

You May Dream Dreams

and see Visions, but to make your Dreams come true—and your Visions materialize—generally means having a little capital to start with.

The way to get capital is to save a part of what you now earn.

Decide, now, to let us help you to save. Interest paid every six months.

—THE Bank of Nova Scotia

Paid-up Capital \$ 4,000,000
Reserve Fund - 12,000,000
Resources - 120,000,000

G. C. ROY
Mgr. Kentville Branch
Branch also at Cansing

Influenza Some Interesting Facts About its History Prevention and Treatment.

The anti-microbe properties of quinine are well known and its use as described before at once relieves the symptoms of sore throat, which result from the strain of the fight between the white blood corpuscles and the invading germs in the tonsils the body's first line of defence. Quinine is also given internally with success as a preventive. In one of the more recent outbreaks in Europe, an experiment was tried in which the men of one squadron of a regiment of cavalry were each given 7½ grains of quinine in ½ ounce of whiskey daily for 22 days, whilst those of the other squadrons were given none. The latter squadrons had from 22 to 44 cases each of influenza, whilst the squad on treated with quinine developed only 4 cases. Inhalations of oil of eucalyptus, thymol, oil of mountain pine and the like are also valuable as preventives.

How to Treat it—When a person is struck by influenza, only one course lies open. That is to take to bed with the least possible delay, and call a doctor. Rest, warmth and quiet are three sovereign remedies of the primary disease, and the best preventive of its more deadly complication, of which pneumonia is the most frequent. While there is no specific for influenza, yet there are many drugs which play a useful part in relieving it, such as quinine, aspirin and various tonics, anti-neuralgic, antiseptic and heart medicines, to be prescribed by the physician in charge.

What to Eat—The dietetic rules which apply to any fever apply equally to influenza. Liquid foods at first solids a little later on in a gradually ascending scale from lightly boiled fresh eggs to chicken, roast joints, etc. Water, cold or hot, may be sipped or "egg water" may be given. This excellent dish is prepared by blending with a pint of cold water, the whipped whites of 2 to 4 eggs, flavoured with salt or cinnamon. Then the animal broths may be given. There are many cases in which even the lightest foods are spurned with loathing and a common sense must be used in adapting diet to the particular case in hand.

WEDDING.

Symons—Thorn.

The residence of Dr. F. W. Stevens, Queen street, Dartmouth, was the scene of an interesting event on Wednesday evening, October 23rd, when James W. Symons, of Dartmouth, was united in marriage to Miss Sarah F. A. Thorne, of Kentville, Rev. Noel Wilcox, rector of Christ Church, officiating. The bride who was given away by her brother, E. L. Thorne, wore a charming gown of white crepe de chine, with an underdress of cream colored brocade satin, and carried a bouquet of white and yellow chrysanthemums. A number of the immediate relatives of the bride and groom were present among those from out of town being Lieutenant Clarence Thorne, C. A. M. C. of Granville. The groom is a member of the office staff of the Starr Manufacturing Co., and was presented by his colleagues with a morris chair. His gift to the bride was a set of pearl earring. Many valuable presents were received. During the evening a telegram of congratulation arrived from twenty-five Kentville friends. The bride's travelling costume was a navy blue broadcloth suit with hat to match. Morning Chronicle

Childhood Ailments.

The ailments of childhood—constipation, indigestion, colic, colds etc.—can be quickly banished through the use of Baby's Own Tablets. They are mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them, Mrs. Alcide Lepage, Ste. Beatrix, Que., writes "Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

For Sale—Ford 5 passenger car good condition 4 new tires. W. WILLIS COLEMAN Kentville 3x



The New Edison "The Phonograph with a Soul"

Thomas A. Edison says—"The New Edison Diamond Disc Phonograph is my favorite invention". Why? Because it does not imitate music but recreates it.

Who has listened to Frieda Hempel sing "Ave Maria" on the Edison and has not felt the living presence of the artist?

The New Edison reproduces. It gives you real music. If you love the best in music you will love the Edison.

Visit our Phonograph Salons and command any artist you choose to perform for you on the Edison. You are always welcome.

Have you visited our Piano floors lately?

N. H. PHINNEY & CO. LIMITED

Kentville Branch—F. M. WHITMAN, Manager

Forty-seven Years of Fair Dealing

Hartlen's Variety Store

Ladies' winter weight long drawers.....50c
Ladies' winter weight long sleeved Under Vests.....45c
Ladies' winter weight Under Vests.....50c
Children's Shirts, 4 to 6 years.....30c
Children's winter drawers.....25c
Ladies' and Children's Stockings.....20c, 25c, 30c
Corset Covers.....25c

Come while the boxes last. Sold separately for 15c each.

