**GAINED 65 POUNDS!** 

"Five years ago when I was first married, I had wonderful energy. I could be on the go all day long without feeling the least bit fatigued. I had a great appetite and tould eat anything. I weighed 147 pounds. I used to be busy every minute of the day and, when the day was over, I could go to bed and never waken once during the night. Thirteen months ago my first baby was born. After that my energy seemed to leave me. I was tired all the time. I had to force myself to do my household duties, Instead of being a pleasure as formerly, these duties became a real task: I lost all desire for food and aoking would tempt me. I had to make myself eat. I would go to bed at night and toss from side to side for hours at a time. After a world.

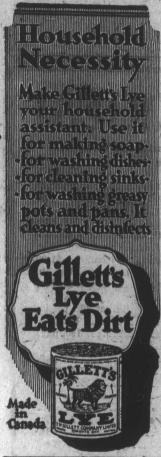
for hours at a time. After a while I would doze off only to find that I had been sleeping for ten or fifteen minutes. Naturally

ten or fifteen minutes. Naturally when morning came, not having slept, I started the day completely tired out. I was shaky and nervous. The least noise would startle me and make my heart race along. I could see that my husband was worried. I, was losing weight every week and had already lost 54 pounds. I tried all kinds of tonics, but they didn't help me. One night, a night I shall never forget because it started me on the way to health and happiness again, my husband

started me on the way to health and happiness again, my husband brought in a bottle of Carnol. A friend told him that Carnol had saved his wife's life, so he insisted upon my trying it. Six weeks after I began taking Carnol, my weight increased from 93 pounds to 158, an increase of 65 pounds. And, am I well these days? Every morning I fairly jump out of bed ready to tackle anything and every minute of the day is a joy to me now."

Carnol is sold by your druggist, and if you can conscientiously say, after you have tried it, that it hasn't done you any good, return the empty bottle to him and he will refund your money. 8-622

SOLD BY H. E. CALKIN



#### TWO MINUTES OF SILENCE NOVEMBER 11th

OTTAWA, Nov. 1.-His Excellency The Governor-General, has received message from His Majesty. The King, expressing the hope that the two minutes of silence in memory of those who gave their lives during the war, will be observed vertising has come to stay and it bethroughout Canada on Armistice Day, November 11- commencing at 11 o'clock in the morning. In a communication to the Prime Minister, the Governor-General This last statement the Prime Minister, the Governor-General This last statement is beyond con-hopes that the people of Canada will join troversy. We have known occasions quire a longer cooking, use a hot oven with His Maiesty n making the obesity. with His Majesty n making the obser- on which a perfectly healthy subject for ten minutes, then lower the tem-vance a realty. The two minutes of silence sat down to digest the facts set forth perature. is endorsed by the Prime Minister in a in a patent medicine "ad" and before

#### THE BEST CHRISTMAS GIFT

Christmas for the Boy! Christmas for the Fathers!

cal can take the place of The Companion at the family fireside—no other reflects so truly the home spirit.

sketches, special matter for the boys, the girls, the domestic circle. The Children's Page and the Doctor's Cor-

in 1923. All the remaining issues of 1922.

The Companion Home Calendar for 1923. All for \$2.50.

THE YOUTH'S COMPANION.

adays draws as many eyes as an old-fashioned load of unbaled hay.—Boston Herald. Minaad's Liniment for Colds, Etc.

ABVERTISING HAS COME TO STAY—CAN'T GET AWAY FROM IT

Let us ruminate for a little on advertising, an art which is perhaps the most important cog in the wheel of industry. What the poet meant to say was "Sweet are the uses of advertisement," but are the uses of advertisement," bu he got balled up and put "Adversity"

Longfellow, who also wielded a poetic pen, might well have supported this opinion by the judicious rearrangement

History backs up the poets, as witnes the old Roman who, after he had cleaned up his enemies put the following "ad' in the Roman Eagle, "Veni, Vidi, Vici," (I came, I saw, I conquered), so that anyone needing a good "general" would

Imagine, if you can, what life would be without advertising. Your morning paper would probably consist of a column and a half, your favorite weekly would be trimmed down to its covers and little else; your life would be ignorant of the fact that electric washers were now \$199.50 instead of an even \$200, or that "Pale Pills for pink people" had cured a Hamilton woman (photo attached) of sitting up for her husband

on lodge nights.

Gone would be the poor man's pic spaces, the street cars would cease to carry pictured passengers, in every stage of undress, on which the mere male fixes his eye so that he may ignore the young lady, somewhat similarly attired, who hangs onto a strap; the army of artists in word and picture, who make advertising a means of keeping body and soul together, would be deprived of their livelihood and swell the ranks of the unemployed, who cut off from their only source of amuse-ment, the reading of advertisements for "help wanted", would rise in bloody revolution and bring the world in ruins

about our ears. You can't get away from it! Adhooves us to bend and fashion it to our own uses, for , like fire, it is a good ser-

statement issued to the Canadian Press finishing the job was rushed to the tonight. appendicitis, fracture of the skull and housemaid's-knee. We have seen otherwise sane and loving womenfolk, rave, scratch and bite to gain the counter where, according to the "ad" silk hose down to unprecedented figures were assured of sylph-like beauty at bargain Christmas for one and all bound up rates. Otherwise practical men have, in the 52 weekly issues of the The Youth's at the lure of real estate agents, purcompanion for 1923. No other periodichased "town lots" in the centre of

ects so truly the home spirit.

