

ACADIA NOTES

On Armistice Day, Mrs. H. B. Gregory, Miss Van der Pyle, Miss Pauline Nelson and Miss Florence Holt of the Seminary staff went to Kentville and gave a free entertainment to the soldiers at the Sanatorium. The vocal solos, violin and piano selections as well as the readings were all greatly enjoyed by the men.

The Senior House Party, which is one of the big events of the year at the Seminary, occurred on Saturday evening. The reception was held first at which time there were games of all kinds and music. The party composed of the 35 young ladies and an equal number of gentlemen friends went into the dining room after the entertainment and sat down to a sumptuous repast. Everybody had a most enjoyable time and the young men fortunate enough to be invited found the affair about the most noteworthy of the year.

On the afternoon of Nov. 14, Professor Cavicchia gave an informal talk in the Library on the spiritual significance of some of his favorite authors, and especially of Dante. We hope this will be the beginning of a series of Sunday afternoon conversations, when students and instructors will meet to talk about the books they care for most.

The Library is a busy place this year. The Librarian is giving two courses in Library Science, one in Library Methods and one in History of Libraries. Thirty students from the upper classes have elected these. In addition to attending the lectures, each student does four hours work in the Library every week, cataloging, accessioning, filing, and assisting other students in the Reference Room. Miss Pauline Parry, B. A., is the assistant in charge of the circulating and reference department, and Miss Miriam Chisholm, B. A., is in charge of the department of Canadiana. The Librarian, Mrs. Mary Kinley Ingraham, M. A., is secretary of the Maritime Library Association, a newly organized institution that has been inactive since the death a year ago of its president, Mr. E. J. Lay, of Amherst.

A pleasant evening was spent by the Middle Class of the Academy at the home of Dr. W. L. Archibald, the occasion being the birthday of Harold Archibald, a member of the class.

Some 10 of the Church of England students of the Academy spent a very pleasant evening Armistice Day at the Rectory, at the invitation of Rev. and Mrs. R. F. Dixon.

The Academy Lyceum plans on presenting a play under the direction of Miss Deane, of the Seminary staff, the last of December.

VERY GOOD EDDIE

Eddie had but half an hour in which to finish up the composition on Henry VIII, on which he was engaged. Eddie's treatment of that great man was vivid, but hardly historic. He wrote:

"Henry VIII was a king of England and the greatest widower that ever was. He was born at a place called Anno Domini and he had sixty wives. The first he ordered to be executed, but she was beheaded. He revoked the second, and the third died; and then he married Annie Bowling, the daughter of Tom Bowling. When he died he was succeeded on the throne by his Aunt Mary. Her full name was Mary Queen of Scots, or the Lay of the Last Minstrel."

1869 - 600 Branches - 1919

The Royal Bank of Canada



Protect your Victory Bonds by Renting a Safety Deposit Box.

Deposit the coupons every six months in a Savings Account and earn interest upon the bond interest at 3% per annum, compounded half-yearly.

If this is done regularly with (say) a 15 year bond, you will accumulate more interest than principal.

CAPITAL AND RESERVES - \$33,000,000
TOTAL RESOURCES - \$470,000,000

WOLFVILLE BRANCH
R. CREIGHTON, Mgr.
PORT WILLIAMS BRANCH
H. R. HOLDING, Mgr.

Weak, Nervous and Run Down

A Condition Afflicting Thousands of People—How to Get New Health

There are thousands of people who are enduring the pains and discomfort of minor ills in the hope that the indisposition is only temporary and will be outgrown in time. Often such illnesses are not serious enough to require the attention of a doctor, but will respond to intelligent home treatment if a reliable remedy is used. Women, busy with a multitude of household cares, young women in offices or stores, or girls studying hard in school, easily fall a prey to that condition of bloodlessness known as anaemia. The trouble need not be serious if prompt, effective measures are taken to check it in its early stages. Dr. Williams' Pink Pills will restore the elements needed to bring the blood back to strength, and once the blood regains its health quality the entire body will soon show the benefit. Among the many who have found benefit through the use of Dr. Williams' Pink Pills is Mrs. James J. Johnson, of Peterboro, Ont., who says: "I can personally strongly recommend Dr. Williams' Pink Pills because of what they have done for me. About two years ago I felt poorly, was terribly weak nervous and run down. I was easily annoyed and worried, and my heart would flutter at the least exertion. I tried several remedies but did not find a cure until I took Dr. Williams' Pink Pills. I took seven boxes in all and am now enjoying perfect health, and have gained in weight. I calculate the cost small when I think of the benefit I received, and I recommend the pills to all weak people."

Rich, red blood is the whole secret of good health, and from the first to the last dose Dr. Williams' Pink Pills enrich and purify the blood. You can get these pills through any medicine dealer or by mail at 50 cents a box, or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

MAKING HOME BAKING EASY

A Book that Makes this Art of the Olden Days a Modern-day Delight

From all parts of the country come reports of the great increase in home baking. In fact, it has again become the fashion, as it was in grandmothers' day, for women to take pride in their about the good things they baked at home.

To encourage this great economy, and to make it easy for the beginner, as well as to give the experienced home bakers the benefit of the most modern discoveries the Royal Baking Powder Company has published a most unique book which, in itself, is almost a course in the art of cookery.

Turning the pages there is included a wealth of information most unusual in baking and cookery. Old and famous receipts have been improved and simplified and on nearly every page there is something entirely new to serve as a surprise. Economy and ease of preparation are the keynotes of the book.

