Cal found himse

Cal found himse of thanks, but to down the stalls are in loud criticism of oder scald on one of the top of the control of the

figsh of white teet Cal, leaning over moment in the cl nancy; it was a times like that thing about the b his heart and crust word—Celes a! , saw the little figure of his dead more eyed he followed

onderful years of plackson. Stake' ford cushions in "Come, old Indi e said, shaking his School today! Breakfast was all meals in the fere hurried; ampl ad been the sau ash basin by the ngle filing into digging in." Toordge and milk gs, white bread firs, Stake had hat no night's rest er pace was exacte day before, and would be ton the that. The secentre of the sisten of hungry day, and forever The first maze orn off, Cal's eye tails of the house ley sat was lar mend to occupy or, which was cu

nd those par

eyond those paren door, came a didently the fine ramer of a stiff, up maly crimson fur some ancestral be all, were all the a he floor of the roc as covered with li udy pattern, whappeared about ling were of plast the standard of the company of the kitchen ranghed corne the kitchen ranghed the west, a substance bre linoleum under as substance bre linoleum under dows, their banap cotton curtains protection.

p cotton curtain something of the he walls. A pos previous year's calendar from the

The Canning Acadian

DEVOTED TO THE INTERESTS OF CANNING AND VICINITY

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CANNING AND VICINITY

Mr. and Mrs. Clarence Vickery en-Mr. and Mrs. Clarence Vickery entertained a number of friends at a progressive crockinole. The first prize was won by Mrs. L. M. Ward, and the booby prize by Mrs. R. W. North. Supper was served and a delightful evening was spent. Mrs. Vickery was assisted by Mrs. Scott Blenkhorn.

Rev. Mr. Prosser and Mrs. Prosser arrived in Canning on Thursday afternoon and are guests of Mr. and Mrs. Charles Ells, Sheffield street. Mr. Prosser had charge of the Upper Canard Baptist church for a number of years and their old friends will be pleased to meet them.

and their old friends will be pleased to meet them.

Mr. Beverley Prosser is a guest of Mr. and Mrs. Robert Starr, Upper Canard.

Mrs. Edward-Beckwith, who has been visiting with Mr. and Mrs. Rufus Starr, Starr's Point, returned to Canning on Thursday and is a guest of Mr. and Mrs. Charles Ells, Sheffield street.

Mr. and Mrs. Pitcher, who have been occupying a flat of Mr. George Jodrie's, have moved into Mrs. John Newcombe's house, where Mrs. Newcombe will be a guest for the winter with Mr. and Mrs. Pitcher.

Miss Bessie Hennigar has closed her

Yarmouth with her cousins, who were her guests last week.

Mrs. Rufus Eaton has returned after a delightful motor trip with Dr. Brady and friends, to Boston.

The United Church of Canada Missionary Society met at Mr. and Mrs. James Webster's on Thursday afternoon, with a good attendance, tea being served by the hostess.

by the hostess.

Mrs. Albert Harris, who was taken suddenly ill about two weeks ago, is

suddenly ill about two weeks ago, is improving.

Miss Mary Kerwin is taking a well earned holiday. Miss Kerwin has been head clerk with A. D. Payzant for a number of years.

Mr. and Mrs. Davis, Boston, who are annual visitors, are now visiting Miss Dalton and the Misses Kerwin, Mrs. Davis' old home. Mr. and Mrs. Davis have been touring Canada and Nova Scotia.

Miss Olive Rand is visiting her father, Mr. William Rand, Main street, Miss Hilchie, a popular clerk, has accepted a position with Mr. James Kennedy.

Miss Minna Burgess is a guest of Miss Mabel Harris.

Miss Maude Baxter, who has been suffering from a slight attack of blood poisoning, is improving,

We are pleased to see that Mrs. William Baxter, Sr., is able to enjoy her car again, after a painful accident some



MOSQUITOES AND FLIES

or Results Advertise in The Acadian

ime ago.

Mr. Fred Northup has leased Miss
Hennigar's two stores and will move in
December 1st.

It is reported that Messrs. Blenus
and Cox will occupy Mr. Northup's

and Cox will occupy Mr. Northup's store.

Word has been received from Mr. and Mrs. Lorne Blenkhorn that they have arrived in Florida.

