



**Add water to milk—
You weaken the milk.
Add soft wheat to flour—
You weaken your flour.
Cheapens it too.
Soft wheat costs less—worth less.
Soft wheat flour has less gluten less
nutriment.
Your bread is less nutritious, sustaining,
economical.
Soft flour has less strength, less quality
gluten.
Giving less good things for your money and
things less good.
Use Manitoba flour—Manitoba hard wheat flour.
Having everything the soft stuff lacks.
Five Roses is all Manitoba.
Without a grain of cheaper wheat.
Strengthen your food values.
Use FIVE ROSES.**

Five Roses Flour

Not Bleached

Not Blended



LAKES OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

Lawrencetown

Jan. 12th.
Mr. L. Crandall, of Natick, Mass., is visiting his sister, Mrs. Kenneth Bishop.

A wee daughter has come to brighten the home of Mr. and Mrs. R. J. Messinger.

Mr. Heston Finney is at present in Lawrencetown much to the pleasure of his friends.

Mrs. C. Balcom is confined to the house by illness. We trust her recovery will be speedy.

The Red Cross Society meets at the home of Mrs. I. Darling on the afternoon of the 12th inst.

The annual business meeting of the United Baptist Church will be held on Wednesday afternoon at 3 o'clock.

A special from Kentville conveyed a number of our young people to the carnival, which was held on the evening of the 11th.

The house being built by C. Lowell on the site of the Woodbury home, is progressing rapidly. It promises to be a great addition to "The Lane."

The Roll Call in the Baptist Church on the 8th inst., was well responded to. Absent members sent greetings and thank-offerings, showing the ones in whom dependence can be placed. The luncheon served was bountiful and all voted that the social side of the gathering had its merits. In the evening the service led by the pastor was truly inspiring. The church clerk, Deacon T. G. Bishop, gave a concise statement of the membership of the church and its general progress. Deacons McKeown and Brown spoke of the early history and the Sunday School work. Deacon W. Hunt reported the Wilhamston branch. Mr. J. E. Shafer, Chairman of the Finance Committee, spoke fittingly on the money question. One thing he emphasized—the value of systematic contributions. N. H. Phinney, Esq., gave a most interesting address, calling to mind the small beginnings; the unselfish work of the choir, and unity of the organization. Mr. W. C. MacPherson, as a S. S. worker urged each member to work for "others." The choir rendered very fine music and all came home, thinking of a great roll call and its response. The sum of \$54.00 was contributed.

Upper Granville

Jan. 11th.
A Sunday School has been organized in Chesley School House for the benefit of all those who are prevented by weather or distance from attending the different churches in town or country.

Captain Charles Salter and wife were guests of Mr. and Mrs. George Salter a few days last week. Their brief visit prevented seeing personally many old friends which they regret. The Captain is re-sailing to Havana, Cuba.

The ladies in Granville are doing their part nobly for the relief of those suffering from the effects of the deadly war which is still raging. One barrel of dried apples, four quilts forwarded by those working from the school house westward. East of that point six quilts and comforts of more, 130 pounds dried apples, together with clothing for adults and children, are now about ready for shipment. Donations of sterling worth and comfort have been added to the work department which skilful fingers will shortly utilize into ready-made garments for the wee ones bereft of home and fathers.

Paradise

Jan. 11th.
Mrs. S. Hatt, of Liverpool, is visiting her daughter, Mrs. J. D. McLeod.

Dr. C. B. Sims went to Truro to-day (Monday). He expects to return on Wednesday.

Miss Eaton of Granville Centre, has been the guest of her cousin, Mrs. H. W. Longley.

Reginald Bishop, Averd Longley and Harold Balcom are spending a few days at the Provincial Agricultural College at Truro.

Miss Thorne, of Karadale, visited at the home of Mr. and Mrs. F. W. Bishop last week, leaving on Saturday for Truro, where she is attending the Normal College.

