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CANNING AND VICINITY

The Sunday morning service in the Methodist church was conducted by the Chautauqua artists, and was enjoyed by a very large congregation.

Miss Ada Reynolds, Canning, is a guest of Mr. and Mrs. Arthur Dickie, Canard. Mr. William Mullett, who attended the Convention in Wolfville, arrived in Canning on Thursday and left for Burlington on Saturday to take charge of his church on Sunday. Mr. Mullett visited his parents while in Canning.

Mrs. F. Schafheitlin and Miss Dora Schafheitlin gave a very delightful tea on Tuesday afternoon of last week.

Mrs. Walter Dickie, Hillaton, was the hostess at a delightful Lawn Party on Friday afternoon.

Miss Bertha Northup, who has been in St. John, returned last week.

Mrs. John Ross and family are spending a few days at Baxter's Harbour.

The members of the Canning and Shefield Mills Institutes were entertained last week by the Centreville Institute, Miss Miller, Truro, gave an interesting address.

Refreshments were served before leaving. Mr. and Mrs. Porter (nee Ethel Manuel) moved into their new home last week, at Hillaton.

Mr. and Mrs. Alfred Payzant, Mr. William Payzant and Mary returned on Friday from a motor trip, proceeding to Halifax and St. Margaret's Bay, they visited the New Electric Plant.

Mr. Lovelace, who has been visiting Dr. and Mrs. John Miller, left for Belcher Street on Wednesday en route to Massachusetts.

The Government Highway Board is putting a fine roadway across the Canning river below the armories, with substantial railing on each side. This road has been in a very dangerous condition for a long time.

Rev. Mr. H. T. Wright crossed to Parrsboro on Thursday and returns with Mrs. Wright on Monday.

Miss Ada Reynolds, who has been visiting Mr. and Mrs. Dickie, Truro, after spending a week in Amherst the guest of Mr. and Mrs. C. F. Dickson, returned on Saturday.

Miss Runciman, Miss Ethel Roach, Miss Frances Fairbanks, of the Household Science Staff of Mount Allison Ladies' College, returned to Sackville on Saturday.

Miss Marguerite Reid left on Tuesday to attend Mount Allison Ladies' College, Sackville, N. B.

Miss Marion Hill left for Halifax where she will spend two weeks.

Miss Thompson, of Hillaton, has been added to the staff of the Maritime Telegraph and Telephone Co., Canning.

Miss Bowes, Halifax, is the guest of Mrs. E. F. Avery.

Rev. H. T. Wright, pastor of the United Baptist Church, Canning, has accepted a call to the West-End Baptist Church, Halifax. Mr. Wright will take charge of his new church about Oct. 15. Much regret is felt over the departure of Rev. H. T. Wright and Mrs. Wright who have endeared themselves to the community.

Mrs. Gaetz, of Ontario, is the guest of her daughter, Mrs. Melvin.

Miss Margaret Bligh, of Halifax, spent Thursday in Canning.

Miss Jean Brown, of Halifax, is visiting in town.

Mr. Guthrie Sanford, Missouri, was the guest of Mrs. E. F. Avery on Wednesday.

Dr. John Miller and Mrs. Miller entertained at an enjoyable musicale on Tuesday evening, amongst those present being the Canning Orchestra which rendered delightful music. Dr. Moore, Mr. Harrington and Mr. Sheldon Miller, Kentville, were amongst the guests.

Mr. and Mrs. Harold Kinsman have returned to town.

Mrs. Alfred Ellis was "At Home" on Friday afternoon. A large number of friends enjoying a pleasant hour over the teacups.

Mr. and Mrs. Arthur Fenerty and Mr. and Mrs. Lawson Fenerty, Brookdale, N. W. Arm, Halifax, were visitors in town.

Mr. Simon Jacobson, of Halifax, is visiting his brother, Mr. Hyman Jacobson.

The D. D. L. of United Baptist Church held a successful meeting on Tuesday afternoon.

