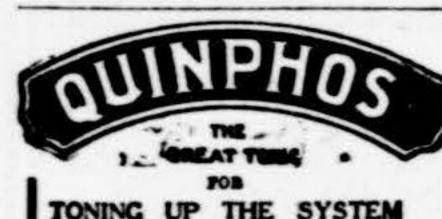


## BREAD

A Wholesome - and Nourishing Food for Family Use, delicious . to eat - and -'ALWAYS FRESH

W. MOSELEY, Borough Bakory, Acerington.





TONING UP THE SYSTEM and preventing and curing

Tablet). Sole Maker.

All Chemists, 1/1| and 2/5 (Liquid or THOMPSON & CAPPER, Ltd., MANCHESTER.

#### **Drives Sallowness** from the Skin

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



The GENUINE must bear signature

[BY DR. ROBERT WATSON.]

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 say well and fresh a week ago had to undergo as 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. Some body else was to have been married las week, but the other night a doctor had to be called in for an abdominal pain-the ambu iance was brought-the best skill did its Grimshaw, J.P., and Mrs. Grimshaw were stmost-but he sank and died. Hence the anxiety over every ache which takes one

cehe there ought to mean expert advice. For the organisation. At the annual dinner of one thing, it is notorious that pains due to an the Society, held at the White Lion Hotel, thing, the fact that a belly pain has no connection with the appendix does not guarantee in its significance if, say, it means ulcer of the stomach or of the duodenum or an acuttrouble in the pancreas. But, again, there are a hundred simple annoyances there for every single grave condition; and it is well that folks should have some insight into points that are real danger signals. My intention is, therefore, to put the chief features an average case of appendicitis into a set of simple paragraphs. The typical appendicitis would show all of them. Hardly any proof of anything. Even a doubt about a J. Townsend, J. T. Hartley, Robert Riley couple of features need not reassure the Enoch Hacking, W. Slater, David Sheffield reader who, after assimilating my rough James Greenwood, W. H. Oddie, and J. W. portrait, gets the general impression that a Varley. case in which he has an interest is probably appendicitis.

PORTRAIT OF A CASE.

There is usually, though not invariably, constipation before the onset of appendicitis. Often constipation my be reckoned the cause of the disease. Yet the reader must note that where appendicitis may reasonably be ouspected no aperient should be administered, unless on the advice of a doctor.

Pain may be severe or only a nagging ache. Its typical position is midway between the navel and the upper corner of the right naunch-bone but pain anywhere in the lower (right) quarter of the abdomen of the abdo- wood and James Barlow, Councillors Eli all probabilities the cavities formed were due good tennis. At Mombasa the work is all in men may fairly be suspected of arising from Higham, J. Whittaker, E. Riley, W. Smith, to escaping gases from decaying organic the office. There is a town magistrate, so that Tenderness is experienced when this quar-

ter of the abdomen is pressed or tapped with the finger tips. In general it will be noted that the wall of the belly is tense and hard over the area affected, as if the muscles were straining to prevent movement and pressure. ton, Mr. George Berry, and the Revs. Chas. The sandstones on our left As with the pain, the point of greatest ten- Williams, G. H. Smith, H. Angus, R. R. time were one continuous mass before excavaconnecting the navel with the nearest portion | E. Jackson. of the haunch-bone. Tenderness may als be felt when the fingers are sunk into the soft tissues of the back and side, just above the crest of the haunch-bone.

very grave symptoms may go with even a and a balance in hand of £20. lower figure. The shivering fit which often introduces other fevers is not generally

Vomiting or a strong inclination to be sick comes soon after the pain commences. This will be the more suggestive if it be known

have come and disappeared, tenderness be Leake gave stirring addresses, doubtful, and even the temperature be low or

MORE ABOUT RADIUM.

radium set the experts protesting. From being, and Councillor Thomas Holgate several quarters in Britain there came assur | seconded. ances that this feat was nothing to brag of. since as great and greater deeds had been wrought in this country by the same means. Oswaldtwistle, who did much good in the But and this is what I want to emphasise) even specialists directly concerned in these old days, especially in connection with the "cures" were in several instances careful to Wesleyan denomination, was the recipient 35 protest that the public must not attach too years ago of a group photograph of the memmuch importance to what had yet been bers of the mothers' class at York street achieved, since the uncertainty of the me- Wesleyan School, Oswaldtwistle, the inscrip dium and its failures were too notable for tion reading, "Presented to Mrs. J. Haworth any definite decision to be arrived at.