There was a large attendance at the Literary Club of Monday evening at the home of Mr. and Mrs. J. C. Phinney. "Prominent Canadian Women" was the subject of the evening's entertainment. The following programme was presented:—

- Roll Call—Quotations from different Authors
- Piano Solo—Ethel Balcom.
- "Canadian Authors"—Mrs. J. H. Balcom
- Vocal Solo—Mr. R. Bishop
- Reading—"Woman and Art in Canada," Mrs. H. D. Starratt
- Reading—"A Distinguished Canadian Nurse" Mrs. F. W. Bishop
- Piano Duett—Sarah and Louise Longley
- Reading—"A Distinguished Canadian Doctor," Mrs. H. A. Longley
- Reading—"A Distinguished Canadian Singer," Miss Moore
- Vocal Solo—Edward G. Morse
- Reading—"First Woman Professor" Miss Hilda Longley
- Vocal Solo—Mrs. G. Harding
- Reading—"A Distinguished Hostess" Mrs. R. S. Leonard
- Vocal Solo—Mr. R. Bishop
- Reading—"A Lady Judge" Mrs. A. M. McNinch
- Solo by Mrs. G. Harding with chorus
- Solo by J. C. Phinney with chorus

St. Croix Cove

Jan. 11th.

Mr. Bradford Hall returned to Acadia College last Tuesday.

Mr. George Anthony, Lower Granville, visited friends here last week.

Miss Ella Beardsley has been spending the past week with friends in Port Lorne.

Mrs. Selma Starratt, Port Lorne, is spending a few days with Mr. and Mrs. Joseph Hall.

Mr. and Mrs. Elijah Risteen, Hampton, were guests of Mr. and Mrs. W. C. Hall on Thursday.

Mr. and Mrs. D. M. Hall and Miss Nina Banks visited Mr. and Mrs. Wilbur Banks, Lawrencetown, yesterday.

Frank, infant son of Mr. and Mrs. Joseph Hall is ill with pneumonia. Dr. Dechman was in attendance to-night.

Two youngsters started out one evening with a subscription paper and in a short time collected \$8.20 for the Monitor Belgium Relief Fund.

Mr. and Mrs. B. Armstrong, Mt. Hapley; Mr. George Whitman, Inglisville and Mr. Harry Chute, Hampton, were recent guests of Mr. and Mrs. Bradford Poole.

There were 437,296 more males than females in Canada in 1911.

Belleisle

Jan. 11th.
Mr. and Mrs. John E. Bent are visiting their daughter, Mrs. Arthur Tooh.

Miss Helen Chipman, of Tupperville, is visiting her sister, Mrs. A. Clifford Bent.

Mrs. John K. Winchester, of Karadale, made a week-end visit to Mrs. M. O. Wade last week.

Mr. Wilder Goodwin, of Fredericton, N. B., spent a few days at his old home here last week.

John B. Gesmer is visiting his friend, Captain Josiah Ellis at Port Maitland, Yarmouth County.

Mr. H. W. Bent spent a few days last week with his son the Rev. John Bent, of Petite Riviere.

Miss Annie Bent who has been visiting friends and relatives for some months past is at home again.

Belle Isle Division, No. 811, held their annual banquet, Wednesday evening, Dec. 30th. About forty members gathered for supper which was served at seven o'clock. In the evening a very interesting meeting was held with a good entertainment. The Division closed, the brothers' treat of chocolates, nuts and dates was enjoyed by all. It being the last night in the quarter the following officers were elected:—

- W. P.—Harry Parker
- W. A.—Mrs. R. L. Dodge
- F. S.—Rhoda Bent
- Treasurer—H. W. Bent
- R. S.—Muriel Parker
- A. R. S.—Edmund Crowell
- Con.—Harold Bent
- A. C.—Bessie Bent
- Chaplain—Corra Parker
- I. S.—Stanley Bent
- O. S.—Fred C. Parker
- Supt. Y. P. W.—Rhoda Bent
- P. W. P.—W. F. Parker

Lower Granville

Jan. 11th.
Mrs. S. Blaney is visiting her daughter, Mrs. H. Adams at Deep Brook.

