

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.

Officers of Wolfville Union:
 President—Mrs. J. C. 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

DRUG DRINKS

The Journal of the American Medical Association has warned against drug drinks at different times. It says: "There is such a thing as the caffeine habit, and this habit is on the increase, and its seriousness should be explained to the public. Children up to fifteen years should not drink tea or coffee, and caffeine soda fountain drinks should be prohibited. Caffeine is not a desirable stimulant to serve indiscriminately to growing children and young adults. Caffeine has a definite tendency to the formation of a habit. Not a little of the restlessness of children during the summer is to be attributed to the taking of caffeine in considerable quantities in the form of soda fountain drinks." Medical writers say that caffeine produces insomnia.

Caffeine is a drug used in headache remedies. It relieves sensations of fatigue, but at the same time injures the nerves and digestion.

The extract of coca leaves used now in soft drinks is made from the refuse of cocaine factories, that is, it is made after the cocaine is supposed to be all extracted. One man who has studied these drinks says: "Cigarettes and Coca Cola are today the two great dangers of our boys, dangerous in leading to worse things and in bringing nervous and bodily excesses."

Dr. H. H. Rusby, dean of the College of Pharmacy of Columbia University, New York City, says: "Caffeine is a genuine poison, both acute and chronic. Taken in the form of a beverage it tends to the formation of a drug habit quite as characteristic, though not so effective as ordinary narcotics. Permanent disorders of the cardiac (heart) function, and of the cerebral (brain) circulation result from its continued use."

THE SULKERS

The world's too busy now to pause
 To listen to a whiner's cause;
 It has no time to stop and pet
 The sulker in a peevish fret,
 Who wails he'll neither work nor play
 Because things haven't gone his way.

The world keeps plodding right along
 And gives its favors right or wrong
 To all who have the grit to work
 Regardless of the fool or shirk,
 The world says this to every man:
 "Go out and do the best you can."

The world's too busy to implore
 The beaten one to try once more;
 'Twill help him if he wants to rise,
 And boost him if he bravely tries,
 And shows determination grim;
 But if won't stop to baby him.

The world is occupied with men
 Who fall but quickly rise again;
 But those who whine because they're hit
 And step aside to sulk a bit
 Are doomed some day to wake and find
 The world has left them far behind.
 Edgar A. Guest.

NO SUBSIDY FOR NOAH

(From the Galveston News.)
 Noah certainly had his faults, but he never asked the Government for a ship subsidy when the ark could no longer meet competition.

LITERARY NOTES

I have on my desk two new novels, the one Canadian, the other American. The former, "In the Morning of Time", by Charles G. D. Roberts, is a story of prehistoric days. The author has given the figures of his very graphic imagination full play, but he has disposed them on a background of scientific truth. The first chapter, "The World Without Man", is a marvel of descriptive energy. In the second chapter man appears, fighting with the dinosaur; in the third we find the tribe, and a human hero and heroine for what proves as delightful a romance as the lover of fiction could desire. The characters are modern; that is, Grom and Aya, clothed, but not one whit saner in heart and mind, can be found among the better classes of our people to-day. I did not say the upper classes. They love each other with fervor, yet with modesty and restraint; the woman obeys the man, yet holds him to a quiet respect of her and her ways; they care for their people but they cherish their own household. The woman is busy, faithful and interested; the man is inventive. Together they discover fire and the use of the bow and arrow; side by side they fight their enemies; sharing the responsibility they lead their tribe to a place of safety. There should be a quick and a wide demand for this charming romance. It was published recently in Toronto by McClelland & Stewart.

The other novel is by Rupert Hughes, and has the challenging title, "Souls for Sale". It will be published May 24th by Harper and Brothers, but this advance copy was sent me by Hodder & Stoughton, who handle Harpers' publications in Canada. The author should need no introduction to the reading public. He has served on the staffs of Godey's Magazine of Current Literature, and of The Criterion in London; he is a man whose intellect was trained by vigorous study in Western Reserve and Yale Universities; he has already written much fiction and several authoritative works on music. There is not a bad person in this new novel of his, but all the characters do wrong. There is a sardonic humour in the way Mr. Hughes refuses either to excuse or to condemn them. The story is always verging on tragedy, but nothing very dreadful happens, save the death of poor Elwood Farnaby not far from the beginning. This Elwood leaves the heroine in a distressing plight. She is the daughter of the narrow minded but sincerely good old village parson; the parson whose "sweet wrong headedness" keeps you loving him when he is declaiming against the moving picture evil and when he is succumbing to a belief that it is not an evil at all. The daughter, Remember Steadon, has sinned irrevocably against the standards of good conduct, and she worms herself out of one false situation into another and yet another in her effort to avoid disgrace for herself and sorrow for her parents. She finally comes out on very good ground, a moving picture actress of unusual ability. Through all her slips, and they are grievous ones, her character rings true. The novel is intellectually conceived; the author shows a critical but sympathetic understanding of the various moral standards among a people moving in a complex web of social contradictions, and he has a man's repudiation of canting goody-goodness. The book should do much to bring before the people in its true light the moving picture art, or industry, for it is both.

MARY KINLEY INGRAHAM,
 Librarian, Acadia University.

