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The Carleton Sentinel which no resident of this locality can afford being without, keeps you in touch with everything of importance in this vicinity.

The Family Herald & Weekly Star, the national rural magazine and farm paper of Canada, brings you the up-to-date in farming and horticultural news, a weekly magazine of fine stories and special articles, and a digest of all the news of importance, Canadian and world-wide.

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F. H. S. TOO GOOD FOR LOCAL FIFTEEN

VISITORS HAND W. H. S. CADETS AN 11 TO 0 DEFEAT ON FRIDAY

A Fredericton High School team composed of first and second string players handed the Woodstock High Cadets an 11 to 0 beating at the Island Park here on Friday afternoon. The home team put up a plucky battle against their heavier and more experienced opponents and several times threatened the Fredericton line, but lacked the punch to go across. The visitors opened their scoring in the first period on a combined play by the three-quarters, Coveney finally getting the ball on the wing and going over after a 25 yard run. He circled around the end and grounded the leather behind the goal posts, and Morse had no trouble in converting.

In the second half the ball handling of the visiting back division was very pretty. The home team, however, kept their goal line intact until about ten minutes from the finish when some loose defence work allowed a long drive to go over the line, where Kitchen fell on it. Five minutes later with Woodstock fighting for a try on their opponents' five yard line the Fredericton backs in attempting to kick clear failed to find touch. Perkins came in at top speed to take the ball, with a clear path to the goal line, but ran under the ball. Coveney recovered it and galloped 85 yards to a try.

The line-up:

Woodstock—fullback, Perkins; three quarters, W. Jones, White, Montgomery, Sharpe; halves, G. Jones, Buck, Bragdon; forwards, Richardson, Hamilton, McDonald, Nicholson, Grant, Craig and Cox.

Fredericton—fullback, Mills; three-quarters, Morse, Tait, J. Colby, Hatt; halves, Laskey, McLenehan, Coveney; forwards, Humes, Pond, Watson, Knight, Kitchen, Kilchel, A. Colby.

SLEEPY AFTER MEALS?

WATCH FOR POISONS
A dopey, tired feeling is usually a sign of bowel poisons, that breed germs. Get rid of them with Adlerika. Acts on both upper and lower bowels without discomfort. Newnham and Slipp, Druggists.

HEALTH
A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

We today have a better chance to live longer and to be healthy than had the people of any former time. We know more about disease, and so we are able either to prevent or to cure many diseases which used to take a heavy toll of human lives. Better still, we know a great deal more about how to keep our bodies healthy, so that we may be happier and more useful throughout our lives. We understand, for example, that a proper diet makes for good health. We know that we must consume certain substances if our bodies are to grow properly, and if our bones, teeth and other parts are to be strong. We have learned that the lack of these substances means loss of health and, perhaps, disease. We know that these substances which are essential to health are found abundantly in certain foods, notably in milk and milk products. This is why intelligent people use a large quantity of milk in their diet.

Milk has been used by mankind for centuries. For a time, milk was feared by city dealers because it was often so dirty and adulterated as to cause a great deal of illness. The present century, through regular systems of inspection and pasteurization, has seen provided safe milk supplies, and milk has taken its rightful place in the diet of those who live in towns and cities as well as those who are country dwellers.

The milk drinking habit is a sign of civilization. To drink milk is to make use of our knowledge concerning its value. Milk should be a regular part of the diet of both young and old.

Milk is our most important single food. During the years of growth, the regular use of milk provides the child with a sufficient quantity of calcium (lime) to build healthy, strong teeth and bones. Even when growth is complete, we require milk for the nourishment of our bodies.

The average normal, healthy person should eat a wide variety of foods. A varied diet ensures a sufficiency of the substances which are essential to keep the body in a condition of health. Milk and milk products contain many of these substances, and so they should be used freely and regularly.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

Use Minard's for Sore Throat.

HAPPY TO BE 136 LBS.

Lost 38 lbs.—More to Follow

Most women would be alarmed if their weight showed 136 lbs. But not this one. You see she was 174 lbs., and she has found a way to take off that disfiguring overweight.

She writes:—"Six months ago, when my weight was 174 lbs., I started to take Kruschen, and have gradually got down to 136 lbs.—and am still going down. I have not altered my diet at all, and I only take a half-teaspoonful of Kruschen in a glass of hot water every morning. I also find Kruschen very good for biliousness, from which I used to suffer a great deal. But it has completely left me now—in fact, I feel a different person, and have only to thank those wonderful Kruschen Salts."—(Mrs.) M. K.

Taken every morning, Kruschen effects a perfectly natural clearance of undigested food substances and all excessive watery waste matter. Unless this wastage is regularly expelled, Nature will eventually store it up out of the way in the form of ugly fat.

One bottle is enough to prove to you that Kruschen will make you feel younger—spryer—more energetic—you'll enjoy life—every minute of it.