Mr. and Mrs. G. Edward Shaffer welcomed a little daughter to their home on the 8th inst.

The Ladies' Aid Society meets at the home of Mrs. James Rice on Thursday afternoon the 11th.

Miss Alice Robles went to Melville, Kings County, on Thursday to visit her sister, Mrs. Fred Whitman.

Mr. Reginald Young returned from Boston on Wednesday. He was accompanied by his brother Kenneth.

Mr. Howard Croscup was in Digby and Yarmouth Counties on a business trip the early part of last week bound from Annapolis.

Outram

Jan. 11th.
Preaching service, Sunday Jan. 17 at 3 p. m.

Congratulations to Mr. and Mrs. Alfred Healy on the arrival of a daughter, Jan. 7th.

Mr. and Mrs. Frank Brown were the guests of Mr. and Mrs. Vanar G. Smith last Sunday.

Mr. and Mrs. Wm. B. Wilkins were the guests of Mr. and Mrs. Parker Banks one day last week.

Miss Beatrice King and Mr. Freeman Sabeau were the guests of Mr. and Mrs. Joseph Bent one day quite recently.

Mr. and Mrs. Frank Marshall have returned to their home in Middleton after spending a few weeks with Mr. and Mrs. Wm. Bent.

Granville Centre

Jan. 11th.
Miss Estella Eaton spent the week-end with relatives in Paradise.

Miss Mabel G. Troop is visiting her sister, Mrs. L. H. Balcom, in Paradise.

Mrs. John M. Troop and Mr. Jared C. Withers received a telegram last week announcing the death of their sister, Mrs. John Barnaby, of Moncton, N. B. Mrs. Barnaby will be remembered as Miss Jessie Withers of this place, and leaves many relatives and friends who regret to hear of her demise.

A number of ladies of this community were present at Mrs. Chas. Withers on Wednesday of last week to organize a branch of the Red Cross Society. The society organized with twelve members and the following officers:—

- President—Mrs. E. S. Palmer
- Secretary—Mrs. E. P. Gillatt
- Treasurer—Mrs. E. R. Wade

Meetings to be held Wednesday afternoons of each week. With the Church of England ladies doing Red Cross Work in their circle, we hope during the next few weeks to do something that will help and comfort our sick and wounded soldiers.

One of our popular young men left home for a few days last week. When he returned he had taken out to himself a wife. Mr. Roy Willett's marriage to Miss Bessie MacLean of Margareville took place at the home of the bride's parents on Thursday evening, Jan. 7th. On Friday evening they were given a reception at the pretty residence of the groom's parents, Mr. and Mrs. J. Reid Willett. After receiving the congratulations of their friends tea was served. This was soon followed by the sound of guns, horns and bells from outside, making a real old-fashioned serenade. The bride was very pretty in her handsome wedding gown of white satin, with lace tunic, and bouquet of bridal roses and carnations. The evening was pleasantly spent with music and conversation. Mrs. Willett does not come as a stranger to Granville Centre, having taught the school here a year ago, when she made many friends, who welcome her to her new home here.

Granville Ferry

Jan. 11th.
Little Miss Jean Neish is visiting relatives at Halifax.

Mrs. L. R. Fair, of Aylesford, is visiting relatives here.

Mrs. J. S. Curry and little son, Herbert, of Windsor, are enjoying a visit with Mrs. Curry's parents, Mr. and Mrs. W. H. Weatherspoon.

The death occurred Friday evening of Mrs. Caroline Snyder, 84 years of age. The deceased leaves two sisters to mourn their loss, Mrs. A. Rankin, of the United States, and Mrs. A. Shipley of this place. The funeral took place Sunday, Rev. C. W. Neish officiating.

