

## Do What Mr. Buckingham Did

'Flu attacks the apparently strong as well as the weak. We believe, showever, that if a person contracts 'flu, it is largely because he is run down. The person who enjoys good health is fairly well safeguarded against most diseases. Nearly everyone can enjoy good health by taking Carnol and keeping their system in a healthy condition. When your system is run down you leave yourself open to any disease. If you have had 'flu or your system is in a weakened condition, do what Mr. Buckingham did to regain his health. His letter tells how 'flu affected him and how he was restored to health: "After the 'flu i was in a very weak and run down condition. I was tired, listless, had no strength and no desire to do anything. I had no appetite. I was nervous and depressed. I was losing weight. I read in the Calgary Herald that Carnol was good for all weak and run down conditions to I decided to try it. I used two bottles of Carnol and after taking them, felt strong and well. I consider Carnol the best tonic I have ever taken and have great pleasure in recommending it to others."—I. Buckingham, 621 14th Avenue, Calgary.

Carnol is sold by all good druggists everywhere.



After that benefits every-Every Aids digostion,





years

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> furs. the latest styles, consult the 1923-24 Coristine models. A copy of this beautiful book will be sent you free. Every woman



Escuminac

Mr. William Parker of Dalhousie is visiting his nephew Mr. C. William Son.

Mr. Donald Campbell of Dalhousie is spending a few days at the hame of his uncle Mr. Angus Campbell.

T. Mac Baker of Oak, Bay was a visitor to the Glen last week.

Mr. Nobert Ross and family have moved from New Carlisle to Escurinac North and are residing with Mr. and Mrs. James Campbell.

Mr. Mangus Pentland of Escuminiac North, and bride arrived home on Tuesday last.

The many friends of Miss Janie Gaudin are welcoming her hone from an extended visit to Maple Green, Campbellton and Moncton.

The residence of Mr. James Bryant recently caught fire on the inside and was destoyed, there was no insurance.

Miss Norton and Miss Baird of Escuminac Flats spent the week-end with Mrs. Herbert Gaudin.

The Women's Missionary Society held their meeting here on Friday evening.

Matapedia

Mr. Robert MacPherson has returned home after being called to Monteal on business.

Mr. Edward Irvine and two sons Steven head Arthur, came hower from form.

Mr. Robert MacPherson has returned home after being called to Monteal on business.

Mr. Edward Irvine and two sons Stephen and Arthur, came home from Rocky Gulsh where they were in the woods, being the first time in a good rany years on the acount of snow.

Miss Violet Caidwell paset through here enrouse to her nome in New Carlisle after spending a few weeks with her mother in Montreal.

Miss Libar Irvine lett has Mon ay on New Carlisle where seming her sister Mrs. Hilam Huntington, New Carlisle

Miss Gladys Hall of Washington, D. C. who has been the guest of her parents Mr. and Mrs. Wm Hall of Cascapedia has returned to her home to resume her duties.

Mr. and Mrs. Edwin Foran are receiving congratulations on the arrival of a bouncing baby boy.

ceiving congratulations on the arrival of a bouncing baby boy. An enjoyable evening was spent at Air. Oswald Smith has returned ome from the Falls where he will pend the winter months. Misses Violet Caldwell and Lily Ir-ine wre the guests of Hattie Will-nan Saturday evening. An enjoyable evening was spent at the home of Mr. and Mrs. Aug. Walch last evening, chief eajoyments being card playing and music. Those present were: Misses kita Foran, Mary Delaney, Lyda Wildett, Alma

Mr. Frederick Rooney Sr., spent Saturday in Perce on business and returned home on Sunday evening.
Mr. John J. Foley Jr., has accepted a good position in Brilliant Cove in the store of William Hyman and Son.
Friends are pleased to hear that Mr. Ivan Coulombe has been appointed teller in the Provincial Bank of Campbellton, Mr. Coulombe who is a nephew of the Rev. Father Fabien Gauthier our beroved pairsh priest for many years, (now of St. Simeon) is well known here, having made his early studies at the Holy losary Convent in Douglastown. His father resides in Gaspe Basin.
Mr. Horace Gaul of the Customs fundary in Spending the winter here with his parents Mr. and Mrs. Ambrose Gaul.
A card party was neld at the home of Mr. and Mrs. Austin Kenneuy on vednesday evening Nov. Zoth and present. Mr. Leo Kenneuy was the was very much enjoyed by an those inch with the state of the course of the c

