

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

Women'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 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.

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

**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. Roy Jodrey  
Treasurer—Mrs. H. Pineo

**SUPERINTENDENTS**  
Evangelistic—Mrs. William Chipman  
Parlor Meetings—Mrs. D. G. Whidden  
Labrador Work—Mrs. J. W. Vaughn  
Fishermen and Lumbermen—Mrs. W. E. Fielding

**Fielding**  
Anti-Narcotic—Mrs. W. O. Taylor  
Flower, Fruit and Delicacies—Mrs. A. W. Bleakney

**Christian Citizenship**—Mrs. B. O. Davidson

**Press**—Mrs. M. P. Freeman  
**Willard Hall**—Mrs. M. P. Freeman.  
**Temperance in Sabbath Schools**—Mr. C. A. Patriquin.

**SOAP WRAPPER APPEAL**

The officers and members of the "Toronto District W. C. T. U." desire to again call attention to the important and necessity of our "Travelers' Aid" work, which has been carried on by us for more than 20 years.

We began by employing one worker located at the Union Station.

Now we have a "Travelers' Aid Secretary" there as well as two workers, and also one worker at each of the other stations in the city.

During the past year they have spent 6,609 hours at the stations, helping 19,145 persons, many of whom were homeless young girls, who had to be brought to our "Willard Hall" for care and protection.

Our expense in the beginning was com-

paratively small, but it has gradually increased, and last year we paid \$2,654.94 besides incidentals.

Through all these years the "Surprise Soap Company" has given us a small cash percentage for every wrapper collected, thus materially assisting us in securing the amount of money needed.

During recent years, however, our income from this source has not been nearly equal to the expense incurred. We are therefore earnestly appealing to our friends for increased donations of soap wrappers, and where these are not available, money will be most acceptable instead.

During the past year our Travelers' Aid have found many opportunities for service.

Many a tired and perplexed mother, with her family of little ones, expressed her gratitude to the T. A. who gave assistance during the hours of waiting between trains and put them on the outgoing train at the right time.

Then the many aged and infirm ones compelled by stress of circumstances to travel alone, were also made comfortable and their nervousness overcome, as they were kindly and patiently helped on their journey.

Scores of young girls, troubled and perplexed, having wrong addresses or none at all, were carefully looked after, and when unable to be correctly located, were sent to Willard Hall until their friends were found.

Sick and injured women coming off the trains were given "First Aid", and when necessary, taken to hospitals, and their friends communicated with.

A large number of children without escorts and sometimes without tickets or money, were placed in charge of reliable persons travelling in the same direction.

Evil-minded, designing persons were in many cases discovered, and their plans thwarted, and numberless young, innocent girls saved from ruin and misery by the timely intervention of our Travelers' Aid.

In order that we may be able to continue this good work, without financial embarrassment, will you please send increased donations of "Surprise Soap Coupons", or, if these are not available, money instead, to Mrs. M. P. Freeman, Evangeline Cottage, Linden Ave., of P. O. Box 295, Wolfville.

Advertising tells who you are, what you are, and what you have to offer. The only man who should not advertise is the man who has nothing to offer.

**INTERNAL BATHS CHECK HARDENING OF ARTERIES**

**Prolong Life by Overcoming Source of Poisons in System.**

High blood pressure, meaning hardening of the arteries and heart disease, is a condition which frequently becomes dangerous after the age of forty. As is well known, the blood pressure, is regulated by the state of the arteries. Hence it should be our aim to keep our arteries as young as possible.

The best means of reducing blood pressure, and preventing hardening of the arteries lies in taking sufficient outdoor exercise and in keeping the system well regulated. Constipation must not be permitted to exert its harmful effects. It is the cause of auto-intoxication (or self-poisoning) with many attendant ills—head-aches, biliousness, lack of energy, sleeplessness and indigestion.

The one means of effectually reaching the seat of these ailments is the Internal Bath. Pure warm water, applied with the J. B. L. Cascade cleanses and purifies the intestinal tract and removes the poisonous waste which accumulates there. The use of medicines for constipation is harmful.

The "J. B. L. Cascade" will be shown and explained to you by A. V. Rand, Druggist, Wolfville, who will also give you free, on request, an interesting booklet by Dr. Chas. A. Tyrrell, "Why Man of Today is Only 50% Efficient." Booklet of information also obtainable at Tyrrell's Hygienic Institute, 163 College street, Toronto.

**FASHIONS IN BOSTON AND NEW YORK CITY.**

Longer skirts, cars showing and hair rolled high of the head, saddle bag purse of knitted silk in colors or black, some beaded in beautiful designs carried (these are slipped through the belt or tied around the wrist with the filled ends hanging). All black not worn and gowns of satin in bronze and brown tones shading to burnt sienna are beaded for afternoon wear. Broadcloth to be the fall and winter favorite for street wear. Wrist watches remain popular. Hats are high and raised somewhat from the face. Loops of ribbon in feather effects used for trimming frequently. Slipover dresses that fasten with three hooks on each shoulder much worn. Coats in dark blue of wool, nearly the length of the skirt, and with belt, long collar and cuffs of gray or beige brushed wool collar and brushed wool borders, are all the rage for the coming season. Shoes remain the same.

