

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. C. Widdien
Laboratory Work—Mrs. S. W. Vaughan
Fishermen 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.

Am I a Coward?

It is only imperfection that complains of what is imperfect. The more perfect we are the more gentle and quiet we become towards the defects of others. Why is it so many capable women are afraid of coming forward and taking part in our meetings or holding office. Is it not because they dread the harsh criticism, and the fact that they will be misunderstood many times when they are doing their best from the very purest motives. Their sensitive souls shrink from the rough touch, and they go through life burying their talents and allowing other women to carry their burdens, to do far more work than they should do because they cannot face the foe.

When we question ourselves closely we know this is cowardly. I have heard splendid women say: "I could not bear to hear my name spoken of through the town, as interfering with this and that and being called a busy-body. I have always prided myself on being called a 'person who always minds her own business.' But is not this your own business? Being about your Master's work, doing all we can to put down wrong and advance His Kingdom on earth.

Remember, good people will not complain of you. It will be the imperfect—those who do not wish to see things better. Do you value their opinion so highly that you would fail in your duty just to please them? Let us all be busy-bodies where evil is concerned, or we do not deserve to be called Christ's followers.—Canada's White Ribbon Bulletin.

Since lumber and paper concerns have commenced business at Edmundston, N. B., the town has seen an unprecedented period of commercial activity. A town manager has been appointed from the staff of the Provincial Department of Public Works.

HEARTBURN

or heaviness after meals are most annoying manifestations of acid-dyspepsia.

KI-MOIDS

pleasant to take, neutralize acidity and help restore normal digestion.

MADE BY SCOTT & BOWNE
MAKERS OF SCOTT'S EMULSION

After Effects of Influenza Often Serious.

VICTIMS ARE LEFT WEAK, TIRED AND MENTALLY DEPRESSED— TONIC TREATMENT IS STRONGLY RECOMMENDED.

No pestilence in years has caused more widespread suffering than the epidemic of influenza which swept over Canada in the fall and winter of 1918-19 and again this winter. The danger from this trouble is seldom over when the characteristic symptoms, the fever, headache and the depression of spirits have passed away. Influenza leaves behind it weakened vital powers, thin blood, impaired digestion and over-sensitive nerves. Men and women who were robust before stricken with influenza find their bodies racked by pains previously unknown to them. This condition is due to an abnormal thinning of the blood and leaves the system an easy prey to other serious troubles. This is the time when the convalescent from influenza should build up the blood, with a reliable blood-making tonic such as Dr. Williams' Pink Pills. Weak blood means impoverished nerves, impaired digestion, a feeling of tiredness after even slight exertion, and sometimes even more serious symptoms. When the blood regains its rich red quality the nerves recover their strength and the organs of the body function naturally. In fact building up the blood will vitalize the whole system.

The experience of Mr. Andrew Marty, Bathurst, N.B., will prove of value to a host of influenza sufferers who still suffer from the effects of the disease. Mr. Marty says: "The new life and consequently new hope brought into my life through the use of Dr. Williams' Pink Pill is almost beyond my power of expression. Following a severe attack of influenza in 1918 I found myself failing rapidly in health, and was naturally much alarmed. I began to lose in weight, could not eat, did not sleep well, and in a word I was reduced to a mere shadow. I was forced to discontinue work because of my weakened condition and things had a very blue outlook.

I tried a number of suggested remedies, but without benefit. And then one day Dr. Williams' Pink Pills were suggested to me. I acted on my friends' advice, began taking these pills and soon felt an improvement. Every day I seemed to grow stronger, and after four weeks' treatment I felt fully restored to my old-time health. From my own experience I feel that, if given a fair trial, there is no medicine superior to Dr. Williams' Pink Pills in building up a run down system.

Dr. Williams' Pink Pills are a tonic not a stimulant. They build up the blood, and not only the disastrous after effects of influenza but also troubles due to poor blood, such as anaemia, indigestion and the generally worn-out feeling that affects so many people, disappear. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Numerous stories have been told respecting the powers of endurance of the ordinary toad. Many people have been incredulous of the truth of such statements but an authentic instance of this character occurred recently in Nova Scotia. A barrel of run-of-trees apples was opened recently at the Nictaux fruit warehouse which had been headed up on the first day of October, 1919. A toad tumbled out along with the apples and hopped about briskly, apparently none the worse for a confinement of four months.

Over One Hundred Thousand Dollars Damage

TO BRIDGES IN ANNAPOLIS COUNTY—FOUR STEEL, TWO WOODEN, AND AT LEAST A DOZEN OTHER BRIDGES DEMOLISHED

According to an official of the Provincial Highways Board, the minimum amount of damage done to bridges in Annapolis County alone during the recent flood, will be one hundred thousand dollars, probably aggregating a much higher sum, and it may be several months before vehicular traffic across the Annapolis and Lequille rivers can be resumed. However, it will be impossible to appraise the exact financial loss to the province until the water has subsided and the substructures, the most costly part of a bridge, may be examined. Four steel bridges, two wooden bridges, and at least a dozen smaller ones were demolished to a greater or less degree.

The largest loss was in the bridge across the Annapolis River at Bridgetown which is of steel and has a 150 foot span. The abutments were washed away but, as far as can be ascertained, the substructure escaped serious damage. The steel bridge across the same river at Lawrencetown was swung higher and escaped, but the 112 foot wooden bridge at Brickton floated gaily off with the torrent. Gates Bridge, which flings a 60 foot steel across a back channel of the Annapolis River at Middleton, also suffered.

The Bear River Bridge which lost an abutment as well as the superstructure is the 60 foot steel structure at the village itself; not the long bridge on the highway between Annapolis and Digby as was at first reported.

On the Lequille River, General's Bridge, a 36 foot car-truss bridge, lost its substructure and, on the same stream, the "Three

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The interest return on these shares is 7%. No other security of equal strength pays as high a return.

Bridges" lost one of the three large spans.

Delay in repair work will be caused by the fact that in some places it will be impossible to save the steel and, recent labor difficulties in the United States, make the delivery of steel a matter of much uncertainty.

Pointed Paragraphs

"Pink tea" Eva is another name for a scandal function.

Late hours may tell on a man, but his wife doesn't have to be told.

The little cur is always trying to get even with the big dog.

Many a man's best days are spent in bed because he works at night.

It is quite easy to convince some married men that it is good to be alone.

Yes, Alfred, about every once in so often a girl has to have a spat with her "steady."

Fortunate is the man who doesn't go lame when he has occasion to side-step temptation.

A telephone bell was recently rung from a distance of 30 miles by wireless telegraphy.



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