February 10, 1922

THE ACADIAN

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PREVENTION OF INFLUENZA

(Issued by the Department of the Public

Health, Nova Scotia.) On account of the Epidemic prevalence of influenza in England and France, and the fact that cases have been reported from a few localities in this Province, tis doomed wise to issue the following notes relative to this disease. While it is felt that there is no present cause for alarm, and that we need not dread such an experience as that of 1918, it is well that precautions should be taken in the interest of individual as well as of the public safety. As is the case with any infectious dis-order of the respiratory (breathing) system. influenza infection is usually if not always acquired by coming into contact with

one suffering from the disease. someone suffering from the disease. The disease may exist in an grade of severity, but it is especially the milder cases which resemble an ordinary cold, and do not excite suspicion of the real nature of the trouble, which are responsible for the spread of infection. Those who do not feel ill enough to lay up are apt to go about quite innocently communicating the disease to others.

There is little danger of being infected in the open air, ovin well ventilated houses, shops and offices where there is no crowd-ing. But those who would avoid the disease should shun crowds, and especially indoor crowds

The infective germ is given off in the discharges from the throat and nose, and in the spray which is ejected in sneezing. coughing and loud speaking. Discharges should be immediately destroyed by burning or be covered with a disinfectant fluid. A handkerchief or preferably a small square of gauze or soft paper should cover the mouth and nose when one has to cough or sneeze. The cheaper articles may be destroyed at once by burning, or may be enclosed in a paper bag until an opport-unity to burn them comes. Handkerchiefs should not be shaken when taken from the pocket, and it is an excellent idea to have a removable lining inserted in the handker-chief pocket, which can be boiled frequently and which prevents soiling of the pocket. and which prevents soming of the pocket. Keep out of range of anyone who does not "cover every cough and sneeze" for such a one is "sure to spread disease." One's power of resisting infection should be maintained by doing everything possible to keep the general health good. Houses, offices, etc., should be well ventilated. Cat escuel hours in the open air daily Get several hours in the open air daily. Have sufficient sleep in a well ventilated room. Do not overeat, but eat enough of plain nourishing, easily digested food. Keep

bowels regular. Avoid chilling. Keep clothing and footwear dry. Let everyone try to escape infection, and to avoid infecting others should he be to unforunate as to develop the diseas.e

Remember that ordinary colds are infectious, so that even if influenza did not aten, anyone suffering from a cold

should endeavour not to infect others. Danger to life is from the complication of influenza rather than influenza itself. Hence it is most important to consult a physician at once on the appearance of symptoms, and to observe the doctor's orders carefully until recovery is assured particularly in respect to remaining in bed.

TOURIST TRAFFIC PAYS BIG

Increase of Americans Into Canada Expected to Pay for Ontario's Highway System.

It is anticipated that American tourist traffic will pay for the in-stallation and upkeep of Ontario's highways system. This traffic has increased remarkably since the Toronto-Hamilton highway was built, and already annual revenue from this source runs into millions of dollars. During 1920 approximately 37,500 American motorcars crossed the border into Ontario, remaining from one hour to six months.

SALMON LOAF One large can salmon, 2 eggs, well beaten; 2 tablespoons butter, 1-2 cup

THE COOK ROOM

racker crumbs, pepper and, salt to Rub all into a paste, put into mold and team 1 1-2 hours. Heat a can of peas in this liquor and pour around loaf on a platter. Make a sauce of 1 1-2 cups milk, 1 1-2 tablespoons cornstarch, 1 table-spoon butter, 4 tablespoons ketchup, dash red pepper, 1 egg, beaten, a little salt. Cook on stove, thicken with the cornstarch, and our over loaf.

Makes a very attractive dish for dinner or supper.

CORN SCALLOP

Put in a casserole a layer of canned corn, then a layer of rolled cracker crumbs, pepper and salt, and dot freely with butter. Alternate with corn and cracker crumbe until dish is nearly full. Add more pepper and salt, and dot with butter. Moisten with milk. Bake one half hour. WALNUT SANDWICHES

Cut very thin slices of bread and remov rusts; butter lightly and spread over each slice a layer of cream cheese,1-8 of an inch thick, then a layer of English walnuts, chopped fine; sprinkle lightly with salt

before putting together. MIDNIGHT SANDWICHES shire sauce. Use white or entire_wheat

bread cut very thin and buttered. SARDINE SANDWICHES

Equal parts of hard boiled eggs put through the potato ricer or sieve, and when doing your spending at home is most sardines skinned and boned. Moisten with Frence dressing, using lemon juice instead of vinegar. Spread between thin slices of bread.