ATT. FINID MAIOREY WAS A DURINGES ATT. FINID MAIOREY WAS A DURINGES AND COTHER OF THE DEACH SOME LINE AND COTHER OF THE PROPERTY OF A STATE OF THE PROPERTY OF A STATE OF THE PROPERTY OF THE

in Gaspe Basin and has already taken up his duties as Vicar-general of the Diocese of Gaspe. Before coming here Pather Matle had charge of the Roman Catholic Church at Bonaventure.

Mr. Ambrorse Gasin recoulty sold one of his horses to Mr. Abner Mullin of Gaspe Bay South.

ence Guitard, 7.

No. of pupils enrolled—43.

No. daily present on an average 37.1.

M. HILDA HICKEY Teacher of Gaspe Bay South.

## Larger Mills-More Quaker Flour



The growing popularity of Quaker Flour has necessitated additions to the Peterborough mill, that increase its output by more than 40%. The Quaker Mill is now prepared to meet all demands—to make more Quaker Flour from Canada's wheat crop, QUAKER QUALITY tells everywhere. Not only in Canada, but in foreign countries too, women have learned that Quaker Flour is the best for every sort of baking. They know it is the use flour that will always give them satisfactory results.

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I have a supply of sand and gravel suitable for concrete work etc., always on hand and can deliver at the shortest notice

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J. C. CHATTERTON

NOTICE OF SALE

shers whom it may concern;
NOTICE IS HERREBY CIVEN that unler and by virtue of the Pewer of Sacontained in a certain inditure on wearth of the County of the County of the conswenth day of September A. D. 1921, and made between the said Percy Myors of the distribution of the distribution of the county of Resingueles of Province of New Brunswiscouche and Province of New BrunswisCounty of Resitiouche, on the thirteen of the County of Residue of Res

TOGETHER WITH THE APPURTEN-

Use the Want Ad. way

### A Quick Relief for Headache

by harty alguesta rever, one pa-and acids resulting theoretic mare absorbed by the blood which is turn irritates the merves and causes painful symptoms called headactes, marrigis, theome-tion, etc. 18 to 30 drops of Bigher Seight's Syrup will correct freshly digestion and efford relief



School Report As a matter of their, with will not extinguish every true Blazing oil, for instance, cannot be put out by water; and when water loss not out a fire, it does its work rather distrently from, say, the caemicals in a patent

"Perfect Attendance Gerald Elsliger, Harold Godin, Alfred Hello, Frank McDonnell, Stella Duplacey, Austin Elsliger, Penelope McNair, Rancolph Firlotte, Geraldine Firlotte, Arthur Hickey, Ethel Pettigrew, Dorothy Doyle, Gertrude Firlotte, Jean McMillan, Arthur MacNair, Leona Shannon, Fidelle Firlotte Joseph Hello, Rexford Guitard, Florence Deverganz.

(PRIMARY DEPARTMEN)

Mary Delaney, Lyda Wildett, Alma Ceary, Theresa Ceary, Messrs Leo Lawlis Allen Cleary, Jack Nadeau, Louis Legouffe, Louis Poran. Miss efftrude Cleary spent a few days in New Richmond last week.

Jacquet River

Grand Cascapedia

Life On Other Planeta.

The ex.stence of life on the planet Venus may be considered highly probable, according to Dr. Harlow Shapley, director of the Harvard Observatory. Venus, he says, is comparable to the earth in many ways, and it is likely that living organisms develop wherever conditions are suitable over a sufficient interval of time. On no other bodies in the solar system, however, are conditions at all favorable for the existence of the higher forms of life. The average astronomical opinion is that low forms of organisms may exist on Mars, the high forms are very improbable, and that beings physically comparable with man are quite impossible.

at Ste. George de Malbay.

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BEATS ELECTRIC OR GAS
A new oil lamp that gives an
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and 6 p. c. common herosene (cold ell)
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