Indeed there is so much of value in this contribution to good living that one wonders how it was all worked out. We find in the introduction that it is the result of three years of constant research and experimenting by the Royal Educational Department, which is conducted for the benefit of all housewives interested in the health, economy and betterment of the home table.

The janitor of St Ann's school, Glace Bay, has had his pay increased \$45 a month, he now gets \$180 per month. That seems like a pretty good salary for a janitor. The question arises are the salaries of teachers in Glace Bay in proportion to that of the janitor?

"Your Teeth"

By Rea Proctor McGee, M. D., D. D. S., Editor ORAL HYGIENE.

FIRST STAGE OF THE DECAY OF THE TEETH

If your knife and fork, spoon, plate, cup and saucer were left from one meal to another without thorough washing, you would change your boarding-house.

But why so particular about outside matters unless you thoroughly cleanse your own mouth after each meal?

When food is allowed to pack between and around the teeth caries, or decay as it is commonly called, gets a good start. The packed food decomposes and ferments, this makes the bacteria happy so they all move in.

As the bacteria get settled upon the enameled surface of the teeth, they cover themselves with a coating called a gelatinous plaque. Under this protective covering the bacteria grow unless they are removed by thorough cleansing.

Decay of the teeth, caries, is a disease just the same as tuberculosis or measles is a disease. In this disease the hardest tissue in the body is attacked.

The bacteria of decay are really tiny plants. They live and die as other plants do and when they die, they decompose and ferment, forming an acid. This acid, in its fresh state, will dissolve the enamel of the tooth a very little at a time at first, but the further in the bacteria they get, the more rapidly they work.

The enamel of the teeth is not sensitive. It is composed entirely of the salts of lime, into microscopic rods that are bound together by a natural cement. The rods all point toward the centre, like the bricks in an arch. Enamel is the armor plate of a tooth; when the decay gets through the armor it reaches the ends of the tiny fibres from the nerve that radiate through the body to the tooth.

It is here that you get that first sharp pain that tells there is trouble ahead, trouble that only one person can stop. Don't delay. Your teeth are too valuable.

CITY AND COUNTRY

We read and hear a great deal about "rural depopulation" in both Canada and the United States. There is no more frequent topic of discussion in the newspapers and periodicals of both countries. The statistics of both countries continue to pile up proof of the swollen growth of the cities and the lessening population of the rural districts. Nothing is said more often and with greater truth, than that it is exceedingly difficult to keep young men and women on the farm. The attractions of the city, the great advances made in the last couple of decades in the way of provisions for personal comfort, sanitation and entertainment, which are in such large measure confined to the urban centres, mainly in many cases because of their very nature, breed discontent with the country life. But it is undeniably true, at the same time, that there is no lack of discontent in the cities. City life is largely artificial. For every young man on the farm who is anxious to get into the city, there are many men, young and old, in the city, who would give anything to be on a farm. This statement may be objected to as an exaggeration; and it may be said that the city people who thus long for life in the country do so in ignorance or forgetfulness, of the hard work that that has to be done every day on the farm. Nevertheless, the Philosopher believes it to be a fact that there are far more people in the cities longing to live in the country than there are people in the country longing to live in the city. And the larger the city, the greater the proportion of young men and old men and young women and old women who have that longing. For the larger the city, the keener the struggle for existence. Western Home Monthly.

Minard's Linctus for Diphtheria.

USE MORE MILK!

AND SAVE THE BABIES

BUY YOUR MILK AND CREAM

THE NEW WAY

AND SAVE MONEY TOO

We are now supplied with tickets and ready to start November on this system.

Buy tickets early so as to start the month in the right way.

Cream Tickets:

Sheet of Ten (pts.) - - - - - \$2.90

Milk Tickets:

Sheets of Ten (qts.) - - - - - \$1.35

ACADIA DAIRY FARM

PHONE 230



THE PERFECT SUBSTITUTE FOR CREAM OF TARTAR

Get the Habit of Eating

More Wholesome Appetizing Bread Baked From

PURITY FLOUR

USE IT FOR ALL YOUR BAKING

Western Canada Flour Mills Co., Limited

TORONTO—Head Office

Branches at Winnipeg, Brandon, Calgary, Edmonton, Montreal, Ottawa, St. John, Goderich



Windmill Barbados Super-Fancy Molasses

Far and away the finest Barbados that ever came from the British West Indies.

It takes 100 lbs. of sugar cane to make a gallon of "Windmill" Barbados, with its 9 lbs. of sugar, its natural fruit salts and all its healthful and heat producing qualities, it is really a daily necessity and you should have it on your table at every meal.

Costs no more than common molasses and yet as superior in flavour as cream is to skim milk.

No fancy cans to raise the cost. Sold in bulk only. Insist on "Windmill" Barbados.

We guarantee Windmill to be absolutely pure and highest grade Barbados Molasses.

If your grocer hasn't Windmill, write and tell us his name.

Pure Cane Molasses Co., of Canada, Limited
ST. JOHN, N.S. MONTREAL, Que.

Write to us for the book of recipes.

J. F. HERBIN

Optometrist and Optician

Optical Parlors - - - - - Upstairs in Herbin Block

Hours: 9 to 12 and 1.30 to 5 o'clock
Evenings by appointment

Shadow Test and all departments of Eye Examination and Fitting.

WOLFVILLE, N. S.

Phone 83-13