Precautions Against Influenza

- (1) The sick should be separated from the healthy. This is especially important in the case of first attacks in the household.
- (2) Discharges from the nose and mouth should not be allowed to get dry on a pocket handkerchief or inside the house, office or factory. They should at once be collected in paper or clean rags and burned. If it cannot be done, they should be dropped into a vessel containing water.
- (3) Infected articles and rooms should be cleansed and disinfected. Use disinfectants everywhere. Wash the hands frequently.
- (4) Those attacked should not, on any account, mingle with other people for at least a period of ten days from the commencement of the attack. In severe cases, they should remain away from work for a longer period.
- (5) Special attention should be given to cleanliness and ventilation. Warm clothing should be worn, the feet should be kept dry and all unnecessary exposure avoided.

Short of News

A Western paper contained the following—"We intended to have a death and a marriage to publish this week, but a violent storm prevented the wedding and the doctor being taken sick himself the patient recovered, and we were accordingly cheated out of both.

A few road wagons at right prices 2 Express Wagons, 1 Sloven 2 Horse PARKER'S, Canning

Bills and Notes

COLLECTED
INSURANCE FIRE AND LIFE EFFECTED
DEEDS MORTGAGES ETC.
PREPARED AND EXECUTED BY
I. B. OAKES,
Successor to R. G. Dickey & C. F. Rockwell
COURT HOUSE, KENTVILLE, N. S.

LOOK!

In addition to handling Real Estate we write Insurance of different kinds, and also give much attention to collecting accounts.

STRONG'S
Real Estate, Insurance & Collection AGENCY
Wickwire Building
Kentville, N. S., Nov. 1st, 1918

Watch the Daily Papers

for announcement of when Board of Health permits re-opening of schools. Meantime hold yourself in readiness to start promptly.

The Business Journal
S. KERR
President

Morse's Teas AND Coffee

The Favorite of the hour
Now Selling at
The TEA STORE
Webster St. East

NOTICE To Ratepayers Ward 4.

All rates due the County and unpaid Nov. 22nd will be collected as law directs.
G. W. POR

Shoes Shined cleaned and repaired at the Shoe Shine Stand Webster St 2ins
J. E. CRANDALL

LIFE FIRE AUTOMOBILE and ACCIDENT INSURANCE

J. E. MORSE, Agent,
Webster Street

Auction

At the residence of MRS. MARGARET JARVIS, FOREST HOME, Kings Co. on Monday, Nov. 11th, 1918,

at 1 o'clock, a sale of Live Stock, etc. as follows: 3 two-year-old Steers, 1 yearling Heifer, 1 farrow Cow, 1 Cow due to freshen in May 1919, 1 heifer Calf, five months old, nine Ewes, 1 yearling Ram, 6 tons of Hay and a quantity of straw.

Terms—\$10 and under cash; over \$10 nine months credit on approved joint notes with interest at 6 per cent.

MRS. MARGARET JARVIS, Forest Home

PUBLIC AUCTION.

To be sold at Public Auction at the residence of E. J. HIBBERT, CHURCH ST.

Tuesday November 12th at 1.00 p. m. o'clock, the following:

1 driving horse 12 yrs. old, weight 900 lbs. 1 horse 14 yrs. old, weight 1200 lbs. 1 horse, 9 yrs. old, weight 1200 lbs. horse, 10 yrs. old, weight 1400 lbs. 1 mare, 11 yrs. old, weight 1200 lbs. 1 cow 7 yrs. old to freshen in March, 1 cow 7 yrs. old to freshen in February, 1 Ayrshire cow, 8 yrs. old, to freshen in the spring, 1 Ayrshire cow, 8 yrs. old, to freshen in July, 1 cow 6 yrs. old, 1 pr. working oxen, weight 2900 lbs. 1 steer 23 mos. old, 5 steers, 18 mos. old, 1 heifer, 18 mos. old, 1 heifer calf, 7 mos. old, 1 fat hog, 3 five mos. old shoats, flock of 30 hens.

About 5 tons straw, about 20 tons hay, 100 bushels oats, 20 bushels wheat, 1 magnet separator, 1 hay wagon, 1 four seated express wagon.

Terms—All sums under \$10.00 cash, over that amount 9 mos. on approved joint note, interest at 7 per cent.