The 52 issues of 1923 will contain have grown out of the word-pictures from eight to a dozen serial stories, near-ly two hundred short stories, besides, in Oil Prospectus' fiction.

So much for advertising as a bad The master, but as a servant let us hasten to realize its worth. Think of that weighner will, as they have for years, prove ty volume emanating from one of our indispensable features of the paper.

Subscribe now and receive:

1. The Youth's Companion—52 issues an 1923.

All the recogning issues of 1922. are made the object of column upon column of solicitation for the privilege of ministering to them. If there is any 4. Or include McCall's Magazine, the monthly authority on fashions.

Both publications, only \$3.00.

5. Or include The Acadian. Both publications only \$4.00

Both publications only \$4.00 ful, all-engrossing and ever-present advertising pages of any paper, maga-Commonwealth Ave. & St. Paul St., zine, book or similar object you care to lift, whilst the blank walls, roofs, Subscriptions received at this Office.

A load of coal bound across town now and point you to the desirable haven

WILL ESTABLISH ART GALLERY IN THE GRAND PRE MEMOR-IAL CHURCH

Moncton, Nov. 2-Rev. A. D. Cormies of Shediac, chairman of the Grand Pre Memorial Fund, reached Moncton today from St. John after visiting Grand Pre in company with R. A Frechette, local architect. The Grand Pre Memorial Church is completed, Father Cormier reported, and the key has been handed

While in Grand Pre, Father Cormic and Mr. Frechette met General Manager Graham, of the Dominion Atlantic Rail senger Agent, and matters respecting Memorial Church were discussed. It is proposed to establish an art gallery in the Memorial Church as repository for historical paintings and Acadien anti-quities, and work is to be begun next

spring.

The D. A. R. has secured the ser vices of an English landscape gardener and he will supervise work on the Grand Pre National Park, which when complet ed will be one of the best in Eastern

Already the D. A. R has expended the property, and it is reported to be the intention of the company to expend further sum of from \$35,000 to \$40,000

#### A FEW RULES FOR PERFECT PASTRY

Use pastry flour if possible. Have your shortening very cold. Any

cind of fat may be used. Cut the fat into the flour with a knife Do not rub together with the fingers unless you have very cold hands.

Add only enough water to make th pastry stick together, as it will not be tender when extra flour must be added to make it dry enough to roll.

Chill the pastry before rolling. icebox ready for use,

Roll lightly on a smooth surface Bake lightly in a hot oven. For pas try shell and for pies such as mince, use hot oven during the whole process

#### CHESS REDISCOVERED

Those who worry over the ways of present day youth may find comfort in the growing popularity of chess amor the younger generation. The ancient game spreads among all sorts of people but especially among high school students has noticed the spread of chess playing and it is apparent in the chess clubs Even girls, it is said, are taking up the game at last.

Dance halls and cabarets do not complain of any serious competition from chess. But though jazz palaces probably serve in one way to cheer modern existence, they do not monopolize all the terest in chess clearly suggests that boys



PAZ-MAH has brought peaceful nights and restful sleep to thousands who formerly suffered the agonies of astifina.

PAZ-MAR contains no narcotics or other habit-forming drugs. If it does not give relief we guarantee your druggist will return your money, \$1.00 a BOX. "Just 'swallow two capsules."

Free Trial from Templeton Co., Toronto.

#### and girls are learning to play with their brains as well physically. Enthusiasts believe that the present Send ancy for chess may contribute measurably to an increase in effective thinking. **Flowers** Unless one happens to be a chess marvel the game provides strenuous mental

exercise. He who plays it must have foresight, give attention to detail and think accurately. That will give him habits useful for handling problems on Flowers make a delightful Birthday remembrance.

> Are a source of pleasure in the sick room.

> Convey a message of sympathy to those in sorrow.

> be glad to send Flowers directa

### E. C. SHAND

Windsor

Local Agents:

WOODMAN & Co. MISS HARWOOD

#### CAR FOR HIRE

New Car. Careful Driver. Day or Night Service. Satisfaction guaranteed. BRUCE SPENCER Phone 236 or 138

### CAR FOR HIRE

PHONE 230

D. F. JOHNSON

### Homes Wanted!

For children from 6 months to 16 year age, boys and gris. Apply to H. STAIRS. Wolfville Agent Children's Aid Society

### Plumbing and **Furnace Work**

JOBBING PROMPTLY

H. E. FRASER

I shall be making up my new list for circulation in the British Isles and

### I WANT YOUR FARM

this list. I do not tie you up in any way but leave you free to sell for yourself if you get a chance and in that case charge no commission. You can withdraw at any time. You only pay for what you get.