Mrs. Newton Eaton, entertained delightfully the United Baptist Women's Missionary Society, Mrs. L. M. Ward in the chair. The members who were introduced by Miss Marion Eaton, responded by instructive accounts of the work in Bolivia.

Mrs. William Cox was a guest of Mr. and Mrs. William Barker, Jr., last week.

NEWS OF CANARD

Mr. and Mrs. John Payzant, of Dartmouth, are the guests of Mr. and Mrs. James Eaton.

Miss Bell, of Trinidad, daughter of Rev. Mr. Bell, a former Presbyterian minister of Upper Canard, who has been a guest of Dr. and Mrs. Stanton Rockwell, leaves to enter Rothery to continue her studies.

Thieves tried to break into Mr. Herbert Ellis' grocery warehouse by cutting the lock off the door with a chisel. Mr. Ellis cannot state his loss just now.

Mr. and Mrs. Bolong, of Halifax, and Mrs. Porter, of Brookfield, with their families are motoring through the Valley and are guests of Mr. and Mrs. James Spinney.

Mrs. Ernest Smith and son, Eric, of Canard, are guests of Mrs. George Maxwell, Sackville, N. S.

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KINGS COUNTY CONVENTION

Of the W. C. T. U. Held at Canning

The Kings Co. W. C. T. U. Convention held their annual meeting in the Methodist church, Canning, on Sept. 13. President Mrs. Morton presided and a large number of delegates were present from each branch of the society in Kings Co.

The morning and afternoon sessions were strictly business meetings. Dinner and tea were served by the ladies to the delegates, and friends, in the large vestry of the church, bringing all together in a most gratifying way to the efficient committees.

The evening session was open to the public, Pres. Mrs. Morton presiding, Rev. Thomas Hodgson opened the service in prayer. Miss Archibald, returned missionary from India, attired in the costume of an Indian Princess, gave a very instructive and interesting address on her work in the W. C. T. U. in India and the wonderful progress made in temperance work there in the last twenty-five years.

Rev. Mr. Wilson, of Middleton, N. S., formerly of N. B. where he filled the place in Temperance Work in that province that the Rev. H. R. Grant does in N. S. and with whom he is affiliated in the work here, gave an address on Law Enforcement, and Government Control, which was very enlightening, explaining what the country is up against if the people do not see to it that law is enforced and respected.

A vocal trio, Mrs. Ellis, Mrs. Avery and Mrs. Brown, was then enjoyed.

Mr. Hodgson gave a short but helpful talk on prayer and unity, its efficacy in the work.

A vocal solo by Miss Josephine Harris. A quartette by Rev. Mr. Hodgson, Mrs. Ellis, Mrs. Avery and Mr. Scott Blenkinsop.

Mr. N. W. Eaton spoke of the good work the W. C. T. U. has done in the past years, and is still continuing. He also spoke on values, what they are, and should mean to us.

The next W. C. T. U. Convention will be held in South Berwick, the Victory South Branch, South Berwick, entertaining the first week in Sept. 1924. A vote of thanks was tendered to the ladies and committees, who assisted in conducting the delegates. The Convention closed by Prayer offered by Rev. Mr. Hodgson.

A Kentville girl was taking her first ride on the train to Halifax. The conductor came through and said "Tickets please," and after much embarrassment she gave it to him. Soon after the train boy entered her car and said, "Chewing gum" and she said, "Oh, goodness, do I have to give that up, too?"

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WHY BIRDS SING.

Is it to please human beings? Hardly! They sometimes sing because they are full of the joy of life and of happiness. At other times it is because they wish to out-rival the songs of their neighbors.

So great is this rivalry that birds have been known to drop dead through the bursting of a blood-vessel, owing to their efforts to out-sing other birds.

A bird does not sing with its bill, as many people imagine. At the point where its windpipe branches into the bronchial tubes is fixed a delicate little membrane which produces its song notes, writes Mr. Richard Kearton in "Our Bird Friends."

When a thrush sings, for instance, its neck works up and down just like the sliding tube of a trombone.

How do young birds learn to sing? Have they to be taught or does the song come to them naturally?