For instance, Dr. Robert Knox, director of bers of the mothers' meeting, as a token of the Electrical and Radiotherapeutic Depart- their affectionate regard and of the sincere ment of the London Cancer Hospital, said and grateful appreciation of the self-denying many things in favour of radium and the manner in which for many years she has study of its action, but he added, "I depre- laboured to promote their spiritual wellcate very strongly the broadcast publicity being." Mrs. Chadwick made the presentawhich is given by some institutions in this tion, and addresses were given by Mrs. Wood, and other countries to the brilliant successes Councillor William Smith, of Spring Hill obtained in suitable cases, but which, after Mesers. Bradley and Robert Batcliffe, and all, only form a small percentage of the total. Mrs. Barton, of Blackburn. This publicity gives rise to a great amount of false hope in the minds of patients suffering from cancer and friends.

ABOUT THE BODY.

In my New Year's article I suggested that cessful, the M.C.'s being Capt. Sandeman, readers might with advantage determine to 5th L.A.V., and Mr. J. E. Riley, of Hapton, spend some of their spare time in 1914 in who afterwards resided at Arden Hall, Aclearning a little more about the body they rington. Mr. Cronshaw's band supplied the occupy. Some correspondents have tackled music. Among the guests were the followme for hints. One wanted the whole business | ing: Mr. J. E. Riley, Mr John S. Highan of health culture expounded in a column. (now Member for Sowerby Bridge Division), Another wants me to name books. He has Miss Dickenson (Durham), Mr. W. G. Riley, seen aggertised, "Man, Know Thyself" Mr. Arthur Riley and Miss Lella Riley (Hap-(which in my innocence I gave as a quotation ton), Mr. E. Bailey and Misses Bailey and from the Book); but he feels I should have S. A. Bailey (Loveclough), Mr. and Mrs. named other volumes.

responsible librarian and every bookseller Miss Sieber (Bacup). Messrs. Stewart and F. for the next remble to be not in the "distant can point the way to works that will satisfy C. Blythe, Mr. A. W. Bury, Misses Green- but in the "very near" future. all wants, and it would be invidious to men- wood and C. Greenwood (Church), Mrs. Lloyd tion special volumes here. However, there (London), Mr. F. and Mrs. Barnes (Bolton), can be no harm (after that general hint) in Mr. and Mrs. James Cunlifie (Accrington). stating that the St. John Ambulance Associa- Mr. and Mrs. F. Mitchell, Alderman tion's "First Aid to the Injured" and Mitchell, Misses Mitchell and A. Mitchell and "Hints and Helps for Home Nursing and Mr. W. Mitchell, Mr. C. Freeborough and Hygiene" (each published at one shilling), Mr. and Mrs. Carlisle (Clitheroe), Mr. and and the St. Andrew's "Ambulance Hand- Mrs. R. W. Kenyon, Miss McIntyre, Mr. A book" a more ambitious work at two shil- Barnes, Miss E. Kenyon, Mr. and Mrs lings), and "Nursing and Hygiene Hand- Wormwell, Mr. Aitken, Mr. J. D. Jenkins book" tone shilling), are written simply and Miss Breakell and Miss Ada Breakell, Mr. directly, and contain a wealth of useful and Mrs. J. E. Kenyon, Miss Waddington,

TO CORRESPONDENTS.

