

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. Rom. 14: 81.
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. Roy Jodrey.
Treasurer—Mrs. H. Pineo
SUPERINTENDENTS
Evangelistic—Mrs. William Chipman
Parlor Meetings—Mrs. D. G. Whidden
Laborer Work—Mrs. J. W. Vaughn
Fishermen and Lumbermen—Mrs. W. E. Fielding.
Anti-Narcotic—Mrs. W. O. Taylor
Flowers, Fruit and Delicacies—Mrs. A. W. B'kakney.
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.
Business meeting of the W. C. T. U. the last Monday of every month.

HATE OF THE BOWL

(The answer of a young lady who was told that she was a monomaniac in lead her hatred of alcoholic liquors.)
Go, feel what I have felt,
Go, bear what I have borne;
Sink 'neath the blow a father dealt,
And the cold proud world's scorn.
Thus struggle on from year to year.
The sole relief the scalding tear.
Go, weep as I have wept,
O'er a loved father's fall;
See every cherished promise swept,
Youth's sweetness turned to gall,
Hope's faded flowers strewn all the way.
That led me up to woman's day.
Go, kneel as I have knelt;
Implore, beseech and pray,
rive the besotted heart to melt,
The downward course to stay;
Be cast, with bitter curse aside,—
Thy prayers burlesqued, they tears defied.
Go to my mother's side,
And her crushed spirit cheer,
Thine own deep anguish hide
Wipe from her cheek the tear;
Mark her dimmed eye, her furrowed brow,
The gray that streaks her dark hair now.
The toil-worn frame, the trembling limb,
And trace the ruin back to him
Whose plighted faith, in early youth,
Promised eternal love and truth;
But who, forsown, hath yielded up
This promise to the deadly cup.
Tell me I hate the bowl!
Hate is a feeble word;
I lothe, abhor, my very soul
By strong disgust is stirred
Whene'er I see, or hear, or tell
Of that dark beverage of hell.

ENGLISH AS IT SOUNDS

Here is a singular incident showing how easy it is to mis-translate an overheard remark.
Said Mrs. A. one of the overhearers: They must have been to the zoo, because I heard her mention 'a trained deer.'
Said Mrs. B. "No, no. They were talking about going away and she said to him, 'Find out about the train, dear.'
Said Mrs. C. "I think you are both wrong. It seemed to me they were discussing music, for she said, 'A trained ear,' very distinctly.
A few minutes later the lady herself appeared and they told her of their disagreement.
"Well," she laughed, "that's certainly funny. You are poor guessers, all of you. The fact is, I'd been out to the country overnight and I was asking my husband if it rained here last evening."
—Boston Transcript.



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TREES

(Bliss Carman)

In the Garden of Eden, planted by God
There were goodly trees in the spring-time sod—
Trees of beauty and height and grace
To stand in splendor before His face.
Apple and hickory, ash and pear,
Oak and beech and the tulip rare.
The trembling aspen, the noble pine,
The sweeping elm by the river line;
Trees for the birds to build in and sing,
And the lilac tree for a joy in spring.
Trees to turn at the frosty call
And carpet the ground for their Lord's footfall;
Wood for the bow, the spear and the flail,
The keel and the mast and the daring sail;
He made them of every grain and girth
For the use of man in the Garden of Earth.
Then, lest the soul should not lift her eyes
From the gift to the giver of Paradise
On the crown of a hill, for all to see,
God planted a sacred maple tree.

CANADA'S NEW COAT OF ARMS

Every home in Canada, every Canadian school boy and girl should know the new Canadian Coat of Arms. It is a most beautiful plate and should occupy a prominent place in all true Canadian homes. The people of Canada are indebted to the Family Herald and Weekly Star of Montreal for reproducing the new Coat of Arms in all its true heraldic colors and presenting a copy, 14 x 17 inches, to all readers of that great paper.
The Family Herald and Weekly Star is Canada's greatest family and farm paper and is known throughout the whole Dominion. It is wonderful value and provides every member of the family with clean, wholesome, instructive reading. It is a great money saver for the farmers of Canada and repays the subscription price one hundred fold each year. Canada is proud of the big weekly. It has no superior the world over and is improving year after year. It costs only two dollars a year and each reader for 1922 will receive free a copy of the "Coat of Arms".

OUT WHERE THE WHEAT BEGINS

(From The Vancouver Province.)
The night cashier overheard a peculiar conversation in Beaver Crossing the other day. A farmer was in a store buying some groceries.
"Want any flour?" asked the grocer.
"No, flour's too high. I can git along without it."
After a while the grocer said: "Sold you wheat, Bill?"
"None; I'm going to hang onto mine; they ain't payin' nothin for it yet."

