

W. C. T. U. Notes

Women's Christian Temperance Union first organized in 1874.

MOTTO—For God and Home and Native Land.

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.

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. Pineo

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—Mr. C. A. Patriquin.

Supt. Tidings—Mrs. T. Hutchinson.

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

MRS. "PUSSYFOOT" JOHNSON INTERVIEWED

Mrs. Johnson never sees her famous husband, except for two weeks in the year—a week in summer and a week in winter.

"Aren't you afraid that he will meet with accidents?" inquired the Star Weekly in an interview with Mrs. Johnson

"Frightened?" repeated Mrs. Johnson. "If I hadn't the will power to fight it I think I should die.

Since undertaking the work in which he is engaged at present, Mr. Johnson has traveled over all parts of the world.

"I would like to go with him," said Mrs. Johnson wistfully. "for temperance is my greatest interest, as it is his.

Mr. Johnson is at present taking part in the New Zealand campaign.

WHAT THE DOCTOR SAID

"Do you know what you are eating?" said the doctor to the girl.

"An apple, of course."

"You are eating," said the doctor, "albumen, sugar, gum, malic acid, gallic acid, fibre water and phosphorus."

"Nothing could be better. You ate, I observed, rather too much meat at dinner. The malic acid neutralizes the excess of chalky matter caused by too much meat, and thereby helps to keep you young.

"I hope those things are good. They sound alarming."

REVERSING BOLTS

In some instances a nut is so placed that it is extremely difficult to reach it with a wrench. Often this may be obviated by reversing the thread end of the bolt, which the nut is brought within easy reach.

For Sore Throat, Cold in the Chest, Etc.



Yarmouth, N. S.

ODDS AND ENDS ABOUT NEW YEARS

The ancient Athenians began the new year in June.

In France the New Year is essentially the time for exchanging presents.

Gloves were once the favorite New Year's gift among the English people.

The ancient Romans made of New Year's Day a general holiday, with sacrifices to Janus of the Two Faces, and gifts and visits.

The peasants of Italy go about on New Year's eve in disguise. All sorts of practical jokes are in evidence, some of which not infrequently lead to hard knocks.

In parts of England in olden times the rural population believed that if a woman was the first person to enter the house on New Year's Day, the whole twelve months would be very unlucky.

Among the Japanese, New Year's Day, or "Kade Matsu", is celebrated with great festivities. One of the brightest of the New Year's games is that of the Manzai, which means literally "long life to you."

In the Belgian city of Liege on New Year's Day, the workmen's children run about in bands from morning to night, ringing at the doors and begging the passerby to give them "Nul".

"Nul" are wafers, about the size of a large coin and stamped with the figure of a crucifix.

Up to and including the year 1751, the English year did not begin on January 1, as it does now, but on the Feast of the Annunciation, March 25.

the English year did not begin on January 1, as it does now, but on the Feast of the Annunciation, March 25. This was the more peculiar because Scotland had adopted the present New Year's Day a century and a half earlier—namely, in the year 1600.

The January issue of Rod and Gun in Canada, the opening number for 1923, sets a high standard for the subsequent issues to equal. This number is now on sale, and it should please every sportsman.

An assortment of splendid features greets the reader. Bonycastle Dale excels himself in his splendid contribution, "A Christmas Day's Duck Hunting" while "A Trip up the Taku River" is another article that is almost sure to please.

Harry M. Moore, the gifted Canadian writer, has never written a better story than "Bones", which is another big attraction in this issue. The various departments, the diversity of features, the fine illustrations—all these help to make up a magazine of quality and excellence. "Rod and Gun in Canada" is published monthly at Woodstock, Ontario, by W. J. Taylor, Limited.

SUCH SERVICE—SUCH SERVICE

He went into a restaurant on Friday. "Have yez any stewed whale?" "No, sir," said the waiter. "Then bring me a beefsteak. The Lord knows I tried hard enough to get fish."

TO GET GOOD ENGINE SERVICE

Regular attention to the oil in your car's crank case will insure good service so far as the engine is concerned.

A new car or one recently overhauled, should get a new change of oil after its first 400 miles. Thereafter the oil may be renewed at every 1000-mile mark.

If there is sediment in the crank case, the case should be flushed with kerosene. After draining the kerosene, put in a pint of cylinder oil to clean out all the kerosene thoroughly.

The oil screen should be taken out and cleaned of all foreign matter. This is best done by shaking it in a pail of gasoline.

The crank case may also be cleaned inside and out at this time. Kerosene applied with a stiff brittle brush is the best cleaner.

