

**W. C. T. U. Notes**

Women's Christian Temperance Union first organized in 1874.  
 AM—The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.  
 MORO—For God and Home and Native Land.  
 BADGE—A knot of White Ribbon.  
 WATCHWORD—Agitate, educate, organize.

Let us not 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 : 81.

OFFICERS OF WOLFVILLE UNION:  
 President—Mrs. J. G. Elderkin.  
 1st Vice President—Mrs. W. O. Taylor  
 2nd Vice President—Mrs. G. W. Miller  
 Recording Sec'y.—Mrs. Ernest Redden  
 Cor. Sec'y.—Mrs. Annie Murphy.  
 Treasurer—Mrs. H. Pincio

SUPERINTENDENTS  
 Evangelistic—Mrs. William Chipman  
 Parlor Meetings—Mrs. Stanley Robinson.

Labrador Work—Mrs. J. W. Vaughn  
 Fishermen and Lumbermen—Mrs. W. E. Fielding.

Anti-Narcotic—Mrs. W. O. Taylor  
 Flowers, Fruit and Delicacies—Mrs. D. G. Whidden

Christian Citizenship—Mrs. B. O. Davidson.  
 Press—Mrs. M. P. Freeman  
 Willard Hall—Mrs. M. P. Freeman

Temperance in Sabbath Schools—Mrs. C. A. Patriquin.  
 Supt. Tidings—Mrs. T. Hutchinson.

Business meeting of the W. C. T. U. the last Monday of every month

**SPARKS FROM THE WIRE**

The darkness of intemperance has been dispelled throughout the Province by the brilliancy of Prohibition light, we have our plant and equipment installed throughout the Province, and it is for us to see that the full current is kept on, each light burning brilliantly, the power station kept running to the top notch, and it is only by keeping the light constantly shining that we can keep the darkness dispelled. Every unit of membership is required to keep up the power in our circuit. Surely you do not wish to see the power weakened nor the light dimmed? We know that we can depend upon you to do your best, and there is no time like the present, so do it now.

Yours Fraternaly, in Love, Purity and Fidelity.  
 GEORGE A. McLEOD, G. W. P.  
 Grand Division Sons of Temperance of Nova Scotia.

**WHAT KRAMER SAYS**

Few men in Ohio have been closer students of the development of the Prohibition sentiment and the power of the old liquor traffic than John F. Kramer, first Federal Prohibition Commissioner. Mr. Kramer considers this a most critical period in the history of Prohibition, and says, "Never was there a time in the history of the Anti-Saloon League or the W. C. T. U. when these organizations were needed more than now, and if they were to stop their activities, Prohibition would soon become a thing of the past. There must be more organization and more education during these restless years of reconstruction.—Forward.

**ISN'T IT STRANGE**

A well known firm of carters in London, Eng., have 25,000 pieces of crockery broken every week.

Old age pensions are drawn by 72,311 persons in London, Eng. Of these more than two thirds are women.

A Pittsburg, U. S. A., girl, Jessie Ann Vichstain, eleven years of age, preaches every Friday night at a mission hall.

Charles Dickens wrote a Life of Christ for his children, and left definite instructions that it should never be published.

The ticking of a clock in a wireless station in Bordeaux, France, can be heard distinctly in Wellington, New Zealand, where Dominion time is synchronized daily with Greenwich time via France.

The Sperry gyro-stabilizer, which, its inventor claims, will prevent a ship from rolling badly in a rough sea, is a solid metal device 23 feet in diameter and 100 tons in weight, capable of revolving 800 times a minute.

In the Spalding district of Lincolnshire, Eng., flower-growers are using electric light in order to secure early blooms.

Glasshouses are being fitted with electric lamps and during a part of the night, and on sunless and dull days, the light is switched on.