"G. O." (Stoke-on-Trent).-See above. "A. B. C." (Yarmouth).-Such appliances [pool), Mr. Joe P. Hartley, Miss Ellam (Manare useless for your trouble. Pessary is necessary. You must see a local doctor.

treatment you have had. "Leah" (Chepstow). - See an oculist, drops or lotions can cure your eyes. "Daisy" (Burnley) and "Dorie" (Acc.) Avoid new bread, muffins, crumpets, bot Miss Calvert, Mr. W. Wilson, Mr. John P. buttered toast, pastry, veal, pork, cured or Hartley, Mr. Joseph Barnes, Mr. W. T. Riley, tinned meats or fish, herring, salmon, cels, duck, goose, sauces and pickles, cheese, nuts and raw fruit; eat sparingly of butter, sugar, You Milne. Mr. A. Birtwistle (Great Harwood). and take very little liquid at meals. You Mr. and Mrs. Holt, Mr. Hill, Mrs. Weston had better take no soups or broths. may have fresh white fish, fowl, underdone beef or mutton, stewed fruits, milk puddings, stale bread, and milk, with tea or coffee in

cara in a little water after every meal. Letters relating to this column should be addressed to Dr. Robert Watson, c/o Whitefriars House, Carmelite-street, London, E.C. Please note: No infantile ailments, scute cases, surgical or skin troubles, or anything that needs seeing can be advised on.

moderation. Have five drops of liquid cas-

#### Health and Home. ACCRINGTON DISTRICT.

FIVE AND THIRTY YEARS AGO. [BY "OLD HAND."]

-+\*--The old Accrington Gas and Water Cor pany gave 50 tons of coke in quantities of and Mrs. J. Bury, Mr. and Mrs. Scott, Mr. 3 cwt. in the winter of 1879 to poor persons and Mrs. W. Parker, Mrs. W. Wayne, Miss who obtained tickets from the Overseers, Parker, Mr. Eli Higham, jung., Mr. Fair- Nose" College Magazine, Mr. W. Marston who distributed to about 120 needy folk articles of clothing, coal, etc., expending

There was a flourishing Sick Society at Huncon; 35 years ago with a membership of 60 and funds amounting to £270. Mr. J. the secretary, and Messrs. A. Booth, John Almost, too, it might be urged that every Marshall and Holden took a great interest in inflamed appendix may catch you pretty well Mr. J. S. Grimshaw presided, and his and musical honours. Songs were given by Messes, Hindle, Porter, Ingham and Wren

instrumentaliste.

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, Eli Higham, J. Bradbury, D. Talbot, and T. Heald. At that period Enfield had a good Whet did the damp, the mud-

-+\*+-

Liberal soitee, as it was called, was a big affair, and was held at the Town Hall. Parliament. At the soirce 35 years ago Alderman Swain Rhodes (Deputy Mayor) presided, and among others present were Stalybridge, and Mr. Robert Leake, another (at one time paster of Accrington New Jerusalem Churchs, Aldermen Henry Cunliffe prints were next seen, which geologists usually Thomas Holgate, Mr. Stewart Blythe Church | material in the grit. Treading the broad but neither the D.C. nor the A.D.C gets any Chemical Works), Mr. John P. Hartley (after- slippery way, we reached the end of the Court work. Mombasa is a delightfully wards the esteemed secretary of the Liberal quarry. Here evidence was shown of some Club), Mr. J. S. Whalley (the then secretary of the Club, who is now a borough magistrate and still active in the cause). Mr. J. Ander- "How?" "Why?" escape from eager lips. harbour of Kilindini, and can take in a fleet. Antliff, W. Hughes, W. J. Houigate, and W. tions commenced. Then why

it was mentioned that a deputation from the cindery looking material was seen; the my kit on board the ss. Kilwa and proceed Fever is rarely of a sensational type. Com- National Reform Union had met the memmonly about 102deg. Fahr, is registered, and bers at the Club. There were 240 members.

