

### Are You Nervous? Are You Played Out?

if Your Recuperative Power Seems to Have Left You You Need  
**PHOSPHONOL**

To-day and not to-morrow, is the day to put a stop to that gradual slide you are taking down a long hill of ill health.

Out of tune with everything? Mentally and physically depressed? Lack the desire to perform your duties? Feel that you need to be bolstered up, but can't tell what is the matter?

You need a quick, nerve-building tonic—one that checks decline—steadies your nerves—one that puts you on your feet again.

To-day you should get a box (same price everywhere), of Phosphonol.

The Scobell Drug Co., St. Catharines, Ont. Price, \$3.00 box; 2 for \$5.00.

A widely known surgeon was just finishing an operation on a patient when a fire started in a warehouse across the road, illuminating the whole operating room. The surgeon turned to the nurse and dryly said:—"Nurse, the patient is coming to. I think you had better draw the blinds. That fire is too suggestive. I don't want him to think the operation hasn't been a success."

Before the war only 345,000 persons held British Government securities; the number now is 18,000,000.

### It Can Be Done!

Somebody said that it couldn't be done. But he, with a chuckle replied That "maybe it couldn't," but he would be one Who wouldn't say so till he'd tried, So he buckled right in, with the trace of a grin On his face. If he worried he hid it. He started to sing as he tackled the thing That couldn't be done, and he did it! Somebody scoffed: "Oh, You'll never do that; At least no one ever has done it." But he took off his coat and he took off his hat. And the first thing we knew he'd begun it. With the lift of his chin, and a bit of a grin, without any doubting or quiddit; He started to sing as he tackled the thing That couldn't be done, and he did it! There are thousands to tell you it can't be done; There are thousands to prophesy failure; There are thousands to enumerate, one by one, The dangers that wait to assail you; But just buckle in with a bit of a grin, Then take off your coat and go to it; Just start in to sing as you tackle the thing That "cannot be done." And You'll do it!  
EDWARD A. GUETS.

### PROMPT RELIEF

for the acid-distressed stomach, try two or three.

### •KI-MOIDS

after meals, dissolved on the tongue—keep your stomach sweet—try KI-moids—the new aid to digestion.

MADE BY SCOTT & BOWNE  
MAKERS OF SCOTT'S EMULSION

### W. C. T. U. Notes.

Woman's Christian Temperance Union first organized in 1874.

AIM.—The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

Motto—For God and home and Native Land.

Badge—A knot of White Ribbon.  
Watchword—Agitate, educate, organize.

Let us not therefore judge one another any more, but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way. RM. 14:31.

Business meeting of the W. C. T. U. the last Monday of every month.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. B. O. Davidson.  
1st Vice President—Mrs. G. W. Miller  
2nd Vice President—Mrs. J. G. Elderkin  
Recording Sec'y—Mrs. Ernest Redden  
Cor. Secretary—Mrs. W. O. Taylor  
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Evangelistic—Mrs. J. G. Elderkin  
Parlor Meetings—Mrs. D. G. Widden  
Labrador Work—Mrs. S. W. Vaughan  
Fisherman and Lumbermen—Mrs. W. E. Fielding

Loyal Temperance Legion—Mrs. W. O. Taylor

Flower, Fruit and Delicacies—Mrs. A. W. Bleakney

Press and Willard Hall—Mrs. M. P. Freeman.

White Ribbon Bulletin—Mrs. Hutchinson.

Temperance in Sabbath-schools—Mr. C. A. Patriquin.

### Provincial News

WINDSOR, N.S.

The members of Windsor W.C.T.U. have accepted very cheerfully the task allotted them in connection with the Forward Movement, brought before the Annual convention.

They immediately set to work to add to their membership and also to raise their portion of the one thousand dollars desired.

This union among others in the province was cheered by a visit in November from the Provincial President, Mrs. A. L. Powers. Arrangements were made to have her address an afternoon tea in the "Y" tea rooms. During her address, she referred to several of the crafty means being used by the enemies of prohibition to prevent the passing of prohibitory laws and she earnestly urged those present to acquaint themselves with the laws of the land and be prepared to use their vote intelligently.

Mrs. Oscar Puddington, a valuable W.C.T.U. worker passed away Jan. 1st.

BERWICK, N.S.

In October we had a very fine concert from which we realized, when all expenses were paid, \$55.50, which we donated to the Soldiers' Memorial Fund.

Just now there are a number of young people, strangers in our village, whom we are trying to interest in the work and each week they are entertained and served with refreshment at the Methodist and Baptist churches.

