

SHEFFIELD MILLS

The Women's Institute held their annual Xmas Supper for the children of the Sabbath School and School, on Wednesday evening, in Community Hall. The room was very attractive with Xmas decorations and the tables filled to overflowing with good things. A delightful program was enjoyed in the afternoon, amongst which was a drill. Tea was served at 4:30 to more than sixty children. Nearly 125, including parents and friends, were present and enjoyed their yearly supper together. In the evening Santa from a well filled tree, distributed gifts to all. The Institute is to be congratulated on the success of the gathering, which is looked forward to with delight by young and old. The Convenor of the Committee in charge was Mrs. Emerson Taylor, who was assisted by the members of the Institute.

SLIM FOLKS LIVE LONGEST

Long life and a comfortable life are closely connected with the kind of person one is at the age of 30, according to the life insurance experts. And the slim people seem to have the advantage in the race toward old age. The advice of the insurance men is that everybody should keep track of his or her weight and in case of excess to remedy it by diet and right living.

"After thirty," says Dr. Louis T. Dublin, of the Metropolitan Life Insurance Company, "people who weigh less than the average have a better chance for long life, the records of the insurance companies show. After this age it is a decided advantage to be slight, and a serious handicap to gain materially in weight; provided, of course, that the light weight is not the result of a sudden loss of weight, which may be the result of organic disease."

"But the weight tables posted on public scales," he continues "should not be taken too literally. Young persons may well weigh a number of pounds above the average called for by the tables. An excess of ten pounds is associated with the most favorable conditions among people between twenty and twenty-five years old.

"The public should realize these facts and accommodate their habits of diet and exercise to the conditions we eat too much and too well. The oriental coolie and the European peasant do enormous amount of physical work on a meagre diet. No one advocates a return to primitive conditions or to lower standards of living, but it would be well for us to keep in mind the exact requirements of the adult body. We should recognize that when we have grown up we no longer need food for growth.

CHOICE RECIPES

NEW YEARS SALAD.—One pint oysters, 1 pint celery, 1 pint French dressing, boiled dressing, lettuce leaves. Scald the oysters in their own liquor until the edges curl. After draining cut in halves, and mix with celery, cut into small cubes. Marinate with French dressing and put on ice for 20 minutes. Then draw and mix with boiled dressing. Serve on lettuce leaves, formed into small nests.

TURKEY SALAD.—Cut cold Turkey into shapely bits, add to each pint eight spooned and sliced olives and a tablespoon each of chopped gherkins and capers. Mix with the turkey, add a tablespoon of grated onion and one pint of cut-up celery. When well mixed, stir in half cup (or more to taste) of salad dressing. Garnish with turkey tips and whole cloves.

MACARONI QUENELLE.—One cup cooked macaroni, 1 pound bread crumbs, 2 eggs, 2 cups milk, 1 teaspoon chopped parsley, a pinch of powdered herbs, 2 tablespoons butter, 2 tablespoons chopped cooked ham, salt and pepper to taste. Cut the macaroni into small pieces. Bring milk to boiling point and pour it over the bread crumbs; add the macaroni, herbs, butter, ham, eggs, beaten; parsley and seasonings. Cover and steam for one hour. Serve with white sauce.

ROAST GOOSE WITH STUFFING.—Select a goose of suitable size for the number of people to be served. Clean it well by washing inside and out with soda water. Rinse in boiling water and dry. Stuff and sew up. Rub with flour, salt and pepper, mix and place the breast down in the roasting pan. Baste with drippings. After the first hour add one cup of water. Turn breast side down in a roasting pan. Cook about 4 hours if the goose weighs eight or nine pounds. Cook in a slow oven. Skim off most of the fat. Make gravy by adding hot water to 1 cup white sauce. Stir until well mixed.

MASHED POTATO STUFFING.—Two cups mashed potato, well seasoned; 1 cup chopped onions, parboiled; 2 tablespoons melted fat; 1 teaspoon sage, 2 eggs yolks. Mix ingredients in order given.

