

ALMOST FRANTIC WITH HEADACHE

Kidney Trouble and Weakness Relieved by "Fruit-a-tives"



MRS. TESSIER

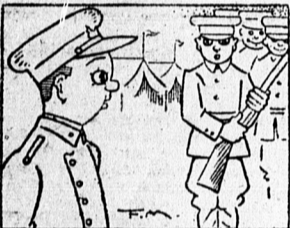
"I was very weak because of Kidney Trouble and suffered with terrible Headaches," says Mrs. Romus Tessier, St. Jean de Matha, P.Q. "I was treated for a long time and was just about discouraged when I learned of 'Fruit-a-tives'...

SMILES

GABBY GERTIE



"Fur trimmed wraps are fashionable, but really smart girls don't buy them."



Officer (drilling recruits): Fix bayonets! Rookie! Mine's all right, sir!



Patient: I can't afford to see you so often, doctor. Doc (shrewdly): Do you lose so much money when you're not doing your work? Patient: No; you make so much money when you're doing yours.



She: What do you think of the stuttest body at Vassar? He: What I've seen of it is good.



HAD STOPPED GROWING Ancient Admirer: I could grow to love you, Miss Young. Miss Young: Don't try, Mr. Oldham, you've stopped growing, I'm sure.

EYES TESTED AND GLASSES FITTED E. W. TAYLOR J. S. TAYLOR Optometrists 142 Richmond Street



Idle ISLAND By ETHEL HUESTON

THE STORY

"Because you know, beloved," he said, and his smile was ready now, though his eyes were clouded dark. "I am everything in God's world that you thoroughly do not like."

CHAPTER X

In the early evening the snow began to fall again heavily, and the skies seemed fairly bursting with the weight of it. Rand came once more to the window, and swung up sitting on the sill, feet dangling into the snow, as he urged her again to come to the Big House until it was over.

"Oh, never," she cried. "I wouldn't give up a minute like this. It is such fun to find you in odd and unexpected moments."

Rand picked a great flake from her hair, and kissed it as it melted. "You're such a plucky little devil," he said admiringly. "And for a city

girl, too. Do they teach you bravery in Greenwich Village? Is courage for sale in the Broadway shops? I don't know a native state-of-Maine girl who would stay here alone in a snow storm."

"Oh, fools rush in," she quoted lightly. "I crave experience. I have never been snowbound. And it is sweet having you risk the storming elements to see me."

"Now if we were married," he said "we could be snowed in together, and the rest of the world snowed out—for all the rest of our lives."

Gay's arm tightened about his shoulder. When she spoke her voice, although she strove to make it light, was husky. "Not for the rest of our lives. The spring would bring a thaw."

"And we'd fight, wouldn't we? Over who should shovel the snow? I'd say, Wife, dear,"—and then, as Gay flushed, he repeated it, teasingly—"Wife dear, you believe in work, you adore work, you worship work, therefore you shovel the snow."

Gay's warm lips silenced his mocking. Then she said, "Run along to thy feather bed, thou sluggard. Sleep, drowse and be lazy, for tomorrow you shovel my snow."

"But when you are snowbound—lonely, alone—remember what I told you, we might be snowbound to-

gether." And then he shot off suddenly into the storm, and Gay closed the window, smiling at it, merrily because Rand had sat there for her joy in his presence was an unceasing marvel to her.

All night long the snow fell, and whenever Gay turned and awakened she could hear the breathless kissing of flake on flake. And when morning dawned she was snowbound indeed. All her windows were blinded with it. Her piazza was solidly banked.

And it was Thanksgiving. They had planned for a party dinner at the Captain's, Alice Andover, Auntaimry and Gay as guests, and after dinner, Rand and the Budlong boys had arranged to take the girls coasting. Now it was Thanksgiving—no dinner, no party, no Rand. It was a disconsolate Gay who wandered moping around the pretty house from room to room.

"Thanksgiving, huh! Not a thing in the world to be thankful for—until the snow melts—and Rand comes!" She had no hope of getting out of her prison that day. The entire valley was plunged in snow. The Apple Tree was just a low white roof showing in a high white plain.

It was noon when she heard voices beside the pine tree that stood at her porch. She ran to the window of her bedroom and looked down. Rand and the Budlong boys were there. They had ropes, and a short ladder, and a basket. No need of a ladder to reach it, the branches of the pine, for its lower branches were buried and Rand pulled himself up easily into the tree, while the boys below raised a long plank, steadied it against the tree, raised and shoved it slowly up to him.

And wedging it firmly against the branches, Rand shoved it toward her, slowly, and at the end with a little push that lodged it upon her sill.

"I've come for Thanksgiving dinner," he said pleasantly, as though entering a formal reception room to a formal hostess.

CONTINUED

Gas Forces Woman To Sleep In Chair

"Nights I sat up in a chair, I had stomach gas so bad. I took Adlerika and nothing I eat hurt me now. I sleep fine."—Mrs. Glenn Butler. Even the FIRST spoonful of Adlerika relieves gas on the stomach and removes astonishing amounts of old waste matter from the system. Makes you enjoy your meals and sleep better. No matter what you have tried for your stomach and bowels, Adlerika will surprise you. Hughes Drug Co. Ltd.

Motoring With Mary

By MARY JANE MOORE Every revolution of the engine grinds out wisdom for the woman who drives a car, one of them has discovered.

LESSON IN LUBRICATION

"Now, don't bother, I'll oil the car," said Bob as we sat down to our Saturday morning breakfast.

"That was what you said last Saturday," I reminded him. "But, when someone proposed 18 holes of golf, it sounded a lot more alluring than going around the car in par with a grease gun. No, I'll drop around to the service station this morning and let them do it. The mechanics are not swerved from the path of duty by visions of rolling fairways, one-putt greens, and the like."