We are also organizing a girls' sewing class among the working girls. We have a competent dress-maker to instruct them in the art of making their own dresses, etc. While the girls are sewing our Evangelistic Superintendent, Mrs. Williams, reads and talks to them. At the close of the sewing lesson a social half-hour is spent, refreshments served and hymns sung. These classes are held at the homes of different members.

YARMOUTH

The parlor meeting held at the home of Mrs. (Dr.) A. J. Fuller proved a most interesting affair and will be one of the marked events in the history of the W. C. T. U. in Yarmouth. It was under the auspices of the Y's, and there was a large attendance.

Mrs. Powers, who was the speaker of the evening, delivered a very pleasing address on the work of the W. C. T. U. and urgently exploited the objects of the winter's campaign, viz.: the raising of \$1,000 for the work of the union and to obtain 1,000 new members throughout this province. Mrs. Powers also dwelt on the great work that was being done among the juveniles and urged upon the gathering the absolute necessity of using every possible effort to keep that department of the union's work very prominent.



The Nurse told Her to Give  
**OLIVEINE EMULSION**  
THE GREAT HEALTH RESTORER

South Brookfield, Queens Co., N.S., Oct. 1919.  
"Our little girl was very sick with Stomach Trouble and different foods were recommended, but everything failed until a nurse told me to give her OLIVEINE EMULSION. She is now a big, healthy baby and I would not be without it in the house. For coughs and colds and as a health builder, it is the best to be had. We recommended OLIVEINE EMULSION to quite a few who were suffering from the effects of Influenza and they used it with good results."  
(Name on request)

OLIVEINE EMULSION is more than an ideal cough remedy, to pave the way for a quick recovery from heavy colds and deep-seated coughs. It is a body builder—gives strength to the weak—tones up and invigorates the whole system. It is pleasant to take and is agreeable to the most sensitive stomach.

Sold everywhere.  
Prepared by  
Fraser, Thornton & Co. Limited, Cookshire, Que.

# REGAL

The Big Value in  
**FLOUR**  
for Bread, Cakes & Pastry

The St. Lawrence Flour Mills Co.  
Montreal, P.Q. LONDON, ENGLAND

### When Home Seems Good

A BLIZZARD OUTDOORS—warmth and comfort within. There is nothing in the home so necessary as a good furnace. Stoves and base burners are unequal to the task—they choke the air with dust and only warm parts of the house.

And buying a furnace is a matter of knowing how. The warm air heating system is the least costly. It is the most effective and healthful too. The

## ENTERPRISE BLAZER WARM AIR FURNACE

will keep every corner of your home delightfully comfortable in all kinds of weather. It draws in the pure fresh air from the big outdoors, warms and moistens it and sends it on its way to you. Stoves and radiators can only heat the same air over and over.

Every part of the Enterprise Blazer Furnace is made just a little bit better than is necessary—the grate bars a little stronger—the fire-pot a little heavier. These are the things that enable us to guarantee that the Blazer Furnace will give you entire satisfaction.

Go fully into the matter with your dealer and write us for our free booklet "Warmth and Comfort"

The Enterprise Foundry Co.

Limited  
SACKVILLE, N. B.  
Makers of the well-known lines of Enterprise Stoves, Ranges and Furnaces

Sold by leading dealers everywhere and in Wolfville by: E. I. DELANEY.

THE  
**Yarmouth Beauty Cigar**  
Is Used by all Refined Smokers  
There's a Reason. Quality Counts.



"Save the surface and you save all Paint & Varnish"

## Make a real job of it.

PAINTING becomes necessary as your property increases in value, and as property was never so valuable as today there is a greater need than ever for that kind of paint which actually preserves the surface and thus saves the entire house.

This spring, to make a real job of it, use

### B-H "ENGLISH" 70% Pure White Lead (Brandram's Genuine B.H.) 30% Pure White Zinc 100% Pure Paint

because it combines permanence, covering capacity and economy.

If B-H "English Paint" was dearer than it is, it would still be the most economical—the shorter life of other cheaper brands makes them more expensive in the end.

It contains the famous Brandram's Genuine B.B. finely-ground white lead—70%—to which is put 30% of pure zinc—a guaranteed formula that no other paint can boast. To this mixture is added fine turpentine and linseed oil from the B-H mills, which is of a quality in keeping with the other ingredients.

When you use B-H Paint you will notice its "body" and brilliance—you will compare the extreme covering capacity with other brands—the permanence you will be able to prove by other exteriors painted with B-H paint years ago.

This Store sells B-H Products—Color cards free on request.

L. W. SLEEP - WOLFVILLE

**BRANDRAM-HENDERSON**  
MONTREAL WOLFVILLE SACKVILLE YARMOUTH WINDSOR