Minard's Liniment Lumberman's Friend.

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THE CHIMES OF NORMANDY

The beautiful opera, "Bells of Cornville", or better known as "The Chimes of Normandy", which Messrs. Mason and Evans contemplate producing on May 31st, is one of those standard operas that appeals strongly to all lovers of music. Not only does it abound in beautiful music, both in solo and chorus work, but there is throughout the opera a thread of comedy that ranks it one of the best comic operas ever written. It is an acknowledged fact that this opera has been witnessed by the same persons more than a dozen times which testifies to its merits as a musical production of its kind second to none.

Special care has been exercised in the rehearsals so that it may be presented in a manner worthy of note not only to the producers but to those taking part. The Legend of the Bells, the outstanding chorus number, is one of those entrancing pieces that will call forth a spontaneous response from the hearts of those who love music. The principal parts are in very capable hands while the chorus is composed of many of our leading singers. Mr. Mason has been most painstaking and is entitled to no little credit for the manner in which he has conducted the musical part of the pieces, while to Mr. Nat Evans falls the duty of the stage directing. Of these two men it may be well to state, in passing, that both have had considerable experience in theatrical work.

Mr. Evans has been successful both in his younger days in a professional capacity and in later years, while in Halifax, in amateur work, having staged many productions. The part of Gaspard which will be played by him is his masterpiece.

Miss Evelyn Duncanson will play the soubrette role of Serpolette, singing and acting a part that calls forth her splendid talent along those lines.

Miss Mona Parsons will make a very attractive Germaine, one of the leading parts among the ladies. Both ladies have soprano parts.

Mr. B. C. Silver, with his magnificent baritone voice and splendid stage presence will do full justice to "Henri the Marquis". We can all bank on Mr. Fred Rand (bass) with his illimitable powers for fun making to do full justice to the comedy end in his character of the Bailli, assisted by Mr. Ted Stackhouse as the Notary.

Mr. A. J. Mason is so well known as a soloist in this as well as other towns in the Province that much need not be said in connection with his singing, suffice to say that the opera will have a tenor in Mr. Mason that will do full

justice to the part of Grenicheux. In fact judging from what we have heard of his work especially in the two beautiful solos "On Billows Rocking" and "That Night I'll Ne'er Forget", he excels some of the tenors that have been heard in the same role. Mr. Mason has played in musical shows before, both amateur and professional, having been with Selwyn's New York production of "Buddies" two seasons ago, playing all the larger cities in the middle western states.

Mr. Don Cameron with his splendid musical ability, will, we are assured preside most acceptably at the piano, assisted by Mr. Murray's orchestra.

The Misses Stackhouse will also feature in dance numbers. Special attention will be given to stage details. Under such capable management, excellent soloists, strong chorus and beautiful costumes, we feel assured that a rare treat is in store for those who attend the performance of this tuneful opera.

Is Now a Healthy Boy

"From a puny, delicate child, my little Johnny has become a strong sturdy boy."

One mother writes:—"If you had seen my little Johnny four months ago and you were to see him to-day, you would never believe that he is the same boy. Then he weighed only 48 pounds. To-day he weighs 90 pounds, almost double what he weighed four months ago. His trouble first started with a cold, which we never noticed because he was strong and like all boys of his age occasionally caught cold. After a while we began to notice that his cough, instead of getting better, was getting worse, that he was looking pale and losing weight. He seemed to be tired all the time, had no energy to do anything. Before he caught this cold he had no trouble with his lessons and remained at the head of his class without much study. But we began to notice a change. He didn't seem to care whether he knew his lessons or not and nothing seemed to interest him. He coughed so much and so hard at times that his face would become purple and we thought he would surely burst a blood vessel. Medicines and cough mixtures didn't do him any good. Finally, in desperation and as a last resort, we tried Carnol. In a short time his cough had almost disappeared. His appetite was returning and he was beginning to take an interest in his studies. And, thanks to Carnol, he has become as strong and healthy as he has ever been."

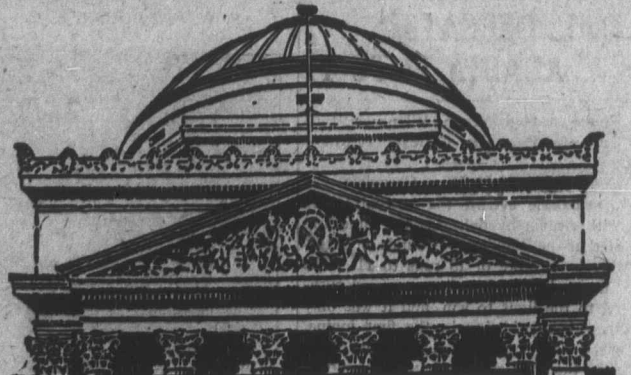
Carnol is sold by your druggist and if you can conscientiously say, after you have tried it, that it has not done you any good, return the empty bottle and he will refund your money. 1-122

SOLD BY H. E. CALKIN

According to a compilation made by Dr. A. C. Jost, of the Provincial Department of Health, the average age at death of those who died in Nova Scotia during the year 1919-20 was 42.88. This average for the year 1875 was 34.61 years.

"Luck" is a good word, if you put "p" before it.

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