E. J. HIBBERT, F. J. PORTER, Auctioneer.

FOR SERVICE

Registered Shorthorn Bull—Horace—11316. Also Registered Yorkshire Boar, 45572, Fee \$1.50.

Nov 8—4.

E. C. GRIFFIN, Port Williams

Public Auction

To be sold at Public Auction at my premises BILLOWTOWN CORNER, on

Monday, Nov. 11th, 1918

At 2 o'clock p. m., the following: 1 Guernsey Cow, 5 years old, farrow; 1 Ayrshire Cow, four years old, to freshen in Dec.; 1 farrow Cow, part Holstein; 3 odd yearling Steers, 7 yearling Heifers, 2 Bull Calves, six mos. old; 1 Mare Colt, two years last June; 1 Mare, four years last June, by Lamb or Morgan; 1 Mare, eleven years old, good worker and fair driver; 2 pigs, eight weeks old; 6 yearling hens, 6 pullets, young rooster, hay cutter; spring-tooth harrow, etc.

Terms—\$10 and under cash; over that amount twelve months credit with approved joint note, interest at 6 per cent.

J. M. CARD, F. J. PORTER, Auctioneer

AUCTION.

To be sold at Public Auction on the premises of DAVID M. KINSMAN CANAAN, Kings Co. on Wednesday November 13th at 1 o'clock

2 pure bred shorthorn cows 4 and 5 yrs. old, 2 pure bred shorthorn heifers, yearling 1 pure bred heifer calf, 1 grade farrow cow 1 pr. 2 yr old steers, 1 heifer, 2 yrs. old, 1 yearling steer, 1 steer calf, 2 heifer calves, 16 sheep, about 2½ hens and chickens, 1 syracuse 2 horse plow 1 heavy 1 horse plow 1 spring tooth harrow, 1 cubic mould board plow, 1 weeder, 1 spike too, 1 harrow, ½ share in drill sower, 1 one rake, 1 land roller, 1 light team wagon, 1 cart, 1 root cutter, 1 grain separator, 1 wheel barrow, 1 long sled, 1 sleigh 1 light driving harness, 1 cart harness, 1 pr. cart shafts, 1 pr. wagon shafts, some hard wood lumber, 1 grind stone, forks, rakes, chains, hay, straw, oats, wheat, buckwheat, 703 bushels potatoes, 200 bush turnips, about ½ cask vinegar, 1 fifty gal cask, 3 box stoves, 1 sunshine stove, 1 melon separator size 1, 1 daisy churn, 7 nearly new, 1 black walnut sideboard, 7 dining chairs, several tables, 2 rockers, 1 dark finished bedroom suite, 1 oak finish bedroom suite, 3 odd bedsteads, feather beds, spring mattress, pictures, carpets, mats, part dinner set, glass ware, po. pans, bread mixer, 2 bureaus, 1 what not, wash stands, child's sofa, chair and kiddo car, tubs, and other things too numerous to mention.

Terms—\$10.00 and under, cash. Over that sum 7 months credit on approved joint notes with interest at 7 per cent.

ENOCH BISHOP, Auctioneer

Died at Halifax

The sad death of the only child of Mr. Clifford Murphy who is engaged at the N. S. Sanatorium is referred to in the Herald last week as follows:—

A Baby's Death—A wide circle of friends sympathize deeply with Mr. and Mrs. Clifford Murphy, Kentville in the death of their little daughter, Marian Gertrude Bingay, aged 21 months, who, while on a visit to her maternal grandmother, Mrs. John Bingay, 227 Barrington Street, was seized with an attack of croup, which, with almost incredible rapidity, developed into pneumonia, the condition of the baby defying all the efforts of the doctors and nurses. The small girl was brought to the city by her father's parents, Mr. and Mrs. S. H. Murphy, 28 Morris St. by whom she was taken to Mrs. Bingay. She was the idolized darling of parents and grandparents, her mother being almost overwhelmed by her sudden death. A really beautiful child, with an indescribable sweetness of nature, full of beguiling baby ways, and moreover an only child, the gap created in the home by her swift passing will be readily appreciated by all parents. The baby's funeral, at which Dean Llywd officiated, took place yesterday afternoon, the Dean being assisted by Rev. Mr. Wright. Happily Mr. and Mrs. Murphy, the parents, arrived to be with her at the end, having been summoned by telegram. The tiny casket was wrapped in flowers sent by sorrowing friends.

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