On Friday, January 19th, an entertainment will be given in the Union Hall, in aid of the Holy Trinity Church Fund which will consist of a one act farce, entitled, "Our Aunt from California," and a two-act comedy entitled "Mrs. Oakley's Telephone." During intervals musical selections will be given and candy sold. The curtain rises at 7.45. All come. A large attendance is requested. One great scream from start to finish.

There were 111,000 Indians in Canada in 1911, a decrease of 16,000 in ten years.

Parker's Cove

Jan. 11th.
Mr. W. H. Anderson went to Digby on Monday the 11th.

Mr. and Mrs. Austin Weir visited friends in Hillsburn over the week-end.

Mr. Austin Weir is visiting his sister, Mrs. Stanley McCaul, of Victoria Beach.

Miss Blanche Campbell and Miss Winnie Weir have gone to Wolfville to stay for an indefinite period.

Mr. and Mrs. Frank McGarvey are receiving congratulations on the birth of a little daughter on Jan. the 4th.

Mrs. Lawrence Willett, of Belle Isle was an over-night guest at the home of Mr. and Mrs. David Milner last week.

Mrs. James Oliver is gradually failing in health. She received a fall on the ice six years ago of which she has never fully recovered.

Mr. Robinson's motor boat came from Digby the 11th, with bait for the fishing boats here. The fish are not very plentiful when the weather permits them to go out.

The Rev. Mr. Indoe preached a very interesting sermon on the War to an attentive audience on Sunday. We hope the day is not far distant when this terrible war will be ended.

The Methodist Church people held their annual donation at the home of Mr. and Mrs. W. H. Anderson quite recently. A very enjoyable evening was spent and the goodly sum of \$61.50 was realized for their pastor, Rev. Mr. Indoe.

PRINCE DALE

Jan. 11th.
Mr. Leon Wright spent Tuesday at Bear River.

Dennis Wright returned to Bear River on Sunday.

Miss Jennie Feener has returned from a visit at Granville Ferry.

Messrs. Elder and Albert Fraser harvested their ice the past week.

Mr. Zenas Sanford has sold his oxen to Mr. MacDonald of Weymouth.

Mr. James Kelly, of Granville, was at Mr. Charles Fraser's over Tuesday night.

Mrs. Charles Merritt and daughter Lena of Clementsport were week-end guests of her aunt, Mrs. George Wright.

Mr. R. Davidson who has been spending a few days at Mr. Elder Fraser's, returned to Bear River, Wednesday.

Miss Lena Wright who has been spending the holidays at her home here returned to Harbourville on Saturday.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Chas. H. Fletcher*

Michigan, North Dakota, is sending 1,000 sacks of flour to the Belgians. As the population of the town is only 300, it establishes a per capita record for generosity by this shipment.

A Touching Incident

THE MAPLE LEAF IN CANADA

(Truro Weekly News)

Letters received from our boys at Salisbury Plain tell of an interesting and touching incident that took place in London recently. Captain Bruce Kelley, of Shelburne, who is a member of the medical corps, with two or three friends on the Continent, were enjoying a three days' visit to London. They had seen many of the sights in the great metropolis, and decided to attend a show in the Hippodrome. In that great building fully ten thousand people were assembled. Probably the Canadians entered unnoticed in that great audience, but a little incident, little in one way but big in another, made them quite conspicuous before the entertainment was over. The orchestra, one of the finest in the whole of London, played different National Airs, and the "Maple Leaf" was not forgotten.

When the familiar strains of Canada's Anthem sounded, the four Canadians immediately stood up. The audience caught on, and in a second, there was a vociferous applause which lasted several minutes. As a finale to the little incident, the proprietor of the house had the Canadian boys escorted to the platform where each one was presented with a bouquet amidst the wildest enthusiasm. Is it any wonder if a tear or two happened to appear in the eyes of our soldiers, thus honored for the sake of the land they came from—the land of the Maple Leaf—which has so generously responded to the Motherland's call for help in the hour of her need?