of the report in an earnest speech. Alder man Cunliffe moved a resolution regretting, especially in view of the widespread comthat no indigestible article was eaten to upset mercial depression, the increasing national expenditure, and urging retrenchment and the The patient prefers to lie flat on his back, preservation of peace with foreign countries return a Liberal Government at the next These, then, are the points. But pain may election. Mr. W. Sumner and Mr. Robert

normal in a case which will cost the patient | That stalwart Liberal and Liberationist, his life. Therefore, if you see even the Rev. Charles Williams, in an eloquent slightest reason for suspecting mischief speech, condemned Imperialism, which, he shout the appendix, do not delay, but send said mount the magnifying of royalty and the dwarfing of the people, and in a rousing peroration urged the voters to fight for their Owing to the fact that this column has to liberties at the next election. Mr. E. J. be written about three weeks before it ap- Broadfield, in supporting the resolution, said pears in the l'ress, my last week's dissertation the letters of "Verax" had done for his on radium as a cancer cure was out of my generation what the letters of Junius failed hands before the announcement by two Bel- to do for his. Alderman Haywood moved a hammering of these stones, which, to the un- and half a dozen other Arab houses. gian doctors that two cancer patients had resolution that a Liberal Government was been "absolutely cured" by them with necessary for industrial and political well

Mrs. John Haworth, of Vine House

The second annual ball promoted by the Accrington Liberal Club was held at the Town Hall 35 years ago, and was very suc-

Storey (Burnley), Miss M. Polding (Black-Entwisle, Mr. W. D., Mrs. and Miss Grimshaw, Miss Gaffron, Mr. A. Haywood (Liverhester), Dr. Monaghan, Mr. W. R. Dickenson, Mr. Arthur Lytton (Burnley), Mr. F. H. "A. B. S." (Thornaby-on-Tees),-Your Molesworth, Mr. W. James (Culcheth Hall). Langham, Mr. G. B. Snape (Darwen), Mr. No. F. Riley (Hapton), Mr. Richard Rushton, Mr. and Misses Rawstron, Mr. E. and Mrs. Riley. Mr. John Barnes, Mr. and Mrs. W. Ratchiffe

Mr. J. T. Anderton, Mr. W. Richards and Miss year since 1898.

M. Richards (Church), Mr. and Mrs. Goddard Miss Ward and Miss E. Ward (Burnley) Mr. A. and Miss Smith, Miss Hughes, Mr. and Mrs. N. Riley (Church), Mr. J. Peat, Mr. J. Robertson (Church), Miss Edmondson, Mr. Oldham, Mr. Bridge, Mr. Walker, Mr. Bateson, Mr. and Mrs. Livesey, Miss Thistle-thwaite Mr. S. M. Holden, Mr. J. Chalmers, Mr. J. Smith, Mr. and Mrs. Giblin (Burnley), MR. Mr. and Mrs. J. Eastham and Miss Eastham (Clitheroe), Mr. C. Scott and Mr. Hodgson (Chitheroe), Mr. T. and Miss Swain (Church), Mr. J. W. Cunliffe, Mr. R. Anderton, Mr.

#### Geological Ramble.

BY ONE OF THE PARTY.

lough, Mr., Mrs. and Miss Gooder,

Early Saturday morning saw the members of the Geology Class at the Accrington honorary members and generous supporters Municipal Technical School boarding the of the Society. Mr Lawrence Ashworth was train, some at Accrington, others at Church with Rishton Quarries as the objective. Leaving Rishton Station, we passed the canal, where our teacher, Mr. Spencer, pointed anywhere in the abdomen. For another Mrs. Grimshaw's health was drunk with also, that a series of the millstone grits, a con tinuation of which we were to see ins harmleseness; it may be quite as deadly and Messrs. Ingham and Parkinson were the 1,000 feet below land surface, rested under football team, playing matches on the cricket bave now great veneration), and the biting Accrington by two goals to nil, Enfield was from us, stood rocks of the second series of the days. represented by W. T. Sumner, J. Pickup, milistone grits, generally known as Haslingden "Everyone who comes here soon grows be almost parallel with the "line of strike." Well, the desturn in Mombasa is that no In the seventies and later on, Accrington Examining pieces of rock, we noticed the fine Government official be allowed to put up grained sandstone had been deposited in fine at an hotel. The doors of all houses are layers. This grit was cemented by sulphate thrown open to the stranger; and if every It of iron The rock, obviously enough, is more was often addressed by notable members of easily broken along the lamine than across. It is this lamination which renders this rock pened that on the evening of my arrival Our attention was next arrested by some the St. George's ball. That night I spent on neculiar markings on large faces of grit ex- the ship. The next day the good transport Mr. W. Sumner, then Liberal candidate for posed to view. These, we learned, were officer was tied to the telephone room trying "ripple" markings, telling us of the long, to find room for three of us. Eventually I prominent politician. Mr. E. J. Broadfield long ages when the sea was doing the mighty work that knows no cessation. Small im-