Miss Marjorie Crowe, Truro, is a guest of Mr. and Mrs. Charles Dickie.

Mr. Hadfield and Mr. David Hadfield have returned from a pleasure trip to Amherst.

The Women's Missionary Aid Society of the United Baptist church entertained the Pereau United Baptist church, the United Church of Canada, and the Anglican church on Wednesday afternoon, Nov. 4th, the president, Mrs. Hiseler, in the chair, Mrs. William Newcomb read a paper, subject, Encouragement in Prayer. Mrs. Annie Avery and Miss Isabel Meek rendered a vocal duet. Mrs. Gorden Barss, of Wolfville, a returned missionary on furlough, gave a splendid address regarding her work in India. Miss Leila Blenkhorn and Miss Madeline Covert gave a vocal duet, Mrs. Rufus Eaton accompanist. Miss Marion Eaton, secretary, spoke of the help the society required. Tea was served in the vestry to the guests. The meeting was well attended and much enjoyed.

Thomas MacDorman, principal of Canning High School, has charge of the churches at Arlington and Scotts Bay

Thomas MacDorman, principal of Canning High School, has charge of the churches at Arlington and Scotts Bay Road and will conduct services there alternately Sunday afternoons.

Mrs. MacCormick, Boston, who has been the guest of Miss Bessie Harris, Upper Canard, is now visiting Mrs. Annie Avery.

Friends were glad to see Mrs. Carl

been the guest of Miss Bessie Harris, Upper Canard, is now visiting Mrs. Annie Avery.
Friends were glad to see Mrs. Carl Starr and Miss Maude McLatchey once more in Canning. Mr. and Mrs. Leander Woodworth entertained a family gathering on Wednesday afternoon of last week.
Thanksgiving and Armistice days were observed in the United church of Canada, Canning, on Nov. 8, Rev. Thomas W. Hodgson preaching a very earnest and able sermon suitable for the occasion. Special music was prepared by the choir, with Mr. Gerald McElhiney, of Windsor, soloist. A trio by Mrs. Charles Sennett, piano, Mrs. Frank Chute, violinist, Mr. Alfred Davis, of Amesburg, Mass., flute, was greatly enjoyed. A very large audience was in attendance wearing poppies which were sold by the Girl Guides on a previous day.
Mr. and Mrs. McElhiney are guests of Mr. and Mrs. McElhiney are guests of Mr. and Mrs. Joseph Harris. Sydney Percer, who has spent the past two years with Mr. and Mrs. Allan Clark, returned to his home last week. Mr. Percer made many friends and will be much missed.
Mrs. Sangster, Falmouth, was in Canning last week and is much pleased with her new apple warehouse here. The building is a great addition to the place. The warehouses are being rapidly filled with fruit and produce. One day last week the Canard Fruit Co. stored at the Hillaton warehouse a Canada and the concept and the concept and produce. The part of apples.

at the Hillaton warehouse 1,004 barrels of apples.

The new concrete warehouse at Canning station is finished and makes a fine appearance. It is lighted by electricity, with all modern conveniences and machinery, and the apple graders are working day and night.

Mrs. Percy McDonald held the lucky number at the drawing ot Miss Bessie Hennigar's sale, receiving a beautiful silk umbrel'a.

Mrs. Arthur Dickie, Canard, and

guest for the winter with Mr. and Mrs. Pitcher.

Miss Bessie Hennigar has closed her home for the winter and will spend some time in Halifax, before she leaves for New York.

The Debt Destroying League of the United Baptist church was delightfully entertained last week at the home of Mrs. William Melvin. Tea was served by the hostess.

The Arts and Crafts Club held an enjoyable meeting at the home of Mrs. Spurr Woodworth.

Miss F. Meek, Boston, is a guest of her cousins, Mr. and Mrs. West.

Miss Lou Covert, Acadia, William Payzant, Bertram Newcomb, Burnel Eaton and Miss Laura Belle Bigelow spent Sunday at their homes.

Mrs. Spurr Woodworth motored to Yarmouth with her cousins, who were her guests last week.

Mrs. Rufus Eaton has returned after a delightfull motor trip with Dr. Brady and friends. to Boston.