The fact that thousands of weekly newspapers have been forced out of existence in the past few years has brought the survivors to realize that all subscriptions must be paid in advance.

Nowadays, many men have to run blue ribbons around the top of their pajama coats so they can foot the baby while mother goes to vote.
In warm weather it doesn't do to be all wrapped up in yourself.

Minard's Liniment used by Veterinaries.

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No More Sleepless Nights—Finds Health in Internal Bathing

Mr. F. C. Voigt, Queen's Hotel, Rapid City, Minn., writes:
"For the last few years I have been a sufferer from indigestion, nervous debility, insomnia and allied troubles. My health became so bad that I despaired of living though the winter. Loss of appetite and sleep were making my condition unbearable. I purchased a J. B. L. Cascade, and through only using it for a short time, have obtained remarkable results. My appetite has returned, and I am now enjoying the most refreshing sleep that I have had for years. I regard it as a Godsend."
If people only knew what internal bathing is doing for thousands of others fewer pills and Laxatives would be taken and very much less suffering from Constipation and the accompanying Stomach and Nervous Troubles resulting from it. If you are robbed by constipation of the sound sleep and good appetite so essential to health and vigor, you should not lose a day in availing yourself of the simple home treatment which hundreds testify have meant for them a new lease of life.
The J. B. L. Cascade is the only perfect appliance for Internal Bathing. It is shown and explained at A. V. Rand, Druggist, Wolfville, N. S.
Write to them for free booklet, "Why Men of today is only 50 per cent. Efficient" or telephone or write to Tyrrell's Hygienic Institute, 1673 College Street, Toronto.

CANADA'S POPPY DAY DRIVE NETS \$80,000

OTTAWA, Nov. 28.—More than \$80,000 will go to the French children's league as a result of the Poppy Day campaign in Canada carried through under the auspices of the Great War Veterans Association it was announced at Dominion Command headquarters this morning. At the same time ninety thousand dollars remain in the hands of the various branches of the Association to be exclusively used for the relief of unemployment among soldiers during the winter months. These funds will not be used for any other purpose.

SALT OF THE EARTH

When grease is spattered on the stove, salt will absorb it and save the disagreeable smoke. Clean the salt off thoroughly after this use, since it gathers moisture and may bring about rust on the metal.
When a pie runs out in the oven salt sprinkled over the juice will keep it from filling the oven with smoke.
Salt water will remove insects from green vegetables.
Salt in starch gives an added gloss to the cloth and prevents the iron from sticking.
Salt removes tea stains from China.
Salt in water in which eggs are boiled will keep the contents from boiling out should the shell become cracked.
Salt and water will remove the sizing in new cotton and make them easier to launder.
Salt and water will set the color in cotton fabrics.
Salt sprinkled in the spider will prevent fish from sticking.
Salt, slightly dampened, will remove some of the stains on marble.
Salt sprinkled in the oven will prevent the cake from burning on the bottom.
A paste made of salt, soda and water is good for bee stings.
A paste made from salt, soap, lemon juice and starch, put on mildew and allowed to remain for 24 hours, will bleach out all but the worst spots. Repeat the application if necessary.
Instead of greasing an aluminum griddle rub it with a teaspoon of salt tied up in a little piece of cotton cloth.

An officer or teacher in a Sunday School has a more responsible position than an officer of a church. It is a greater work to be forming lives than to be reforming them.

Some people are so absent-minded that if they should think before they speak they would forget what they were going to say.

The meanest man to date is the one who laments the fact that women, now his voting equal, doesn't have to shave.

Two women write, "Greatly Benefited by taking Carnol"

The following letter is of special interest to those who are run-down in health—whether from over-work, worry or general weakness:

Dear Sirs:—Myself and friend, would like to let you know how very highly we think of Carnol. We are now taking our sixth bottle and the great benefit we have derived from it is wonderful. It certainly does do everything the advertisements say and more. It is a genuine tonic and body builder. For my part it has warded off a Bronchial trouble I am subject to every Spring.
We feel it would interest you to know this, also you are at perfect liberty to use this unsolicited testimonial, if you should so wish. We both of us take pleasure in recommending to any one whom we know are feeling below par.
Wishing you every success, Yours truly,

CARNOL

is indeed a true strength-giver. A course of Carnol will soon bring you back to strength and vigor. Carnol improves the appetite, helps the system to assimilate the food, makes good red blood and builds robust health. Carnol is pleasant to take. Many doctors prescribe Carnol during convalescence and wherever a strength-giving tonic is necessary.

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