

SLEEPING OUTDOORS

Sleep is good, but no one knows how good it can be who has not slept outdoors. There is something about a room, any room, even in a palace, and there is something about a house, that spoils and smothers sleep, and it is only when you can set your face against the sky, and your lungs against the exhaustless air, that your soul really dips into the infinite and comes back to life in the morning with its last corner fresh and garnished.

Leonard Fleming, a South African farmer, tells of his Best Bedroom at home, and why he prefers it to all the luxurious couchings of civilization.

"My Best Bedroom," he says, "is up on my highest hill." I can climb to the top—carrying a blanket, a pillow, and a great coat—in fifteen minutes.

"On grass and little bushes, which I pull and spread out, I put my coat, my pillow against a rough boulder, and I lie down with the warm scent of earth and veld grass about me. And over me and on every side, hanging like rich curtains far away, the blue-black sky, splashed with gorgeous stars.

"The silence is wonderful—complete, absolute stillness—save for the regular beating of my heart and the intake and release of my breath.

"I am on the top of the world, lying on my back, with only stars and sky pouring through my eyes deep into my body and soul. And I go to sleep very, very happy, feeling that all the exquisite beauty of the cooling night around me has made me just a little part of it all—a little atom for a while in complete harmony with the infinite Scheme of Things.

"And then comes the most wonderful moment of all.

"It is the moment of the dawn wind which passes across the earth as regularly as clockwork every day half an hour before dawn.

"It is a soft, little wind that rustles the leaves and grasses and ripples still water—the first sound in all those silent hours—a fresh, cool, very gentle wind that lasts but a few seconds.

"It is the wind that wakes the world—the wind that whispers of the coming day—and it passes beyond as swiftly and as suddenly as it came.

"Out of the silence a distant sheep bleats, a bird sings, then two birds, then hundreds. The East is bright gold, the western hills are flushed, and then the day and the day's work."

Of all the strange and superstitions that have attracted man's mind perhaps the most remarkable is the notion that light air is injurious.

All over Europe people shut themselves up in tight rooms of sleep. In America this custom is not so general, but we are not wholly guiltless.

It is a matter of habit. One used to sleeping in a close room catches cold if he sleeps out in the woods, and a trapper accustomed to sleeping in the open catches cold if he has to lie all night (he could not sleep) on a soft bed in a room with only one window open only two inches.

A town is like a large family. We are all interested in each other's welfare, or should be. A cutthroat, every-man-for-himself policy means ruin for any community. It means retrogression and failure. The first lesson that any family must learn is that to be happy and successful is unity and mutual assistance. The same applies to the business life of a town and the more generally it is obeyed the more abundant will be the town's prosperity. Stand by each other and patronize the home folks.

When you see a girl picking lint off a young man's coat in public it's a safe bet that her engagement ring is quite new.

Mail Contract

SEPARATE SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 25th November, for the conveyance of His Majesty's Mails, six times per week over the GREENWICH No. 2 RURAL MAIL ROUTE under a proposed contract for four years, commencing at the Postmaster General's pleasure, and six times per week over the AYLESFORD No. 1 RURAL MAIL ROUTE under a proposed contract, for four years, dating from the 1st April next. Printed notices containing further information as to conditions of proposed Contracts may be seen and blank forms of Tender may be obtained at the Post Offices of Greenwich, White Rock Mills, Aylesford and Millville, and at the office of the undersigned. W. E. MACLELLAN, Acting District Superintendent, DIST. SUPERINTENDENT POSTAL SERVICE Halifax, N. S., 14th October, 1921.

REAL ESTATE
I have several farms for sale in Hants County. No better land anywhere for general farming and yet it is cheaper than most.
Several houses for sale in Windsor at reasonable prices
If you want to sell a farm list with me. I leave you free to sell for yourself if you get a chance and charge no commission unless I find a buyer.
LESLIE WILTSHIRE, Windsor, N. S.