UNFORSEEN SEQUEL

Willie had been instructed by his father to clean up the yard, and he had promised to do so to the best of his ability. That evening, however, when his father returned from the office and took a look at the yard, he

and took a took at the yard, he became very angry. "Willie," he called, "I thought I told you to clean up that yard!" "Well, dad, I did," said Willie, virtuously. "I fired everything over the fence as soon as I could; but the kid next door threw every-thing back when I went down town for mother."—Harper's Magazine.

Time may be a success as a wound healer, but it seldom removes the scars.

For Informal

Occasions

is good tea

Use Paper Serviettes

. Let's suppose you are a business man You have something to sell. You do not think it is fair for your neighbors, who want what you have to sell, to send to distant cities for these things, and you are right. You know that it pays to buy at home. Does your wite do all her buying in Wolfville; does she help Wolfville busines and therefore your business by buying what she needs in Wolfville? Let's suppose you are an employed man You know that employment is increased a

EUY IN WOLFVILLE

the business of Wolfville is increased If you and your wife buy in Wolfville everything both you and your children need, the tendency is to increase the bus iness of Wolfville, and therefore to increase service. Let's suppose you were a stock holder, officer or employee of a bank. You know that the more money that is put into circulation in Wolfville, the more money spent in Wolfville, the more business of the service of the servi pent in Wolfville, the more business the anks will do. Do you and your family buy what you need in Wolfville.

Whatever you are, whether it be min ster, doctor, lawyer, laboring man, clerk, nvestor, capitalist, it makes no difference. If your interest is in Wolfville, it is to your benefit that Wolfville folk do their buying in Wolfville. This is merely simple Neufchatel cheese, 12 olives stoned and chopped fine. Moisten with Worcester-a half town. If one tenth of us buys out of town, we lack ten per cent of being the tiful calm winter afternoon, as the sun wa

own we ought to be. All this comes with special force right at this time because this is the very time needed. A man or woman in Wolfville who thinks business conditions could be improved and then buys several hundred miles away that which could just as well

be bought right here at home is not helping Wolfville at all. The money that would increase the circulation of money here, that could pump the life blood of business faster, is sent away, and is gone for good. Spent here, it is turned over and over, getting into many pockets, making things easier for everybody. Spent-away from home, it does no good for Wolfville, spent in Wolf-ville it does not stop its usefulness with that one spending.

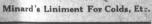
Canada has the largest suction dredge in the world (of 18,000 horse power), used by the St. John, N. B., Drydock & Shiplding Co.

FREE "HOOTCH" A Sparkling Stimulant, Full of Wit and Humor. Free copy will be sent upon receipt of your name with address complete. Write to G. Mitchell, 397 of the Pearl S'rest, Brooklyn, N. Y.

Package

YOU AND YOUR WIFE SHOULD SAD DEATH AT PORT WILLIAMS shadow was cast over Port Williams and surrounding community in the passing of John Emery Gates, oldest son of Mr. ind Mrs. George H. Gates, aged 13 years The summons came on Jan. 26th, claiming is young life for the higher service of eaven, for which service he had becom minently prepared by his devotion to igh ideals on earth. Emery was a boy of nore than usual promise, a favorite with all, and he leaves a blank in the home, that an never be filled. The funeral service ere conducted by his pastor, Rev. O. N. Chipman, assisted by Rev. G. W. Miller Atter a short service at the home, the emains were taken to the church, followed in procession by the scholars of the day school, the Boy Scouts and his class mate closed and the church was filled with nourning and sympathising friends. His pastor took for his text, Num, 23:10 "Let me die the death of the righteous and let my last days be like his." A short

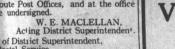
A short time before his death he had sent for the response to his name at the annual roll call of the church the passage of scripturc found in Psalm 91, 2nd verse. Interment took place at the Oaks, where on a beauinking in the western sky, the "Last was sounded and his fellow scouts Post" aid away all that remained of one of whom they said "He was a good scout





SEALED TENDERS, addressed to be Postmaster General, will be received t Ottawa until noon, on Friday, the rd March, for the conveyance of His Agiesty's Mails, six times per week, over he proposed route between MELANSON, WOLFVILLE AND WALLBROOK (VIA GASPEREAUX)

r a proposed contrast for four years mmence at the Postmaster General's ure. Tenders will be received from se wishing to make either Melanson fallbrook the starting point of the Printed notices containing further in-formation as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the terminal and route Post Offices, and at the office



Office of District Superintendent, Postal Service, Halifax, Jan. 17th, 1922.



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all parts



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