Round Hill

Jan. 11th.
C. C. Rice was in St. John for a few days last week.

Mrs. G. A. LeCain is spending a few days in Halifax.

G. D. Covert, Paradise, visited friends here last week.

Mrs. John Bath, Bridgetown, was a recent guest of Mrs. Foster.

Miss McGregor went to Bridgewater, Monday, to visit her sister.

Miss Whitman, Halifax, is the guest of Mr. and Mrs. Chas. F. Whitman.

Mrs. Wiltshire and Miss McGregor entertained friends at an afternoon tea on Jan. 5th.

Miss Lou LeCain went to Montreal last Friday, where she will visit friends for several weeks.

Mrs. S. Sanders and Miss Mary Fitzrandolph left Monday for Truro, where they will attend a Convention of the Women's Institute.

No phosphorus matches will be manufactured in Canada after the end of the present year. On the first of January the White Phosphorus Act, designed to prohibit the manufacture or importation of matches made with white phosphorus will become operative, with exception of the clause dealing with the sale. The clause prohibiting the sale is not effective until January 1, 1916.

SHIPPING NOTES

Port of Digby, N. S.

INWARD

Jan. 4th.—Schr. Dora, Captain Caning, Parrsboro, N. S.
Jan. 6th.—Schr. Venus, Capt. White, Fishing
Jan. 6th.—S. S. Cora Gertie, Capt. Crocker, Freeport
Jan. 11th.—Schr. Grace Darling, Captain Cassy, Fishing
Jan. 11th.—Schr. Dora, Captain Caning, Parrsboro

OUTWARD

Jan. 4th.—Schr. Dora, Capt. Caning, Parrsboro
Jan. 6th.—S. S. Cora Gertie, Capt. Crocker, St. John
Jan. 7th.—S. S. Gnanville, Captain Collins, Annapolis
Jan. 11th.—Schr. Dora, Captain Caning, St. John

Prohibition for District Columbia

The cause of national prohibition having been defeated in the House of Representatives, another motion is being brought before that house by the same people as were responsible for the last motion, to secure a prohibition law for the District of Columbia. That is the block of a hundred square miles in which stands the city of Washington. This motion should have far more chance of passing than had the other, for it will only require a simple majority to carry it, and it will not have against it the feeling that it violates state-rights. While Washington is, in many ways, the best governed district on the continent, its liquor laws are far from up to date. On that stretch of Pennsylvania Avenue, running from the Capitol to the White House, late at night, one is apt to see more drunken men on the sidewalk than in the far more densely populated districts of New York. Again, as one passes the saloons in Washington, one is struck by the fact that in each of them there is music of a sort that has long been prohibited by most of the states. But even such rules as there are for the restriction of the traffic in the city are loosely observed. The stranger may quickly find out the combination of raps given at a side door that will obtain admission to back rooms where drinks can be procured on Sundays. Prohibition in the capital city of the nation would be a great step in advance, and place before the people of all the other communities in the nation a standard of national aspirations to work forward to.

REZISTOL—A safe and sure remedy in all cases of over stimulation; also indicated in all cases of Brain Fatigue, Nervous Exhaustion caused by overwork or malnutrition; unequalled for neuralgia or general depression. A general tonic and body builder. Mail orders filled by Rezistol Chemical Co., Boston, Mass.

WINTER GOODS

Ladies', Misses' and Children's Furs, Sweaters
Sweater Coats, Underwear, Hosiery and Corsets
Men's and Boys' Underwear, Sweaters, Caps, Shirts, Neckwear,
Suspenders, Mufflers
—BIG VARIETY OF—
Ladies', Gent's and Children's Handkerchiefs
Ladies' Handkerchiefs in Fancy Boxes and Envelopes, Gent's Initial Handkerchiefs in Silk and Excelda, Neckwear, Suspenders, Armlets and Garters in Gift boxes
Splendid Values in Eiderdown Quilts, Blankets, etc
JOHN LOCKETT & SON