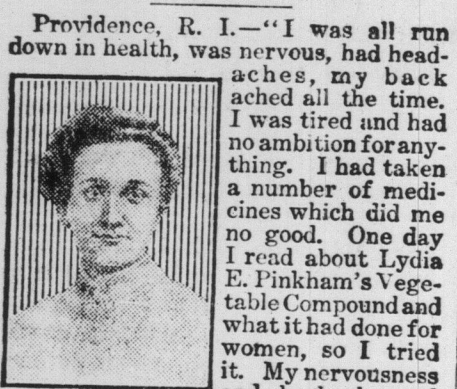


HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.



Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained weight and feeling, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."

Some Puzzlers
Where can a man buy a cap for his knee?
Or a key for a lock of his hair?
Can his eyes be called an academy?
Because there are pupils there?
In the crown of his head, what gems are set?
Who travels the bridge of his nose?
Can he use, while slating the roof of his mouth,
The nails on the ends of his toes?
And who tells the cut and style of the coat his stomach wears?
Can the crook of his elbow be sent to jail?
If so, what did it do?
And how does he sharpen his shoulder blades?
I'm hanged if I know—do you?

Thrifting, Are You?
(By Edmund Vance Cook.)
We think we are thrifting,
But maybe we're drifting
And the coin that we clink is not saving
But shifting,
For seemingly spending,
Goes on without ending,
And heedlessness still is the tend of our trending.

Have a Heart
All very well this general consigning
of the Honzollerns to Hades, but
for mercy sake let us have a little
consideration for poor old Satan.

On the Transport
Bill: This blinkin' sea's orn!
'Arry: Oh, I dunno. It's nice to see
the froth on something these days.

Suburban Notes

FALKLAND RIDGE

William Hiltz, of the Porties, was in this place on Tuesday.

Mrs. Wile, of New Canada, is the guest of her son, Edwin Wile.

Ernest Perry, of New Albany, was the week end guest of his cousin, Ira Stoddart.

Mrs. Ida Cain arrived the 4th from Boston and is at the home of her parents, Mr. and Mrs. J. McMullen.

Mrs. Henry Allen, of 14 Mile House, Halifax, and daughters are the guests of her daughter, Mrs. M. Bitonto.

Mr. and Mrs. C. R. Marshall spent the night of the 3rd at East Dalhousie, guest of Mr. and Mrs. N. C. Wright.

Rev. Maynard Brown, of Wood's Harbor, a former pastor, was here this week, calling on old friends.

Mr. Samuel Cook and wife and Mr. and Mrs. Ritchy, of New Canada, were guests of relatives here on Sunday.

Farmers are digging their potatoes and report them in some cases nearly a failure, some half a crop, so many rotten.

Mr. and Mrs. Charles Roop, of Springfield, and Mrs. L. Palmer, of Auburn, were the guests of Annie Roop on Thursday, Oct. 3rd.

Miss Etta Marshall left on Sept. 25 to attend Normal School. She was accompanied by her sister Mable, who expects to spend some time in Truro.

Roland Marshall autored to Bridgewater on Saturday p. m., returning at night with his father, C. R. Marshall and E. H. Marshall who have spent some months at Halifax.

DALHOUSIE CENTRE

Miss Laura Buckler, of Tupperville, spent Sunday with her mother.

Mr. Elazer Gillis, who spent a few days at Kingston, arrived home.

Mr. and Mrs. Percy Harnish, of Halifax, arrived here Saturday.

Miss Sadie Todd of Perotte spent Sunday at the home of Mr. Gray Gillis.

Miss Josephine Gillis, who is teaching at Perotte, spent Sunday with her father.

Pte. Walter Todd, of Halifax, is spending a few days with parents, Mr. and Mrs. Thos. Todd.

Mr. and Mrs. Wallace Ruggles, of Halifax, spent a week here with their son, Mr. Guilford Ruggles.

Mrs. Clinton Gillis, accompanied by her mother, Mrs. Samuel Hannam, is spending a week in Bloomington.

Fred Cummings, accompanied by his brother Carmon, both of Middleton, spent a week with relatives in this place.

Mr. Oliver Shipp, who has been for some months at Montreal, is home again with his mother, Mrs. David Shipp.

Mr. John Buckler was very successful in getting a fine moose last Wednesday morning, about a half a mile from his home.

CENTRAL CLARENCE

Mr. Edward Rumsey remains much the same in health. His wife and baby are with him at his mother's home.

The Central Clarence warehouse opened Monday, 23rd, with Mr. Jos. White as manager with three assistant packers.

Miss Dorothy Lamb, who has been visiting Mrs. Jos. White, returned to her home in St. Andrews, N. B., Wednesday, 2nd inst.

Mrs. R. M. Leonard recently spent the week end with her father in Brooklyn. Her mother, who some weeks ago underwent an operation at the Victoria General, is convalescent.

Mrs. W. H. Whitman is slowly recovering from her fall, Sept. 23, and we trust will sustain no permanent injury. Miss Viola Whitman, who is at home with her mother, was to have left the first of October to take a National Service position, Ottawa.