**A GREAT MOTHER**

The death is announced of Mrs. Catherine MacKinnon, of Lake Ainslie, N. S. Mrs. MacKinnon was the mother of eight sons, of whom five are in the ministry of the Presbyterian Church. One son resides at home, at Lake Ainslie. Two others are in the medical profession. The five sons in the ministry are, Rev. Murdoch MacKinnon, D. D., Regina; Rev. Hector MacKinnon, Port Arthur; Rev. A. D. MacKinnon, Vancouver; Rev. John Y. MacKinnon, Halifax; Rev. Archibald MacKinnon, Lunenburg. Another son who was preparing for the ministry died in College. No decoration among those bestowed for service to King and country would be too honorable for mothers such as these.

**Homes Wanted!**

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**"SIX MONTHS AGO"**

"It's hard to realize that six months ago I couldn't walk across the floor and now I am so well!"

"I have never been very strong but the heat last summer was too much for me. This and the fact that my husband was out of work and I had to work day and night to keep from starving, left me a physical wreck. Luckily my husband was able to get a good job just when I had to go to bed. I tried everything I could think of to get strong, but each week, I was reduced to a skeleton, I couldn't eat or sleep, I had no strength left and finally I was so weak that I was trying to cross the floor one day I collapsed. I was so ill and weak that I didn't care whether I lived or died. And then I heard about that marvelous preparation—Carnol. A friend of mine had used it with wonderful results and as it had done so much for her, I decided to try it. The results were nothing less than miraculous. In two weeks I was able to get up and walk about the house. My appetite had returned. I was actually hungry. I could sleep when I went to bed, something I had not been able to do for months. I have already taken six bottles of Carnol and I am still taking it. I weigh more today than I ever weighed before in my life. I sleep like a child. I am never tired and my skin is as clear and my cheeks as rosy as a girl's. I bless the day I heard about Carnol." Mrs. K., Toronto.

Carnol is sold by your druggist and if you can conscientiously say, after you have tried it, that it hasn't done you any good, return the empty bottle and he will refund your money. 8-122

SOLD BY H. E. CALKIN

**KEEP COOL IN SUMMER BY USING COOL DRINKS AND DESSERTS**

By Mary Mason Wright  
 When the hot weather comes there is a demand for cooling drinks, and frozen desserts, even the fruit sherbits and sorbets are very acceptable, although they are not much more than frozen drinks; yet with the addition of egg-whites, nut-meats and conserves of whole fruit, they are not only delightful to the palate, but are nourishing, and suited to the needs of the system during hot weather.

**Banana Cream**  
 1 pint whole milk, 2 eggs, 2 oranges, 2 cups sugar, 1 pint cream, 1 pint banana pulp, 1/2 lemon, 1 teaspoonful vanilla.

Just bring the milk to the boil, then stir in the well-beaten eggs, add the sugar and cook until smooth, then let cool and add the vanilla. Add the cream and pour into the freezer and partly freeze; then stir in the banana pulp, and the fruit juices and complete freezing. Serve in glasses with balls of banana rolled in lemon juice, and then in powdered sugar.

**Orange Cream**  
 1/2 cup rice, 4 oranges, 1 pint cream, 1 quart whole milk, 2 cups sugar, 1-8 teaspoonful salt.

Place the milk and the rice and salt in a double-boiler and cook until tender; let simmer a little of the grated rind of the oranges in this; then add the sugar and cook a little while longer. Pass through sieve. Cool, and then turn into a freezer, and when it has commenced to freeze stir in the whipped cream, and the orange pulp, and finish freezing. A good orange cream is also made without the rice. Use two eggs to a pint of milk and one of cream. Scald the milk, and pour over the well-beaten eggs, and stir over the fire until smooth; then add the sugar to taste, and cool. Pour into a freezer and partly freeze, stir in the whipped cream and the juice and pulp of the oranges. Complete freezing.

**Pineapple Mint Sherbet**  
 1 pint chopped pineapple, 18 mint leaves, 2 egg-whites, 2 cups sugar, 3 lemons, 5 cups boiling water, 1 table-spoonful gelatine.

