

RICH IN VITAMINES



MAKE PERFECT BREAD

AN HONORABLE SERVICE

Of all the people, in all the autos, that go whirling by that uninteresting looking place that, until recently, was the Horton Farm, I wonder how many know that within those plain walls there has been rendered to the Township a service so fine in its spirit as to call to mind the words of a writer who said that greatness belongs to one who can take a mean task and perform it in such a manner as to glorify it, bringing dignity both to the task and to the doer of it.

Such has been the spirit and service of Mrs. Andrew Fenwick, for the past eight years Matron of the Horton Farm.

The very name of "Poor House" has been hated by the poor since poor houses began: and how many of us would be able to impart a feeling of home to an institution which every inmate of normal mentality must have dreaded to enter? Observing people who, were frequent visitors say that the place, under Mrs. Fenwick's regime, had a very perceptible "home atmosphere", the "how" of which accomplishment must be sought in the personality of the Matron, who treated the people under her care as if they were "real folks".

Here were a few normal people, aged and homeless; a larger number mentally deficient—some blind or terribly afflicted with St. Vitus' dance; and a few normal children. The matron considered the whims and sensitive pride of the aged, was patient with the deficient; and in one case made an effort to teach a girl of sixteen to read, hoping to strengthen her weak mind. To do this she could only snatch a moment now and then, but patiently, day after day she would pause in her busy rounds to write lines of letters or figures on Rachel's slate and encourage her to copy them. At the time there were fourteen inmates under her care besides her own family of four, and only one of the inmates able to help in the work.

With the children she was like a mother, taking a keen interest in their school work, and when they appeared in school entertainments feeling a mother's pride in seeing them do their parts.

Little Arthur Parker, now three years old, who with his mother came there at the age of five months was kept most of the time in the Matron's rooms and was lovingly cared for and proudly dressed as other little tots are dressed. As he grew he returned the affection of the Fenwick family, and always at bed-time his "Good night, Niss," (mistress) and "Good night, Boss", with a kiss for each showed how that much talked of and deadening "Institutional Environment" had been overcome.

Once when a friend took the Matron for a drive, some of the older inmates, to tease the children, told them she had gone away "for good". When she came back, therefore and alighted from the

carriage the friend was surprised to see all the children run out and meet her, clinging to her skirts and hugging her around the knees! The "Boogy" story was confessed in explanation.

At the time of the merging of the old institution into the larger and happier named "County Home" at Waterville, a lady interested in one of the older inmates presented Mrs. Fenwick with a half dozen dessert spoons of fine "Community Plate" in recognition of her kind consideration for the aged, who particularly enjoyed the gist of daily news she gave them from the papers.

In mentioning Mrs. Fenwick especially; there is no thought of belittling the services of Mr. Fenwick or of former superintendents or matrons. They were kind and efficient: they did all that the Municipality expected or paid for. She did that, and more.

We are glad that Mr. and Mrs. Fenwick are to remain in our neighborhood, and extend sympathy to Mr. Fenwick in his present illness.

Lillian E. Bishop.
Greenwich, N. S., Dec. 6, 1922.

PRODUCTION OF COAL INCREASED

In All Provinces in Canada, Except Nova Scotia.

Ottawa, December 6.—With the exception of Nova Scotia the coal producing Provinces reported increased production in August last over the preceding month, but for the whole of Canada the output was 8 per cent. less than in July, and amounted in all to 789,000 tons, as compared with 858,000 tons in the preceding month. The cumulative production for the first eight months of the present calendar year was 7,745,000 tons, as compared with a three year average for the same months of 9,319,000 tons. The output this year to the end of August was, therefore, 17 per cent. below the three year average for the period, while at the end of July the cumulative production was within 14 per cent. of the three year average.

Imports of coal during August were 12 per cent. below the shipments received in the preceding month and amounted to only 18 per cent. of the three year average imports for August. The shortage in imported coal was further emphasized by the fact that the imports from January 1st, 1922, to the end of August totalled only 5,953,000 tons, or but 51 per cent. of the average quantity imported during the same period in the three preceding years.