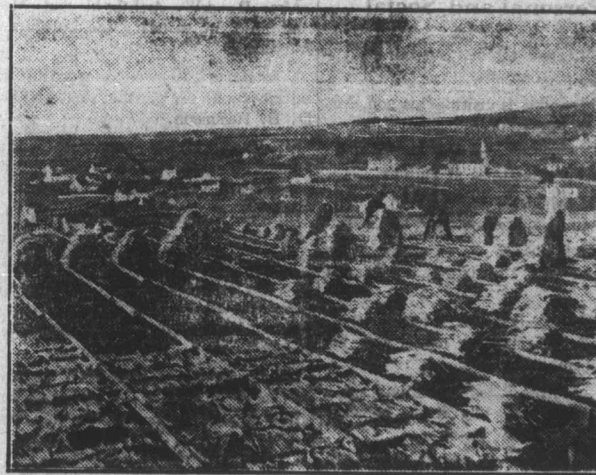
In replacing the oil pan, be sure that the gasket is not broken. A new one ought to be put in for safety—shel-lacing one side and applying graphite and oil to the other.

Tighten the nuts of the crank case evenly so as not to leave oil piping space. All joints to oil piping should also be airtight, to prevent oil leakage.

Before starting the engine, it will be necessary to prime the oil pump. Remove the small plug and pour in about a pint of oil.

Beautiful Calendars for sale at THE ACADIAN STORE.

DRYING COD FISH IN NEWFOUNDLAND.



One of the great national industries of Newfoundland is fishing. In fact, codfish are sometimes called the Currency of Newfoundland. The picture shows one of the steps in the process of drying the cod.



In Town and Country

In city, town and village happy families are today enjoying good food made with REGAL Flour. Thrifty housewives use it for all their baking. All are agreed that

It's Wonderful for Bread

THE ANNUAL CAMP OF THE ALPINE CLUB OF CANADA



Mount Assiniboine in the Canadian Pacific Rockies

Going over a Glacier

On the way to the Alpine Club Camp, in the Palliser Pass.

THE Annual Camp of the Alpine Club of Canada held at Palliser Pass this summer, in the heart of the Canadian Rockies, has made history in this region for the year 1922. The site chosen was forty-five miles from Banff, the headquarters of this mountaineering club, in practically a new region, and quite unknown to the general public.

The outlying camp at North Kananaaskis Pass, eight miles distant from the main camp, was in a district even more remote than the one in which the main camp was held, and, until this summer few parties had been in.

What the club accomplished this summer is on a par with its previous record, which has from the beginning done feats worthy of note; feats that have called the whole world's attention to the club. At the Alpine Congress of the Allied Nations, held at Monaco in May, 1920, the Alpine Club of Canada came second only to France in its exhibits.

for Banff, and from Mt. Assiniboine to Banff, four times a week, covering over one hundred miles. These camps of the Walking and Riding Tour which were used en route, are permanent camps of the Banff-Mt. Assiniboine Tour; the camps were comfortable and the meals excellent.

The site of the camp was ideal. There were two lakes in the camp grounds, a stream and four water falls which tumbled hundreds of feet, adding considerably to the beauty of the meadows in which the tents were pitched.

The dining tent was a huge affair. The kitchen tent was back of this; not far distant was the office tent. Behind this stood the Art Gallery—a tent where photographs of the camp and various mountain subjects of the previous year were exhibited. Prizes were awarded for the best in each class. The tea tent, a place of welcome to climbers after an ascent and in fact to all in camp, was near. Four o'clock was the social hour of the afternoon when the mountaineer's favorite beverage was served. The men's tents were not far from the lake, and the women's quarters were near the two waterfalls. A drying tent was in this section with a stove and wood

pile, used for odd purposes. Still further on tents were pitched for the married couples. There were tents for the cooks, tents for the packers, tents for the handy boys who chopped wood and waited on table. A small interesting looking tent with a sign "Guides" outside took the place of the village blacksmith, only in this case mortals came to be shod when nails and spikes persistently came out of boots.

Truly a village these tents all made, a village whose curfew was the moon when high in the heavens—a village without a church, but where the Infinite spoke from mountain summits, flowers and streams, a place where all was peace and harmony, for to be wholly one with Nature in a primeval spot, is to be at one with God. It seems a pity so few take advantage of an outing such as the Alpine Club of Canada affords.

More first ascents were made from camp this year than in any previous one, this on account of its being a new region. The first ascents were: Mount Queen Mary, Mount Birdwood, Mount Tipperary, Mount Smuts, Mount Maude, and Mount King Albert. There was also a trip of exploration in a region that was almost unknown. These great hills of Canada that this mountaineering club holds their annual camp in, lure and continually call to those who have been in them once, to know these hills in to love them and return again as to a distant friend.

Trade

Advertising

The Fall Season is now here, and with it comes an earnest desire of every tradesman to do a bigger and better business than heretofore.

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