A TWO-YEAR OLD AYRSHIRE HEIFER PRODUCES FIFTY LBS. OF MILK PER DAY FOR THREE MONTHS

A two-year old Ayrshire heifer at the Agricultural College, Truro, has produced in the last three months 4,527 lbs. of milk, testing 5.15%. This is the greatest record ever made for an Ayrshire heifer of her age in Canada. This heifer will still be at work during the short course to be held at the Agricultural College, Truro, January 3-10 next. Farmers and Farmer's sons should plan to attend this course, if not for the whole time at least part time. Railways are offering reduced rates to Truro. Write to Truro for full information.

Advertise in "The Acadian"

BREAD!

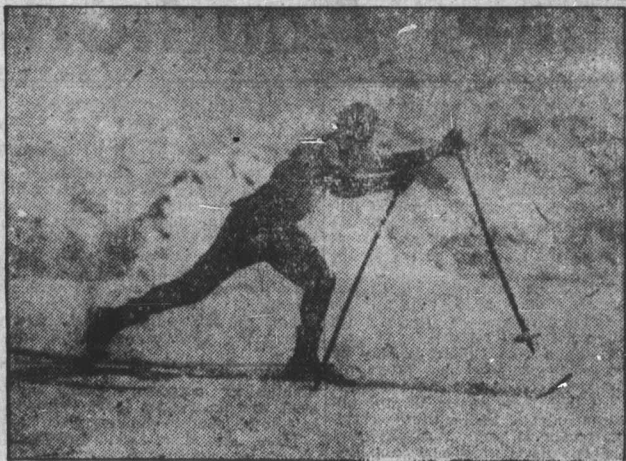
Our bread has been reduced to 10 Cents per loaf

Our bread is mixed with up-to-date machinery and wrapped before leaving bakery.

W. O. Pulsifer and F. W. Barteaux both sell our bread at this price.

A. M. YOUNG

A Winter Sports Expert



Mr. C. B. Vasecha, a noted Swiss ski instructor, who has won numerous championship trophies in various international ski competitions at St. Moritz, Davos, Klosters, and other famous Swiss resorts, is located at the Chateau Frontenac hotel, Quebec, this winter, where his services will be available for any one desiring instruction in any and every branch of ski-ing. Born in Davos, Switzerland, and being an active ski enthusiast from his boyhood, Mr. Vasecha's experience covers a period of 20 years, mostly in that country.

He is an expert of international reputation and holds the European record for distance in ski jumping, having jumped 203 feet at Klosters in 1915. He holds the Swiss championship for fancy ski-ing, including the "Telmak," the "Christiana," cross jumps, etc. He was instructor of ski-ing in the Swiss Army during the Great War. He was instructing at Lake Placid Club during the winter season of 1920-21.

The upper illustration shows C. B. Vasecha racing on his skis while in the lower picture one gets a good idea of the fine physique which winter sports have developed in the man.

Another interesting feature of winter sports in Quebec City this season is a young team of wolf-like huskies which have been brought from the far north of Canada for the entertainment of those visiting the ancient city.



HERE'S A MERCHANT WHO KNEW HOW

There was an old geezer,
And he had a lot of sense;
He started up a business
On a dollar eighty cents.
The dollar went for stock
And the eighty for an ad.
That brought three lovely dollars
In a day, by dad!
Well, he bought more goods
And a little more space,
And he played that system
With a smile on his face.
The customers flocked,
To his two by four,
And he soon had to hustle
For a regular store.
Up on the square
Where the people pass,
He grabbed up a corner
That was all plate glass.
He fixed up the windows
With the best that he had
And told all about it
In a half page ad.
He soon had them coming,
But he never never quit;
And he wouldn't cut down
On his ads, one bit.
And he's kept things humming
In the town ever since,
And everyone calls him
The Merchant Prince.
Some say it's all luck,
But that's the bunk—
Why he was doing business
When times were punk.
People have to purchase,
And the geezer was wise—
For he knew the way to get 'em
Was to advertise.—Exchange

Souvenir folders, containing sixteen pictures of Wolfville and vicinity, on sale at THE ACADIAN STORE. Price only 20 cents.

Minard's Liniment for Coughs.