Minead's Liniment for Colds, Etc.

SEEDLESS AND CORELESS APPLE

Quebec Grower of Famous Fameuse Offered Million Dollars If He Can Produce the Tree

Montreal, Dec. 6.—Much enthusiasm was evoked at the annual meeting of the Promological and Fruit Growing Society of the Province of Quebec at MacDonald College, St. Anne's, to-day by the announcement of the discovery at Abbotsford of a seedless and coreless variety of Fameuse apples. Business was suspended for a time while the apple growers assembled examined and tested specimens.

The fruit was found to be genuine Fameuse, slightly different in shape to the typical variety, longer and flatter at the ends, but of the same coloring and flavor. A slight marking in the heart of the apple was the only indication of where the core of an ordinary specimen would have been.

The representative of a large fruit distributing firm in Montreal assured the grower of these coreless apples that if the latter would produce the parent apple tree from which they were grown and prove that it reproduces trees by grafts giving similar fruit, he would guarantee him a million dollars for it, as it would revolutionize apple growing in Canada.

Prof. F. C. Seers, of the Amherst, Mass., Horticultural College, who was present, examined the fruit and pronounced it evidently Fameuse in every essential detail. He too agreed that it could be reproduced it would prove of very great value.

The discoverer said he had made his discovery purely by accident.

BOTH NIGHTS

"And now," said the monocled gentleman who had borrowed a match from the traffic cop "I suppose you would like to know who I am?"

"Sure."

"I am Sir W. Gabriel Birkenham, Knight of the Bath, Knight of the Garter, Knight of the Double Eagle and Knight of the Golden Cross."

"And I," said the cop, "am Mike O'Flanagan, to-night, last night, to-morrow night, and every other night."

Minead's Liniment for Cargot in Cows

Homes Wanted!

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

There is nothing so Bad for a cough as coughing!

There is nothing so Good for a cough as BUCKLEYS

40 DOSES 75¢

Sold in Wolfville by A. V. RAND

"I Was a Fright!"

"Nothing I Could Take Made Me Any Fatter."

"Up to the time I was seventeen years old, I believe that I was the most miserable and unhappy girl that ever lived. Honestly, I was a sight. I was the most ungainly looking creature you ever saw. I was thin and scrawny—straight up and down. My height was five feet nine inches and I weighed exactly ninety-one and three quarter pounds. No matter what kind of clothes I put on I looked like a fright. I was clumsy and awkward. I used to stand before the glass and study my features. I found I had a good nose, good eyes and a good mouth, but my cheeks were sunken and my face looked like a skull with a piece of parchment stretched over it. But nothing I could do or take made me any fatter. Men rarely even glanced at me. When they did, they merely gave me a casual, amused or pitying look—an expression which I am sure meant, 'why is a being like that allowed to live?' I used to lie awake at night for hours at a time wondering why there were so many beautiful girls in the world and I was so hideous. I

met a friend of mine one day, Elsie W. and I hardly knew her. While she had never been as thin as I was, a year or more ago she ran me a close second, but when I met her she had taken on flesh and had developed into a fine handsome girl with one of the prettiest figures I had ever seen. I asked her what had caused the big change. She said Carnol. She told me she had been taking it regularly for the last three months and that from the first week of taking it she had begun to put on flesh. I was so encouraged by what she said that I couldn't get to the druggist fast enough. I bought a bottle and since then I have been taking it regularly. It has made the greatest change in me you ever saw. I now weigh 165 pounds and all my friends tell me what a wonderful figure I have and I know that I am admired."

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

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Xmas Season

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general.

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D. A. R. Timetable

The Train Service as it Affects Wolfville

No. 96 From Annapolis Royal
arrives 8.41 a.m.

No. 95 From Halifax 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 a.m.

No. 100 From Yarmouth (Mon.,
Wed., Sat.), arrives 4.28 a.m.

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all at lowest market prices

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in all size packages

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