We are glad Mr. F. W. Ward is able to be about after his long illness, resulting from a fall. A great deal of credit is due Miss Ruth Ward, who, with the kindly help of neighbours, has managed all the farm and harvest work during her father's illness.

LEMONS WHITEN AND BEAUTIFY THE SKIN

Make This Beauty Lotion Cheaply for Your Face, Neck, Arms and Hands

At the cost of a small jar of ordinary cold cream one can prepare a full quart jar of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white.

Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart jar of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

The Battles of the Past Six Months

In a review of the battles in France during the past six months, the Havas agency credits to the American troops the re-establishment of the balance on the western front and points out the entire change that has taken place in the last two months.

"In the last two months alone," it says, "the Allies took 185,000 prisoners. The losses in men who will never be able to return to the ranks are estimated at 600,000, a gap which the 1920 class will not suffice to fill.

Quite Another Chap

A rookie was reading an article about the Kaiser which compared him with Nero. "Who was Nero, Bill?" he asked of a fellow rookie.

"Wasn't he a man that was always cold?"

"Naw," was the reply, "that was zero, another guy altogether."

Minard's Liniment cures Colds, etc.

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Govt. Seed Oats now sold at feed prices.

Barley and Oat Chop

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Barley Meal

Ground Oil Cake

Oatmeal Feed

Frosted Wheat for hens.

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Be Sure to See OUR FINE CONFECTIONERY

IT IS THE VERY BEST THAT CAN BE BOUGHT.

Over a dozen varieties of 5c Chocolate Bars.

FRESH CHOCOLATES, CREAMS AND MIXTURES.

Lots of Penny Candies for the Kiddies

Mrs. S. C. TURNER VARIETY STORE

W. H. MAXWELL

NOW is a good time to buy Sweets for the Boys at the Front

As sugar is advancing, the price of all kinds of chocolate and candy will be higher very shortly. Those intending to send Christmas boxes to their boys would be wise to buy their supply now. We have a fresh shipment of

NUT BARS

NUT MILK BARS

CREAM BARS

FUDGE BARS

CARAMELS

Milk Chocolate, in bulk

Chocolates in boxes

PRICES: from 12c to \$1.00

GUM

Spearmint, Doublemint, Juley Fruit, Tutti-Frutti, Blackjack, California Fruit, Reddellow, Gipsy, Chiclets.

Cigars, Cigarettes and Tobacco

SPECIAL DISCOUNT to any Red Cross Society buying a quantity.

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MEAT, FISH, etc.

PRICES REASONABLE.

A TRIAL ORDER SOLICITED.

Will send a team through the country districts once a week

ELIAS RAMEY Proprietor.

THE FIRST WEEK IN SEPTEMBER

Is the beginning of our busy season, but students can enter at any time, and it is well to get the "Ice Broken" before the rush begins.

Tuition Rates and full information mailed to any address.

S. KERR, Principal

THE BUSINESS COLLEGE

81-84

Coming Back

Judge (severely ashamed to be seen) Booby Bill: Why this place is quite some places where

LABOR and CAPITAL SIT DOWN TOGETHER



Top Row (reading from right to left)—Sir George Bury, Vice-President, Canadian Pacific Railway; Geo. K. Wark, Vice-President, Brotherhood of Locomotive Firemen and Engineers; F. F. Backus, General Manager, Toronto, Hamilton & Buffalo Railway; H. Shearer, Michigan Central Railroad; J. M. Mein, Deputy President, Order of Railroad Telegraphers; S. R. Payne, Ottawa and New York Railway; S. J. Hungerford, General Manager, Canadian Northern Railway Eastern Lines; W. V. Turnbull, Vice-President, Inter-Lines.

Bottom Row (reading from right to left)—S. N. Berry, Vice-President, Order of Railway Conductors; Ash Kennedy, Asst. Grand Chief, Brotherhood of Locomotive Engineers; D. B. Hanna, Third Vice-President, Canadian Northern Railway; Major G. A. Bell, Acting Deputy Minister, Railways and Canals; J. H. Walsh, General Manager, Quebec Central Railway; James Murdoch, Vice-President, Brotherhood of Railway Trainmen.

Work for four years with which all Canadian Railways are operated nowadays, strove to avoid only brief and local interruptions compared to the choked transportation of neighboring countries, to be cited in those foreign countries as an example of competent long-distance operation—and then to be blocked or hampered by labor trouble! This was the anti-climax which the Canadian Railway War Board, under the application in Canada of the McAdoo Scale of Wages, as well as any other controversies that may arise between the workers and their officers.

In the picture there are shown not only the senior executives of some of the most powerful labor organizations in the world, but an equal number of great railroad managers, including Sir George Bury, the expert operating Vice-President of the C. P. R., whose report on the railroads of Russia brought him knighthood. The picture was taken in the Canadian Railway War Board offices after Labor Board of Canada, which will handle in future all railway labor troubles and will adjust the McAdoo scale of wages to Canada's 147,000 railway employees.

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