Place the mint leaves and the thin rind of the lemons in a cup or two of the water, and let simmer for about twenty minutes, then strain. Stir the gelatine dissolved in a fourth cup of water. Add the sugar and the remaining water and let boil to a syrup; add the lemon juice and let cool; then add the mint and pour into freezer and freeze to a mushy consistency; then stir in the pineapple pulp, and complete freezing.

**Caramel Ice Cream**  
 3 cups heavy cream, 2 whole eggs, 2-3 cups caramelized sugar, 1/2 teaspoonful salt, 3 cups milk, 1 teaspoonful vanilla, 1 cup light brown sugar.

Scald the milk in a double boiler; beat sugar and eggs together until light; add to the scalded milk and stir until the mixture thickens; add salt.

**Plumbing and Furnace Work**

JOBBING PROMPTLY DONE  
**H. E. FRASER**  
 Phone 75

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while still warm add the caramelized sugar brown the sugar, but be careful not to let it burn, add one-fourth of a cup of boiling water. Turn into a freezer and partly freeze; then stir in the whipped cream, and complete freezing. Pack down in salt and ice and allow to stand a few hours before serving. A few fine-chopped nut meats improve this cream.

**Grape Ice Cream**  
 1 pint heavy cream, 1 cup grape juice, 1 table-spoonful gelatine, 1 pint top milk, 1 cup sugar.

Scald the milk adding just a pinch of salt and the sugar; then stir in the gelatine, dissolved in a little cold water. Let cool, freeze partly, and stir in the grape juice and the whipped cream. Freeze, and pack down in salt and ice and let stand one or two hours.

**Cocoa Ice**  
 1 pint water, 1 cup heavy cream, 1/2 teaspoonful vanilla, 1 pint milk, 6 table-spoonfuls cocoa (level), 6 table-spoonfuls sugar.

Mix the cocoa and sugar; add a little of the water and mix to a paste, then add the remainder of the water. Bring to the boiling point and let boil two or three minutes; add the milk and bring to the boiling point again. Remove from the fire, and let cool. Flavor with the vanilla. Pour into a freezer and freeze to a mushy consistency; then stir in the cream whipped stiff and sweetened with a little powdered sugar. This is nice served with maple-nut sauce. By using shaved ice with this instead of freezing it in a freezer you have a delicious iced cocoa. Top with the whipped cream.

**Orange-and-Peach Sherbet**  
 1 quart peach pulp, 1 pound sugar, 2 egg-whites, 2 cups strained orange juice, 1 pint water.

Boil the water and sugar together for about twenty minutes then let cool. Add the peach pulp, using rice, ripe, uncooked peaches that will mash fine, and the orange juice, and pour into freezer and freeze to a mushy consistency, then stir in the whipped egg-whites and continue freezing by packing down in ice and salt, but do not stir any more.

**Maple-Nut Mousse**  
 1 pint heavy cream, 1 cup chopped nut meats, 1 cup maple syrup, 1 table-spoonful gelatine.

Place the maple syrup in a double boiler and heat, then stir in the gelatine that has been dissolved in a little cold water, then add the chopped nut-meats, and fold in the cream, whipped until light. Line a mould with plain ice cream, and fill the centre with this mousse, cover tightly and pack down in ice and salt for two or three hours. Dip the mould in hot water, turn out on cold plat

and slice down. This is fine with chocolate ice cream, also; line the mould with the chocolate cream instead of the plain ice cream.

**CANNING GIRL WINS SCHOLARSHIP**

CANNING, N. S., August 1—Miss Emma Bigelow, daughter of Councillor and Mrs. H. B. Bigelow is receiving the congratulations of her many friends on her brilliant record at the recent Provincial Examinations.

Miss Bigelow entered the King's County Academy at Kentville in the "A" class at the beginning of the school year and took the whole High School course of four years, in French and Latin, in the one year.

The results of the Provincial Examinations show that Miss Bigelow leads the class of eleven pupils in both French and Latin. She has also made the highest aggregate in the class, and thereby wins the \$100 scholarship.