LESLIE WILTSHIRE

REAL ESTATE

WINDSOR, N. S.

## WOLFVILLE---KENTVILLE **AUTO-BUS SERVICE**

A car has been placed on this service to carry passengers and parcels, daily except Sunday, leaving the Post Offices on the following schedule:

WOLFVILLE 7.30 A. M. Main Road KENTVILLE 8.00 A. M. KENTVILLE 8.30 A. M. Main Road WOLFVILLE 9.00 A. M. WOLFVILLE 10.00 A. M. via Pt. Williams KENTVILLE 10.30 A. M. KENTVILLE 11.30 A. M. via Pt. Williams WOLFVILLE 12.00 Noon WOLFVILLE 1.00 P. M. via Pt. Williams KENTVILLE 1.30 P. M. KENTVILLE 2.00 P. M. Main Road WOLFVILLE 2.30 P. M. WOLFVILLE 3.00 P. M. Main Road KENTVILLE 3.30 P. M. KENTVILLE 3.45 P. M. via Pt. Williams WOLFVILLE 4.15 P. M. WOLFVILLE 4.30 P. M. Main Road KENTVILLE 5.00 P. M. KENTVI" LE 5.30 P. Mt Main Road WOLFVILLE 6.00 P. M.

**Evenings By Appointment** 

### Fares will be as follows:

PARCEL DELIVERY FARES SAME AS FOR ONE PASSENGER

#### PROFESSIONAL CARDS

#### Eaton Brothers Dentists

Dr. Leslie Eaton D. D. S. University of Dr. Eugene Eaton, D. D. S. Pennsylvania Tel. No. 43.

### V. PRIMROSE, D. D. S.

(McGill University)

Telephone 226

### Give us your order and we will M. R. Elliott, M. D.

(Harvard)

Office Hours: 1.30 to 3.30 P. M. 7 to 8 P. M

### G. K. Smith, M.D., C.M.

Grand Pre, N.S. Office in residence of H. P. KINNEY Hours: 1.30 to 3.30 P. M.

### G. C. NOWLAN, LL. B. Barrister and Solicitor

The Acadian' Building, WOLFVILLE Phone 240 Box 134

### R. B. BLAUVELDT.

(LL B.) BARRISTER & SOLICITOR

Realty & Insurance Money to Loan at Current Rai Fruit Company Building, Wolfville Phone 172. Box 146. Box 146.

### W. D. Withrow, LL. B. BARRISTER, SOLICITOR NOTARY PUBLIC

Money to Loan on Real Estate

### E. A. CRAWLEY

Civil Engineer and Land Surveyor Registered Engineer and Nova Scotia Provincial Land Surveyer WOLFVILLE, - N

### O. D. PORTER

Auctioneer for Wolfville and Kings County

#### DR. T. F. HOTCHKIS Veterinary Surgeon

WEBSTER ST. - KENTVILLE Phone 10

#### J. F. HERBIN OPTOMETRIST, ÓPTICIAN.

Eye examination, and fitting, le cutting. Herbin Block (Upstain Phone 83-13, House, 67-13.

Day service, and Tuesday, Thursday and Saturday evenings

### FRED G. HERBIN

Watch, Clock and Jewelry Repair Work

HERBIN BLOCK, - Upstairs

## M. J. TAMPLIN Accounts Checked, Books Writ-ten Up, Balance Sheets Prepared, etc.

WHEELWRIGHT and · CARPENTER

WOLFVILLE, N. S.

All kinds of Repairing, Window Sashes, Frames, etc. Shop work is G. W. BAINES, East Main St.

### D. A. R. Timetable

The Train Service as it Affects Wolf-

No. 96 From Annapolis Royal

arrives 8.41 a.m. No. 95 From Malifax arrives 10.10 a.m. No. 98 From Yarmouth, arrives 3.27 p.m. No. 97 From Halifax, arrives 6.27 p.m. No. 99 From Halifax (Mon., Thurs., Sat.) arrives 11.48 p.m. No. 100 From Yarmouth (Mon., Wed., Sat.), arrives 4.28 a.m.

HARD COAL SOFT COAL COKE KINDLING

A. M. WHEATON

# November Days Are Warm Clothes Days

The days are shorter and cooler — the nights are longer and colder. If you haven't provided yourself with fall clothing, come to our store and look over our unusual bargains in OVERCOATS - SUITS - SWEATERS - UNDERWEAR

Just arrived a large assortment of Ladies Gaiters in

Also the latest novelties in Neckwear, Gloves, Shirts, Hats, Caps and Mufflers

Agents for: Society Brand Clothes Wm. Leishman and Son. Buy Where Satisfaction is Guaranteed

BISHOPS

"Smart Clothes for Men and Boys"