name "rain prints." Our leader, however, stayed the fortnight with a senier A.D.C. stones suddenly terminate, and in close prox-In the report read by Mr. J. S. Whalley, original bedding plane. In the "fault line"

the generation of tremendous heat Retracing our steps we were next marshalled Mr. Stewart Blythe seconded the adoption These were seen to be of extremely fine , called, however, shows water markings which pied one of these cabins with another Eng-

and feels easiest if he has his right leg drawn Alderman James Barlow, in seconding, urged Enreka! What a wonderful story he unfolded! ing the edges to curve over in the directions specimens had been carried from Borrowdale. n Cumberland, from Buttermere, from Enner dale and Ingleton, whilst others were from that well known rock, the Eskdale granite. Bidding forewell to the Haslingden flagthird series and made our way to millstone or three cases a day in my court-sometimes the shop of the complainant in Whalle. grits of first series. These sandstones, very police cases, sometimes civil suits. My road shortly before four o'clock on Tuesday much similar to those of the third, are of very powers as a third class magistrate give me afternoon, and producing a jug containing a consists of large quantities of silica, cemented leader informed us that these flakes of mica. any which do not involve more than 250 Prisoner later called for the jug, but when owing to their buoyancy in water, had settled rupees. I have no jurisdiction over asked for a halipenny refused to pay this, in the soft sandstone with their broader sur- Europeans. To obtain this I must qualify became very abusive, and pushing comfaces upwards. These grits also gave evidence as a magistrate with second class powers. I plainant threatened to throw the contents

Daylight having almost vanished, and we having tasted of the "Pierian Springs," with prison books and see that the prisoners are have it gave witness a violent push and It is not easy to name manuals. Every burn), Captain and Miss Sandeman (Church). the Omega of our collection, and all asking

> WHY THE BREATH IS OFTEN IMPURE.

Very few people realise that had breath often comes from the kidneys being in a weakened or diseased condition. The kidneys should when they are weak, they are unable information about the body in health and Miss Kenyon, Mr. F. A. Frankland, Miss this work, with the result that the impurities disease. And, if it is permitted, I might add Heap, Capt, and Mrs. Ballard, Miss Ban- remain, and ultimately cause the breath to that some aspects of the subject not handled mister. Mr. and Mrs. John Hindle, Mr. and smell hadly. Other symptoms, such as pains in these books have been traversed by myself Mrs. Lill, Miss Slater, Miss Baron, Mr. Helm in the back or joints, puffiness under the eyes, in the "People's Health Guide" (price six- (Padiham), Mr. Dewhurst, Mr. Murray, Miss tired feeling, cloudy urine, or general feeling Needham and party (Baxenden), Mr. J. A. of weakness and irritability, all indicate Kidney Troubles

De Witt's Kidney and Bladder Pills are estoms. Go to your Chemist at once, and prove for yourself that within twenty-four hours. these wonderful little pills commence their letter makes it clear that you should continue Mr. J. H. Hindle, Mr. J. S. Whalley, Mr. A. healing work. They go right straight to the rupees. In the morning camp is struck, and weakened spot-the kidneys and bladder.

LONDON'S FIRE LOSSES.

London's monetary loss by fires in 1913 is Miss Hindle, Master A. E. Hindle, Mr., Mrs. £357,290, the sums for previous years having and Miss E. J. Riley, Miss C. Barnes and been; Mrs. Pickles (Church), Mrs. Pilkington, Dr. The figure for 1913 h, the lowest for any rupees; to label these as payments would (Burnley), Mr. Brown (Leeds), Mr. F. Secker,

For flavour, Flavour, FLAVOUR.