Here and There

Over 100,000 lbs. of eels are exported annually from Canada, principally to Germany and the United States. They are caught along the lower St. Lawrence River and off the Atlantic Coast.

A total of 544,129 radio receiving licenses have been issued by the Canadian Government Radio Branch from April 1 to September 30, 1932, or approximately one to every eighteen persons of the population of the Dominion.

A movie theatre has been installed on R. M. S. Aorangi on its Australasian run and passengers had the first entertainment in that line on a recent voyage. This is the first ship to reach Vancouver carrying sound movie equipment.

China's first woman barrister, Mrs. Lo Soon Kim Teo, was among the passengers aboard the Empress of Russia, recently sailing from Vancouver. Mrs. Lo obtained her legal training in England and is attached to the Hong Kong bar.

The Canadian people seem to have developed a considerable taste for macaroni, vermicelli, spaghetti and the like Italian food preparations. Output of 14 Canadian factories in 1931 was 20,314,232 pounds as compared with 16,819,625 lbs. in 1930.

With Remembrance Day in our minds, it is timely to recall the brief epitome of Canada's part in the war inscribed on a tablet in the House of Parliament at Ottawa:—"Six hundred twenty-eight thousand, six hundred forty-two bore the badge of Canada in the Great War; sixty thousand six hundred sixty-one met death and passed on."

Good hunting is reported from the Bates Camp, near Matagama, Ontario, on the main line of the Canadian Pacific Railway, seventy miles east of Sudbury. Moose and deer are very numerous close to the camp and in one morning a couple of U. S. hunters secured a fine bull moose and a deer. They killed to the limit of their licenses within a few days.

A free scholarship to be held at L'Ecole Polytechnique of the University of Montreal, offered by the Canadian Pacific Railway to minors sons of employees of the railway, was awarded to J. P. Leclerc, 18-year-old son of Ephrem Leclerc, chief clerk at the Mile End Station. The award entitles to five years study proceeding to the degree of Bachelor of Civil Engineering.

Canadian Pacific Railway low rate return bargain excursions, a highly popular feature of the railway's operation since February last, have been and will be well maintained up to the end of the year. Outstanding recently have been the trip to Chicago from Montreal and the shorter trips into and out of the major cities from and to the surrounding provinces. The rate and a quarter fare for return trips during the Remembrance Day holiday was well patronized and this concession is again to be offered for the Christmas and New Year holidays.

COME TO THE CHICKEN PATTY TEA

November 18th, St. Paul's Vestee Aprons and Gifts on sale you'll see, And pick an Orange from the Tree. By St. Paul's Guild.

4 to 6 p. m. Admission 25 cents. 11-11-32

Be Fair to Baby

Give him the kind of body builder he requires

SCOTT'S EMULSION
of Norwegian Cod Liver Oil

Rich in the Rickets Preventing Vitamin D

24R

FINISHING HOGS

The low price of pork and pork products very often results in the marketing of many unfinished hogs. This in turn forces the market to ever lower levels and results, in many cases, in losses to the producer whereas the sale of a finished product are even more marked than when prices are high. For example, in 1929 when hogs were selling for 12 cents per pound or more, the premium on a select hog was \$1 or an increase in the value of a 200 pound hog of 4.17 per cent. In 1932 with a price of 4 cents per pound the increase in value on a select hog is 12.5 per cent. Similarly the percentage dockage on grades below bacon is increased with a decrease in hog prices.

The Dominion Experimental Farm at Nappan, Nova Scotia, has been conducting various experiments over a period of years, comparing various feeds for growing and finishing bacon hogs. Space does not permit a detailed account of all these experiments but they include comparisons of skim-milk, tankage and fishmeal, mangles and swedes for green feed, corn and barley, and oats, middlings and barley.

The results in general show that home grown feeds such as barley are equal to imported feeds for finishing, also that fishmeal is a valuable substitute for skim-milk and when the price is not too high can be used to advantage.

One point brought out during these tests is the value of having an early maturing strain of hogs to start with. For example, in 1929 two groups of hogs by the same sire from two different sows were fed alike. One group showed an average daily gain of 1.22 pounds and the feed cost per pound gain was 7.80 cents, while the other group gained 1.31 pounds per day and cost 7.18 cents per pound.

Proper type plus uniform finish commands a premium on the open market and any increase in our bacon production must be based on these points if progress is to be made.

Well Children

"Occasionally I give each of my five children BABY'S OWN TABLETS—I am sure that is why they never have any serious illness," writes Mrs. George Morley, Yarker, Ont. This sound advice is passed on to all Mothers. BABY'S OWN TABLETS can be given with complete safety to the youngest and most delicate child—see analyst's statement on each 25c package. Recommended by mothers for teething troubles, simple fevers, colic, digestive disorders, constipation, fretfulness. Easy to take as candy.

Dr. Williams' BABY'S OWN TABLETS

BLOOMFIELD W. I.