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thing of importance to him in the message.



this week Erle Thomson, of Acadia

this week Erle Thomson, of Acadia College.

The High School pupils of Canning held a surprise party at the home of Mr. and Mrs. Joseph Harris on Friday evening in honor of the birthday of their daughter, Miss Kathleen Harris, who was presented by her classmates with a suitable gift for the occasion. The evening was spent in music and dancing.

The evening was spent in music and dancing.

A high class concert was given in Community Hall. Sheffield Mills, on Friday evening and was much enjoyed. The Canning orchestra under the direction of Mrs. Charles Sinnett was exceptionally fine. The soloists were Mrs. Gordon Embree, Kentville; Mr. Fred Ipson, Canard. Accompanists—Mrs. J. D. Clark, Kentville; Mrs. Charles Sinnett, Canning. Readings were given by Mrs. J. Fred Hockey, Kentville; Miss Irene Rand, Canning. Such a fine program will not be forgotten by those who had the pleasure of listening. Supper was served in the hall to those who took part in the program.

SCOTTS BAY

Scotts Bay Women's Institute held a successful Hallowe'en supper in Community Hall on Saturday evening, Oct. 31st. The decorations were unusually attractive, ribbons of yellow and gold being festooned from the centre of the room and intermingled with Japanese lanternis and berries of red. The tables were very lovely and the supper was unusually attractive. The committee in charge, Mrs. Clarence Steele, Mrs. Harris Thorpe, Mrs. L. A. Huntley, Mrs. Everette Huntley, Miss Fader, Mrs. Annie Strong, Mrs. Rufus Muuro, Mrs. Joseph Steele, Mrs. Wylie Tupper, Mrs. Marchant Steele, is to be congratulated on the success of the evening. The quartette, Messrs, W. B. Burbidge, Burpee McGowan, Hardy Vaughan, Everette Lyons, added much to the pleasure of the evening. About \$30.00 was realized.

In order to get the required amount of iron from any one single food it would be necessary for the individual to/de-vour three and one-half loaves of white bread a day, or ten egg yolks, or 50 large prunes, or 5 cups of raisins, or 15 tomatoes—in fact a ridiculous quantity of any one article.

Apples are one of the best sources of iron for the diet. Raisins have been much advertised for their iron content. It is true that both fresh grapes and raisins as well as plums and prunes furnish this element, but the apple is the heaviest iron-carrying fruit that we can eat, having 39-100 per cent. of iron in its make-up.

The use of all the fresh fruits two or three times a day will give a full ration of the needed iron for the system in combination with the iron contained in bread, eggs, meat and other articles which are routine in the daily meal. Pears also contain iron and are recommended by dieticians for their value in furnishing this element among others.

In the older days before the science of the diet had developed and balanced meals were part of the teaching of the domestic science classes in the school, spring tonics with iron in them or tincture of iron itself were regulation precriptions. The iron prescriptions injured the teeth and were usually unpleasant.

In the light of chemical study, it is

now known that with the regular consumption of fresh fruit the year aroundand it is always available at reason able prices in the market, patricularly apples and oranges—there is no need for iron tonics in spring or any othe time. The necessity only will aris when the diet is deficient in fresh frui and green vegetables.

BUTTER AND CHEESE EXPORTS

The News Letter dated October 10th of the Dominion Dairy and Cold Storage affords pleasant reading for Canadians. It shows that the exports of butter for the twelve months ending with August, 1925, increased to 34,566,928 lbs. in value \$12,453,293 from 16,007,507 lbs. in value \$5,809,962, in the corresponding twelve months preceding and in cheese of 145,041,500 lbs. in value \$30,099,585 from 117,185,400 lbs. in value \$30,099,585 from 117,185,400 lbs. in value \$23,029,200. Thus there has been an increase in the year of 18,559,431 lbs. valued at \$6,643,331 of butter exports and 27,856,100 lbs. valued at \$7,060,385 of cheese.

Exports of milk powder show a similar increase, auming to 9,617,700 lbs. and \$948,919 in 1924—25 from 4,278,800 lbs. and \$420,815 in 1923—24.

oleasant.

In the light of chemical study, it is the wave length is, "Is it permanent?"



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would like one of these handsome Mama-Dolls for Christmas, and we are sure you would like to give her one.

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