## Life in

MARSTON LOGAN'S INTERESTING DESCRIPTIONS.

Logan, second son of the Rev. J. Moffat Logan, of Accrington, has much that is inter sting to say of life in British East Africa .. "Although I have been in Africa only two months," says Mr. Logan, "I am able, I think, to fulfil my promise to write to the 'Brazen Nose' concerning the life of at A.D.C. (Assistant District Commissioner) in British East Africa. The work we do here is on all fours with that done in India, and those who hope to enter the LCS, may be as interested to hear of the duties here as any who intend to come to this Protectorate. The only difference, and of course it is a vast one between the work here and in India is that Africa is not Eastern. Men familiar with the East in books only may regret this. One of our-things. One was that I had to remain of

'enstone,' and is for ever in the mouths of the native-more particularly when he is trying to impose on the newcomer's ignorance. vacancy is filled there is the club. It hap-Mombasa had been deluged with visitors to pretty place; the island looks out on the one and right at one The entrance to both harbours is barred by which spans the coast. It was interesting to by incoming and outgoing ships. After a fortnight I was instructed to put

crushed edges of sandstone and shale denoted to Malindi-some 70 miles up the coast, Ever since I pray most diligently that I may never again step aboard this craft. Intensify to the "back kitchen" of the quarry. To our a hundredfold your worst imaginings of a small coasting steamer, and you will fall far eliminated. This "Lonkey" rock, as it is bousts two cabins and four bunks. I occuthe blow of a hammer along the supposed 'sich-like.' Around us slept hundreds of natives. The night was hot, but we preferred to close the window rather than to endure the lodour from so many eleeping Africans. In a little up, so as to relieve the tension on the Liberals to be united and tight bard to - more wonderful then the famous "Arabian the morning breakfast was served. No decent Nights," for 'twee something like this: Ages person could have touched it, and I went and age ago, great glaciers were formed in hungry and foodless until 3 p.m. I pass over They tion, At three Maiindi hove in sight. As we came into the bay, dodging the reef as at doing so exerted great pressure, thereby causin which the glaciers moved. These glaciete D.C.'s house. It is fronted by six tall pillars in their travels have left many evidences of and crowned with red tiles, which made a lonely? Yes, but one has to make up one's said, meant the magnifying of royalty and their movements. They were "carriers" and brave show in the afternoon sun. A few "depositers." Boulder clay which rests above hundred yards to the right is the trim little the grit contains specimens of rock which Customs house of corrugated iron, and just must have been carried for miles and miles, behind it is the Hospital. In between are a variety of buildings, including Post Office, short time, and with faces all aglow, brought the local Goanese store, a disused slave pen. own house is about a quarter of a mile land, standing on a knoll in a very health position. Beneath it are offices now used by the Recorder of Titles, and it itself is a magnificent structure boasting two large verandali rooms and three ordinary rooms. "Perhaps if I describe to you a day's life road, entered another quarry of millstone at Malindi I shall give you the best impresgrits, this time grits of the third series. How sion of the work here. I tumble out at troublesome these series are. Immediately we 6 a.m. to call the roll of station hands. We saw a great difference. These grits, everywhere find it impossible to get safari-porters at a mimue's notice, so that it is necessary to sisted of grains of sand or silica, cemented to keep some twenty-five men regularly. When gether with oxide of iron, to which they owe both D.C. and A.D.C. are in the office these of Vine House, Oswaldtwistle, by the mem- their brown colour. This siliceons sandstone men mend the roads, clean the streets, and who was said to have made a common is very much scarser than the grit of the so on; they even do a little gardening! This practice of assault, was charged before the second series. On a large slab we noted have, done, I spend an hour learning Kiswahili. Mayor and other justices at the Accrington crab-like markings, which, said one of our I have an Arab clerk as teacher; each even. Police Court on Wednesday. Prisoder, members, of the "Palasobotanist tribe," were ing we read a portion of a Swahili paper George William Youd, a middle-aged man of the fessil remains of Stigmarian roots of the published in German East Africa, and the no fixed abode, was charged with assaulting clay and shale. As we had still another next morning I go over the news read the Susannah Whittaker, confectioner, of quarry to visit, and daylight was fast closing previous evening. At about 845 a.m. I go Garden-street, Accrington. upon us, we left the millstone griss of the to the office. There are on the average two

the Indian Penal Code. Three days a week they took prisoner into custody which modern representatives are to be found I go forth to see that the town is in order; when prisoner said he who supplies the prison food brings the people in the shop and they and witness rations into my office, and I check the weight. were much upset. Invariably the right pan of the balance goes !. down with a bump, but I suspect it is not Jane Whittaker, sister of complainant, always so. Every now and again a European