Miss Bigelow well merits the praise of her friends on her good work.

Misses Mildred Holmes, Mabel Brown and Ruth Sheffield, all students of the Canning High School the previous year, are also to be congratulated on obtaining their "A" certificates.

Advertise in "The Acadian".

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**McCaskey's and Appleford's**

Give us your order when next you need Counter Check Books.

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 WOLFVILLE

**Boston and Yarmouth Steamship Co., Limited**

**FREIGHT AND PASSENGER SERVICE**  
 Steamships "Prince George" and "Prince Arthur"  
 SUMMER SERVICE SIX TRIPS WEEKLY FARE \$9.00

Leave Yarmouth daily except Sundays at 6.30 p.m.  
 Return—Leave Boston daily except Saturdays at 2 p.m. (Daylight Saving Time).  
 For staterooms and other information apply to  
 J. E. KINNEY, Superintendent, Yarmouth, N. S.

**THEY WOULD APPRECIATE THE SERVICE**

How often does your salesman cover his route in a year?  
 Twice thrice or perhaps four times.

In any case there's a big gap between his visits to your customers.

Without a doubt many of them, in these days when business confidence is still only slowly reviving, will have underestimated the demand they had to meet, and will have given an order too small for their needs.

Are you to leave your customers with shelves bare of your goods until the next regular visit of your salesman?

In that case you lose business and give your competitors a chance to oust you.

It's a poor method!

Why not cut away from crippling routine and go after that business man-fashion.

A Long Distance Telephone Call to a customer likely to be short of your goods won't cost you much; and, even if it doesn't result in the immediate sale of a bill of goods, it will earn you valuable returns in the shape of Good Will.

The customer will appreciate your attention to his interests.

**"Sell By Telephone"**

**Maritime Telegraph & Telephone Co. LIMITED**



**'SALADA' TEA**

WE GUARANTEE THAT THERE IS FULL WEIGHT IN EVERY TINS

**What do you most desire in Tea? — FLAVOUR!**

"Salada" Tea is rich in the essential oils of Flavour and will always give genuine satisfaction.

**Why You Should Save**

To insure yourself against an unknown future.  
 To insure happiness and comfort in your old age.  
 To insure provision for your family in the event of your death.  
 Commence Saving to-day with

**THE ROYAL BANK OF CANADA**

WOLFVILLE—R. CREIGHTON, Mgr.  
 PORT WILLIAMS—R. S. HOCKEN, Mgr.

**The Cash Grocery and Meat Store**

Now is the time to Preserve your Strawberries. Our prices are right.

Preserving Jars in Pints, Quarts and 2 Quarts. — PERFECT SEAL and QUEEN — Rubber Rings and Wax

LAMB, VEAL, MUTTON, BEEF, PORK FOWLS and CHICKEN

FRESH FISH EVERY DAY

One of the Cleanest and Most Up-to-date Grocery and Meat Stores in Town.

PHONE 53.

**FRANK W. BARTEAUX**

**CONSIDER THE OLD HEN—**

**She doesn't quit scratching when worms are scarce**

¶We'll say she doesn't.

¶On the other hand when the picking is poor she does more scratching than ever before, going over the back yard with a fine tooth scratcher, so to speak. And more than that she invades new territory, and opens up new fields of endeavor.

¶How many of us can learn a lesson from the homely hen, and when business is bad, instead of sitting idly by waiting for it to "pick up again" proceed to do more advertising—more extensive advertising—better advertising—than ever before.

¶And not only that, can't we too open up new fields—reach out further by newspaper advertising, and like the old hen, increase our scratching radius.

¶THE ACADIAN reaches every corner of your territory and is read by more than 95 per cent. of the people whom you wish to reach.

¶In other words, we furnish the scratcher.

¶Here's to the old hen, long may she scratch.

¶And may we have sense enough to profit by her example.

**THE ACADIAN**  
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 WOLFVILLE, N. S.