PRINTED ENVELOPES cost little more than plain envelopes, and they give a much better impression to your customers and correspondents. Ask THE ACADIAN Job Department for samples and prices

THE LAW REQUIRES MARKET EGGS TO BE GRADED

Under the law of Canada it is illegal to sell more than a half a crate of eggs unless they have been graded. This law has been passed in the interests both of the egg producer and of the consumer. Because of the law, buyers are now insisting that every large shipment of eggs they buy must be graded. Some engaged in the business are not very well posted on the details. By attending the short course at the Agricultural College, Truro, to be held January 3-10 next, information on this subject can be derived and much other information besides. The railways offer special rates. Write to the Agricultural College, Truro, for full information.

FEED—THE BIG PROBLEM

Nova Scotia has amply demonstrated at Toronto and elsewhere that she can produce as good dairy cattle as can be produced anywhere. Albeit, it takes feed to give these cows a chance. The silo is proving one of the ways of producing bulky feed at low cost. Last year at the Agricultural College 16 tons per acre of Oats, Peas and Vetches were raised on four acres and put into the silo. Corn and Sunflowers also gave large yields. Come to the short course at Truro January 3-10 next. If you cannot come for the whole course, come for a few days. The railways are offering special rates. Write to Truro for full information.

To keep more than 13,000,000 motor vehicles in operation in the United States, gasoline is now being burned at the rate of 530,000,000 gallons a month, the highest consumption rate in history. This is an average of about 41 gallons a month per car.

Villany, when detected, never gives up, but boldly adds impudence to imposture.

Homes Wanted!
For children from 6 months to 16 years of age, boys and girls. Apply to H. STAIRS, Wolfville Agent Children's Aid Society

Office Supplies

Typewriter Paper, good quality bond, \$1.45 per ream.
Better quality bond, \$2.35 per ream.
Copy Paper, manilla, \$1.00 per 1000 sheets.
Business Envelopes, \$1.00 to \$2.50 per box of 500.
Carbon Paper, black or purple, 5 cents per sheet.
Onion Skin Paper, cut to size required.
Stenographer's Note Books, 15 cents each.
Adding Machine Rolls, 25 cents.
Orders taken for Typewriter Ribbons, any make.
Orders also taken for Loose Leaf Binders and sheets for same, any size or style of ruling

The Acadian Store
WOLFVILLE, N. S.

WE LIKE TO TALK

There are more telephones in Canada per 100 population than in any other country except the United States. This is shown in a report issued by the Dominion Bureau of Statistics, in which the proportion of telephone use per 100 of population is set at 10.53. British Columbia comes first with 15.9 telephones per 100 population; Ontario, 13.19; Saskatchewan, 12.24; Alberta, 10.89; Manitoba, 10.78; New Brunswick, 6.93; Nova Scotia, 6.87; Quebec, 6.58; Prince Edward Island, 5.80.

TODAY

Yesterday is no concern of yours—for it is gone. Tomorrow, when it comes, will take care of itself. Today is a new beginning—a chance to put to use what you have learned in all past days.

Today is your day. Work today for this day will never dawn again.

Many households welcomed members who have been temporarily absent, for a Christmas at the old home. The largest family gathering probably was at the home of N. W. Eaton.

Greetings for 1924

Williams & Company

Season's Greetings
HERE'S HOPING 1924 MAY BRING
PEACE and PROSPERITY to YOU
and YOURS

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Patronage we have received and
trusting for the same liberal
Patronage in the Future

We Wish All

**A Very Happy
and
Prosperous New Year**

Satisfaction Guaranteed

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Grocery Department

WANTED

The names and addresses of persons who once lived in Wolfville or vicinity but who are now living in other parts of Canada or in the United States. If any of our readers who can do so will kindly send us information of this kind we shall be greatly obliged.

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Up, Balance Sheets
Prepared, etc.
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H. E. GATES
Architect
HALIFAX, N. S.
Established 1900

D. A. R. Timetable

The Train Service as it Affects Wolfville

No. 96 From Annapolis Royal
arrives 8.41 a.m.
No. 95 From Halifax arrives 10.10 a.m.
No. 98 From Yarmouth, arrives 3.27 p.m.
No. 97 From Halifax, arrives 6.27 p.m.
No. 99 From Halifax (Mon., Thurs.,
Sat.) arrives 11.48 p.m.
No. 100 From Yarmouth (Mon.,
Wed., Sat.), arrives 4.28 a.m.

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