I take down their statements. inspect the labour camps in the district, wiping his boots on the mat There are some nine rubber plantations here, from up country. The planters have considerable difficulty in getting labour, and are pressing the Government to help them. some scheme suggested for that purpose. and an additional three rupees for a second could have had his tea there take fifteen porters and two servants with me. For each night I sleep out I draw four rupers travelling allowance for myself and | Prisoner said he obtained the jug from Mr.

we are off at a little after 6 a.m., this being the cool season. All is bustle and noise; the headman's voice is heard above it all, yelling session orders and a vise. I stride on ahead magnificently, and trudge and trudge through African bush for, say, two and a half hours from village to village. Five hours a day is ounishing work in this climate, and on these roads. The various headmen are very obsequious, and supply fowls and eggs galore not without an eye on subsequent presents o

take the wind out of their sails. The tent packet, or 125, New North-road, London, N. Rountree's Elect Cococ

who applied for a divorce on January 13, was married for thirteen years, and was deserved by his wife thirteen times, the lest occasion! being on July 13. The number of his house

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

CONTINENT

"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 Boyril.

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 partiy to its remarkable powers of assisting the assimilation of other food. The investigation which established this unique

(TENTATIVE)

power of Boyril was carried out by one of the foremost physiologists of the Kingdom on behalf of a Government Department, and the results obtained applied to Hovril and Bovril alone.

#### why Sir Ernest Shackleton writes: must be Bovril

sitched at about 4 p.m., on a hill, if pes sible, and near a well or etream. Then a most grateful both, a change, a pipe, and a long evening over the camp tire. A trifle mind to fight loneliness each day and night unrematingly. And, after all, the insects, bees, hornets, fleas and mosquitoes bear one company, and are lavish in their attentions, "I like the life so long as I have plenty of work to do; but in a few fatal moments of idleness I pine for a sight of a well-loved face, 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 issue of a Brazen 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

Youd, the Chief Constable stated, called at full jurisdiction over the native up to six quantity of tea and sugar, asked if hot months' imprisonment: one month for Arabs custom to provide hot water on Tuesday for and Indians; and in civil cases I can hear the market tenants she agreed to do so. hope to do this in a year. When there are of the jug over her. Information was given no cases I read up the Local Ordinances and to the police and knowing him as they dionce a week I inspect the gaol and the her sister told him that in that case he warders' kits. Every morning I sign the would not get the tea. He said he would suitably employed. Once a week the Indian took the jug forcibly. There were many

Corroborative evidence was given by Sarah ladies and the magistrates. He came or Gonnese comes in with a complaint, and the town only the night before. His oction "Three weeks ago I was instructed to one of the sisters making a comment on his The Chief Constable reported 24 previous on all of which live Wakikuyu brought down appearances by prisoner. He had been on women. This practice seemed a common but This inspection is, I think, connected with His sentences ranged from two months up-"Yesterday I returned from ten days' his character that they took the action they ax of three rupees on each but he owns, llodgings in St. James's-street, so that he out, or for a wife, Safari is great fun: I In reply to the Mayor, who asked whether

twenty cents for each of my boys. The Maudsley, in Abbey-street, a number of porters are paid twelve cents a day food cakes and other things from the Don Cafe. money, and a regularly monthly wage of ten! The Mayor: He appears to have been on a The Chief Constable said prisoner could easily have paid, as he had £2 in his pos

Prisoner was committed to prison two months with hard labour.

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Michael Hirkaia, of Garfield, New Jersey,



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