FORMING GOOD READING HABITS

If parents wish their children to form good reading habits they must first form such habits themselves. And there is no better way to do this than to bring into the household a periodical that will be of interest to every member of it; that will supply the best reading for old and young. Among the periodicals of this description The Youth's Companion is unique. Not only does it aim to entertain and inform boys and girls in their teens, as its name suggests, but there is not a page in it that parents can pass over with indifference.

The 52 issues of 1922 will be crowded with serial stories, editorials, poetry, facts and fun. Subscribe now and receive:

- 1. The Youth's Companion—52 issues in 1922.
2. All the remaining issues of 1921.
3. The Companion Home Calendar for 1922.
4. All for \$2.50.
5. Or include McCall's Magazine, the monthly authority on fashions. Both publications, only \$3.00.

THE YOUTH'S COMPANION
Commonwealth Ave. & St. Paul St., Boston, Mass. New Subscriptions Received at this office.

FORCES OF HABIT

A member of Parliament recently became a parent. On announcing the news the doctor exclaimed, gleefully: "I congratulate you, sir; you are the father of triplets."

The politician was astonished. "No, no, no," he replied, with more than Parliamentary emphasis. "There must be some mistake in the returns. I demand a recount."

When a lawyer in a New York court tauntingly asked a doctor, what an intoxicated man's breath "smelled like these days", the witness promptly replied, "Something like a combination of chlorine, mustard gas, and garbage". This is not nice, but it is so descriptive and true and so discouraging to soures that it deserves all the publicity possible.

D. A. R. Timetable

The Train Service as it Affects Wolfville

Table with 2 columns: Train No. and Arrival/Departure Time. Includes routes from Kentville, Halifax, and Yarmouth.

MEN WANTED \$6-\$15 DAILY

Pay as Auto Gas Tractor Mechanics, Vulcanizers, Battery Men Oxy-Welding. Enroll now. Send for beautiful free catalogue. Our free employment office helps you when qualified. Call or write Hemphill Auto Gas Tractor School 163 King St. West, Toronto, Ontario.

The Royal Bank of Canada
WOLFVILLE R. CREIGHTON, Mgr.
PORT WILLIAMS H. R. HOLDING, Mgr.

CLEARING OUT TUBERCULOSIS IN CATTLE

The accredited herd system put in operation two years ago by the health of Animals Branch of the Department of Agriculture at Ottawa has been well received by the stockmen of the country. It is confined to pure bred cattle and is intended to rid as rapidly as possible the disease of tuberculosis from Canadian herds. Figures given out by the Veterinary Director General show that thirty-six herds had up to October 1, been fully accredited. The breeds presented are the Ayrshire, Holstein, Jersey, Shorthorn and Aberdeen Angus, the dairy breeds predominating. The accredited herds are widely distributed. Nova Scotia has 1; Quebec 9; Ontario 10; Manitoba 2; Saskatchewan 4 and British Columbia 10.

Besides the herds which have been fully accredited there are at present 558 herds which have been tested once or more in process of accreditation, and 54 herds awaiting the first test, making a total of 648 herds. As the herds in this lot fulfill the necessary conditions, they become fully accredited. The Inspectors of the Health of Animals Branch are making as rapid progress as is possible under the circumstances, taking into consideration the limited number of men engaged in the work and the great importance of doing the testing carefully and accurately rather than rapidly.

The reactors are always removed from the herd at once and usually are immediately slaughtered under veterinary supervision. Applications for tests have been coming in faster than they could be dealt with. A waiting list has therefore been formed and as soon as circumstances permit the herds in this list will be tested, taking them as far as possible in the order in which applications have been received.

Issued by the Director of Publicity Department of Agriculture, Ottawa, Oct. 17, 1921.

Minard's Liniment Lumberman's Friend.

TIPS ON COOKING

Meat cut up for cooking purposes gives a richer gravy than when cooked in one piece. It is a good plan to leave one solid piece of meat to slice cold if the supply is sufficient for two meals.

The cold meat should be left in the stock until it is ready to serve, so as to retain the moisture, but any vegetables that are in stock must be removed or the flavor will be too strong.

Emergency biscuits may be made by slightly increasing the amount of liquid and dropping the dough from a spoon on to a greased baking sheet or into small muffin pans.