A few species of birds inherit the gift, but most youngsters of the feathered world have to be taught by their parents.

The Birds' Baby Language.

An interesting fact about most of our birds (says Mr. Kearton) is that the mother-birds have a baby-language, in which they talk to their children, just as our mothers do.

Young birds spend a great deal of time practising their songs. Skylarks are especially hard-working and will sing for a hundred and thirty seconds without a rest.

Some birds are wonderful imitators of other birds, and the starling will often deceive even the most experienced bird lover.

Birds notes are also used as warnings to their mates. In the Island of St. Kitts many sea-fowl come to breed—gannets, being the most numerous. It is very difficult to approach these birds, as they always have sentries out, both by day and night. As soon as a sentry hears any unfamiliar or alarming sound, it cries out "Beero." If by any chance, it has given a false alarm, it gives another cry, "Gorrok! Gorrok!"

Many birds' songs have been translated, by their sound, into our language; this is Mr. Kearton's rendering of what a thrush's song (the Canadian robin is really a thrush) sounds like:

Hear, hear, hear.
Wicked Mick, wicked Mick.
Pay thy debt, pay thy debt.
Quite right, quite right.
Pay, pay, pay.
Yes, I do, yes, I do.
Feet, feet, fiddlestick.
Tit tit titty tit.
Quartet, quartet.

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KINGSPORT NEWS

Miss Meisner, daughter of Mr. and Mrs. Meisner, proprietors of the Kingsport Hotel, met with a very painful accident last week. While standing on the deck of the Schooner "Fieldwood", Miss Meisner was struck by a chisel falling 70 feet from the top of a mast on which the carpenters were putting a new ring. Miss Meisner is improving.

Mr. and Mrs. W. F. Meek were visitors on Tuesday in Canning, guests of Mr. and Mrs. Joseph Kerwin.

Mr. Arthur Chute and Mrs. Cnute, Wolfville, are spending a vacation in Kingsport.

YOUR HEALTH.

Another Word About Constipation.

This condition is so widespread and its effects so harmful that no apology is necessary for discussing it further.

As you know there are hundreds of drugs in use at the present time and there may be cases where their use is indicated, but for the majority of people all that is necessary is just a little quiet thinking.

If you are affected with constipation make up your mind to correct it in a rational way. First in the matter of food.

Do you know that in generally speaking you can put foods into two classes; those which have a tendency to produce constipation, and those which have the opposite effect and tend to move the bowels.

Roughly meat and eggs are constipating, and fruit and vegetables have a laxative effect.

Concentrated foods like meat and cheese milk, cocoa and chocolate are so well absorbed by the digestion that the little waste matter that is left in the large intestine does not irritate the sides of the intestine and it is not stimulated to move.

Thus by just choosing your food or rather taking a well mixed diet you should be able to overcome the tendency to constipation.

You will soon learn the best combinations, for your particular body.

Just keep trying. If you add to this the simple bending and twisting exercises, keeping the knees straight always whilst doing same, your emancipation should be complete.

One of the treats in store for the sportsman in Rod and Gun in Canada in the October issue is a story by H. C. Duffus on "Bear Hunting up Bute Inlet, B. C."

which is written in a particularly readable manner. Bonny-castle Dale has a good article on the "Virginian Deer of Nova Scotia," while an interesting account of a ten day 'strip in a canoe is contributed by A. David Fraser. E. F. Ward has a story of a fishing trip in the Rockies while F. V. Williams and Martin Hunter have two good stories in this issue. Guns and Ammunition is particularly well filled with articles by men such as A. A. Haines, E. T. D. Francis, and R. Leckie-Ewing, all well known to Rod and Gun readers.

Robert Page Lincoln, J. W. Winsor, and F. H. Walker have good departments, while "Along the Trapline," edited by M. U. Bates opens again in the October issue. Particular attention has been paid to the several important trap shoots of the Dominion, and accounts of the B. C. R. A., the Baisley Team in England, a write up of which is given by Major Crowe, the Martime Trap shoot, and the O. R. A. are all contained in the October issue.

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