When you see an idle young man you see a needy old man in the making.

**SLEEP A MEDICINE**

The cry for rest has always been louder than the cry for food. Not that it is more important, but it is often harder to obtain. The best rest comes from sound sleep. Of two men or women, otherwise equal, the one who sleeps the best will be the most moral, healthy and efficient. Sleep will do much to cure irritability of temper, peevishness and uneasiness. It will restore to vigor an overworked brain. It will build up and make strong a weary body. It will cure headache. It will cure a broken spirit. It will cure sorrow. Indeed we might make a long list of nervous and other maladies that sleep will cure. The cure of sleeplessness requires a good clean bed, sufficient exercise to produce weariness, pleasant occupation, good air and not too warm a room, a clean conscience and avoidance of stimulants and narcotics. For those who are over worked, haggard and nervous, who pass sleepless nights, we recommend the adoption of such habits as will produce sleep; otherwise, life will be short and what there is of it sadly imperfect.

Ask for Minard's and take no other.

**R. J. Whitten & CO. HALIFAX**

Receivers and Sellers of all kinds of Farm Produce.

Consignments Solicited.  
Prompt Returns.

**NOTICE**

All persons having legal demands against the estate of John Freeman Tufts, late of Wolfville, in the county of Kings, deceased, are requested to render the same, duly attested, within twelve months from the date hereof; and all persons indebted to said estate are requested to make immediate payment to

ROBIE W. TUFTS, Executor.  
HILDA A. TUFTS, L. EVA ANDREWS, Executrices.  
Probate granted March 26, 1921.  
Dated the 16th day of August, 1921.  
44-41.



To make larger loaves from the same quantity of flour, and more loaves per barrel, use Purity Flour, the flour with the full strength of Western Canada Wheat. Just as good for cakes and pastry as it is for bread.

**PURITY FLOUR**  
"More Bread and Better Bread"



**"All Wool and a Yard Wide"**-- means quality doesn't it?

YOU don't know when fire or other misfortune may cause you loss. Be protected by good insurance.

**INSURANCE SERVICE**

The insurance written by this agency of the **Hartford Fire Insurance Company** is reliable.

In addition to selling real insurance this agency gives expert fire prevention service to its clients.

**H. P. Davidson**  
Insurance  
Phone 217 WOLFVILLE, NOVA SCOTIA P. O. Box 462



When you think of Pie think of Five Roses

**WRAP** your favorite filling in a FIVE ROSES crust. In the lively, close-grained flakiness that melts away on the tongue tip, the presence of FIVE ROSES flour is readily perceived.

Over 34 years' experience attests its value in pie crust, puff paste and the so-called difficult things. To splendid eating qualities in pastry-making, it adds the one vital essential, *unconscious ease of digestion!* And FIVE ROSES brings economy into all your flour foods. With the same amount of shortening and water, simply because of its uncommon strength, you use at least one-fifth less flour.

You who have so successfully used FIVE ROSES flour in bread, cakes, puddings and other culinary triumphs, try it now in pies and dainty pastries.

Send for Complete Information on Pastry

The famous FIVE ROSES Cook Book strips pastry making of its mystery—indispensable to the housewife eager to excel. All about pastry, tarts, puffs, patties, whole pages of pie recipes. Full of notes, pointers, useful wrinkles. So essential to good housekeeping that already over 500,000 women have written for this 144-page manual. Sent postpaid for 40c. in stamps. Address: LAKE OF THE WOODS MILLING CO., LIMITED, Montreal.

**FIVE ROSES FLOUR**

For sale in Wolfville by W. O. PULSIFER

**The Cash Grocery and Meat Store**

Staple and Fancy Groceries  
Fancy Biscuits a Specialty

Preserve Jars  
Fruit and Vegetables

Choice Beef, Lamb, Mutton, Veal,  
Fowls and Chicken  
Hams and Bacon, Boiled Ham

Fresh Fish

PHONE 53.  
**FRANK W. BARTEAUX**

**INVESTMENTS**

Among the best JUNE INVESTMENTS are,—

- City of Moncton, 6% at 99 1-2 and interest.
- City of St. John, N. B., 4 1-2 at 85 to yield 6.25 and interest.
- Town of Stellarton, N. S., 6% at 94 and interest.
- City of Toronto, 6% at 99 1-2 and interest.
- Province of New Brunswick, 4% at 85 due 1930 to yield 6.20.
- Province of Ontario, 6% at 99 1-2 and interest.
- Province of Alberta, 7% at 99 and interest.

**ANNIE M. STUART**  
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