In this way time is saved that is otherwise used for rolling and cutting, and the biscuits are more tender.

One often puts too much salt in food while cooking. To remove the salt place a wet cloth over the top of the vessel in which the food is cooking, and the steam will draw the salt into the wet cloth.

Best results with deep fat cookers will be obtained when a thermometer is used. For cooked foods such as croquettes, the temperature should be 300 degrees F., regardless of the kind of fat used.

When a platter is used to hold a plank instead of a metal case, the place where the edges of the plank touch the platter may be concealed by the mashed potatoes.

When these are forced through a pastry tube they are especially attractive.

NOTICE TO PUBLIC

Wheelright and all kinds Shop-work, window sashes, Frames, Door Frames, Repairing of all kinds.

G. W. BAINES, Main St., East End, Wolfville.

POSTAL RATES

There has recently been a change in postal rates in Canada, and many people seem to be unaware of the proper postage to Great Britain.

The letter rate to Great Britain is now four cents instead of three. The same rate applies to all the British possessions, including British West Indies, South Africa, etc. The rate to any part of Canada and the United States remains at three cents. Letters to France and other European and South American countries, Cuba and other West Indies islands not British, is now ten cents.

There is now no registering of parcels at the Post Office except on payment of the letter rate, but that rate now includes insurance of the contents of the parcel.

Our best friends are those who remind us of the smart things we have said.

RAISED AS CIRCUS CHILD EDDIE POLO FED ON THRILLS

Master of Every Stunt Known To Pageant World, Coming Wednesday and Thursday, November 9-10

All the romance and glamour with which the youthful mind invests the life of a circus performer, actually has been a part of the career of Eddie Polo, the fearless star of Universal serials, who was recruited by the moving picture world from the world of tents and gilded caravans. Raised in the sawdust ring from the time he was able to toddle, Polo has appeared as a favorite of the flying trapeze all over America, in every country of Europe, and in other parts of the globe. His latest picture is "King of the Circus", a serial based on his own life under the "big top".

Ask for Minard's and take no other.

Advertisement for Atlantic Underwear. Includes image of a man in a hat and a woman, and a shirt. Text: 'He's warm because he wears Atlantic'. 'For comfort, warmth and enduring wear there is no underwear quite so good as Atlantic. Its cut and fit are calculated to satisfy the most discriminating wearer; and its price is remarkably low considering the high quality of the garments. Look for the Atlantic label. It is your guarantee.' 'ATLANTIC UNSHRINKABLE The UNDERWEAR that Overwears'. 'ATLANTIC UNDERWEAR, Limited - Moncton, N.B.'

CENTRAL HOUSE, Kingsport, N.S.
Has an established reputation as the Resort of Tourists and Commercial Men.
Shortest Drive to Blomidon and Look-off. Excellent bath, hot and cold water, excellent livery and accommodation for Automobiles in connection with the house. Free to guests. Dancing Hall in connection with the house, open Mondays, Wednesdays, and Fridays. Terms Moderate. Telephone in connection.
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WAR NOT PEACE, IS DEVALERA'S VIEW
\$1.75 For a Ringside Seat
The Halifax Herald covers graphically and completely every event of interest that takes place anywhere. Readers of The Halifax Herald get in on the ground floor, have a ringside view, a reserved seat in the theatre of events.
They are first, and most fully informed.
To add further momentum to the rush of readers that The Halifax Herald is gaining, we make this get-acquainted offer:
For \$1.75 The Halifax Herald will be sent to any address by mail for three months--the three months covering the approaching Washington Conference, the election campaign in Canada and on beyond the New Year. 12 months, \$7. Annex that coupon.
The Halifax Herald, Halifax, N. S.
Here's \$1.75—send The Halifax Herald to my address for three months. (12 months, \$7)
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REAL ESTATE
I have several farms for sale in Hants County. No better land anywhere for general farming and yet it is cheaper than most.
Several houses for sale in Windsor at reasonable prices
If you want to sell a farm list with me. I leave you free to sell for yourself if you get a chance and charge no commission unless I find a buyer.
LESLIE WILTSHIRE, Windsor, N. S.