When Bob continued to protest, we got down to a discussion of the fundamentals of car lubrication. Every piece of machinery needs lubricant. Tragically few of them get it in the quantity, quality and at the period when it is needed. That is simply because when the machine reaches the state of needing lubrication, the person responsible for meeting the need, figures that it will go on a while longer without it. That, of course, is true. But, how does it go? The answer to that is "poorly."

"I'll grant you that you might oil the car this afternoon," I remarked. "Then, you might not. I know very well as Bob continued to argue the point, well if I take it to the service station



"You're Such a Plucky Little Devil," He said Admiringly.

To Check "FLU", Grippe

Fight The Germs In The Throat Before They Invade Other Parts Of The Body

EFFECTIVE PREVENTIVE MEASURES EXPLAINED

Simple precautions taken now will enable you to fight the dreaded "Flu" which is sweeping rapidly through the whole country. The germs of Influenza gain access to the body through the mouth and throat. Keep the throat healthy and you go a long way towards stopping the trouble. An effective means of prevention is to gargle the throat three or four times daily with Nervilleine. Half a teaspoonful of Nervilleine in water makes a most efficient gargle. The germ-killing properties of Nervilleine quickly destroy any bacteria in the mouth or throat. If the throat is sore, if the throat is hoarse, if you have a cough—be sure to rub the neck and chest with Nervilleine. Every drop of it will rub in and out will come the congestion. Of course it is absolutely necessary to house-clean the system with Dr. Hamilton's Pills which stimulate the eliminating organs, and rid the system of disease-breeding germs. This combination treatment of Nervilleine and Dr. Hamilton's Pills will give prompt and entirely satisfactory results.

REMEMBER!

February 2nd. we Close the Doors of This Store for all Time.

3 Big Shopping Days Thursday, Friday, Saturday SATURDAY THE LAST AND FINAL DAY

Prices That Were Low at First Will Be Especially Priced for the Last and Final Days.

BUY YOUR FOOTWEAR AT YOUR OWN PRICE.

Yarmouth Salvage Co.

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that they will do it." "But, how do you know the mechanic will not miss some of the vital places?" Bob countered. "Because, when I take the car in, I'm going to tell the foreman that his shop has been designated to oil and grease the car at regular, stated intervals. I'm going to tell him, also, that no one else is going to touch the car in this respect and that if there is any wear—in any part—from under-lubrication, his shop is responsible. In short, I'm going to make it clear to him that the job is up to his shop."

This was a point I wanted to get across. I have watched too many motorists jump from one shop to another when it comes to lubricating the car. That was not so bad in another service era but now, I believe, there is a higher standard of service. Approached properly, a service specializing organization will take pride in doing a good job. It wants to hold its patronage. It appreciates an intelligent, loyal patron. As a matter of fact, one service man admitted to me that a lot of the slovenly service in the past was due to the fact that few patrons were either intelligent or loyal. They got, he stated with emphasis, what they gave. His story sounded convincing. And he made another good point when he said:

"As to lubrication, it is absolutely silly of the average car owner to fall to take advantage of the ridiculously low price of oiling and greasing that is offered on all sides today. It is even sillier to try to compete with the service establishment by trying to do the job at home. Even if he did nothing with the time he saved by deputizing the lubricating job to a specialist, he still would be ahead financially, because the work would be done more thoroughly."

There are some nasty places to reach with a grease gun on the average car. At the service station, they've recognized this fact and built special equipment that eliminates the nastiness. There's no excuse for the man greasing the car to miss a single cup or nipple. And, because there isn't, he doesn't miss any. The sensible owner makes the cost of lubrication, every two weeks or every month, a part of the operating cost just as gasoline is part of it. He takes it to a shop just as he pulls up to a gas tank for fuel."

"And I'm a sensible owner," I told Bob after repeating the words of the service man.

RULES FOR EATING FRUIT

- Eat an apple before breakfast. Eat only sound ripe fruit. Unripe fruit is indigestible unless cooked. Over-ripe fruit is of inferior flavor and apt to interfere with digestion. Eat fruit with the midday meal. Use fruit instead of too many and too heavy desserts. Use sweet fruits with cereals in winter; and sliced peaches, strawberries, raspberries or other seasonable fruits in summer cereals. Eat baked apple and cream for breakfast at least twice a week. Serve fruit cold. It is much more palatable and enticing. Serve fruits in season as a matter of economy.

Washed dried fruits in several waters. Do not let cooked fruit stand in time and again by scientists as of the greatest benefit to mankind from babies to octogenarian. Keep fruit cool and covered. Pare apples and peaches just before using as they discolor quickly. Wash or wipe all fruit with a damp cloth when it comes from the market to clean it, as well as check rot from infected fruit. People of Vienna, Austria, are interested and most efficient of creating their savings accounts in practical health rules, demonstrated banks.

A WELL BALANCED, LOW COST GENERAL PURPOSE FEED for CATTLE HOGS SHEEP High in Protein and Low in Fibre SAMPSON FEED is a paying investment you will do well to consider as a winter feed for cattle, hogs or sheep. It is so far out of the high-price class that you can easily afford to use it in place of home-grown feed. Sampson Feed is carefully milled... nothing but pure grain products have been used... it is particularly rich in protein, which is not usually the case in ordinary coarse feeds, and surprisingly low in cost, yet for low Fibre content it compares equally with feed costing \$5.00 per ton or more. Let us quote you prices on any quantity. Sampson Feed contains Hominy Feed, Oat Chop, Bran, Barley Chop, Rye Shorts and Oatcake Meal. Chemical Analysis Protein 12%; Fat 3%; Fibre 10%.



SAMPSON FEED

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