The November meeting of the Bloomfield Womens' Institute was held at the home of Mrs. Claude Kidney with the president Mrs. Kilburn Black in the chair. Eleven members included roll call. Three visitors were present one new member joined.

Correspondence included a letter from Miss Alma E. Weldon, supervisor, containing suggestions for raising money.

It was decided to send gifts to the Jordan Memorial Sanatorium for Christmas.

The program in charge of Miss Lillian Gill convener of Canadianization included:

Reading—Remembrance Day, Mrs. G. Cowperthwaite.

Reading—Building a Nation, Mrs. C. Kidney.

Recitation—The Canadian Boy, Dorothy Cunningham.

Song—Britannia by Dorothy Cunningham and Molly Camoran.

A Demonstration—Saluting the Flag was given by Miss Lillian Gill.

Refreshments were served by the hostesses assisted by Miss L. Gill, Mrs. A. Harris, Mrs. K. Black and Mrs. R. Williamson.

Look's Regulating Compound

A safe, reliable, regulating medicine. Sold in three degrees of strength—No. 1, 2, 3. No. 2, 35c; No. 3, 50c per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Winslow)

IN MEMORIAM

In sad but loving memory of Hattie J. Grant, who departed this life November 7, 1932.

Five long years ago, dear Hattie, Since we last saw your loving face, In this world there is no other That can ever take your place.

We little thought when you took sick That you would leave us oh! so quick, The blow was great, the shock severe, But thoughts of you are always near.

The happy hours we once enjoyed, How sweet their memory still! But death has left a vacant place This world can never fill. Friends may think that we forget you, When at times they see us smile, But they little know the sorrow That lies hidden all the while.

Loved and remembered by Sister Ida

Read any good Book which you can rent by the day or week. The best authors. Latest fiction. From the Lending Library at Aliotis Bros.

NOTICE

We wish to announce that the Harvey Studio has been redecorated for your benefit, is now prepared for Xmas sittings; at cheaper prices and better photos than ever before. You are invited to call and see the new styles. Yours for courtesy and prompt service.

THE HARVEY STUDIO, Woodstock, N. B.

PURITY FLOUR

STILL THE BEST FOR BREAD



Why Miss Lillian Loughton's Strawberry Shortcake is famous

"I use Magic Baking Powder," says Miss Lillian Loughton, Dietician and Cookery Expert of the Canadian Magazine.

"My successful baking results are due in large part to its freshness, uniformity, and consistent high quality."

"My own recipes are planned for Magic, and I recommend it for all recipes calling for baking powder." Miss Loughton's high praise confirms the judgment of other Canadian dietitians and cookery experts. The majority of them use Magic exclusively, because it gives consistently better baking results.

Magic is first choice of Canadian housewives, too. It outsells all other baking powders combined!

*STRAWBERRY SHORTCAKE

2 cups pastry flour (or 1 1/2 cups bread flour)
4 teaspoons Magic Baking Powder
1/2 teaspoon salt
4 tablespoons shortening
2 tablespoons sugar
1 egg

Sift together the dry ingredients; rub in shortening till very fine; add sugar. Beat egg and pour with the chilled milk to make soft dough (but not too soft to hold its shape when baked). Turn the dough onto a floured board, roll lightly to one-third inch thickness. Cut out with a round cutter. Brush one round with melted butter; place another round on it; bake in hot oven. Split, fill with fresh berries slightly sweetened. Put top round on and pile whipped cream over it, decorating with whole berries.



FREE COOK BOOK—When you bake at home, the new Magic Cook Book will give you dozens of delicious recipes. Write to Canada Brands Ltd., Fraser Ave. & Liberty St., Toronto, Ont.

for NEURITIS

One thing that helps is to warm a dish, pour in Minard's. Then rub the liniment gently.

MINARD'S "KING OF PAIN" LINIMENT

FOR HEAD COLDS

snuff up nose also melt in hot water and inhale vapors



OVER 42 MILLION JARS USED YEARLY



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A. O. Phillips	Bristol	H. M. Belyea	"
The Davis Co.	Florenceville	S. Simkevitz	Grand Falls
H. Ward Ginson	Hartland	S. I. Keith	Centerville

Cash Specials On Sale Nov. 18-19-21

Mixed Peel . . . 1/2 lb tin 10c

Clarks Oxford Mincemeat 2 lbs for 23c

P. & G. Soap 10 Cakes 32c

McCreedy's PICKLES [Sweet, Sour or Chow] large 35 oz bot. 31c

Aust. Seedless Raisins 2 lbs 25c

Red Rose Coffee No. 1 Tin	47c	Lux Soap	3 cakes	25c
Schwartz Ppd. Mustard		Rice Rangoon	3 lbs	14c
9 oz. table jar	12c	Ganongs Satin Hard Mixed		
Pal Razor Blades 5 blades	25c	Candy	2 lbs	25c
Boneless Cod	2 lbs	Sunset Soap Dyes		
Dutch Cocoa	2 lbs	all shades	2 pkgs.	25c