

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, it is deemed 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 disorder of the respiratory (breathing) system, influenza infection is usually if not always acquired by coming into contact with someone suffering from the disease.

The disease may exist in a 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, or in well ventilated houses, shops and offices where there is no crowding. 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 opportunity 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 handkerchief pocket, which can be boiled frequently and which prevents soiling 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. 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 unfortunate as to develop the disease.

Remember that ordinary colds are infectious, so that even if influenza did not threaten 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 installation 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.

Dr. Frank Woodbury, Dean of the Dental Faculty of Dalhousie University, died very suddenly at his residence at Halifax on Saturday night. His death was caused by heart trouble.

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Mail Contract

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 17th March, for the conveyance of His Majesty's Mails six times per week over AYLESFORD No. 1, RURAL MAIL ROUTE, under a proposed contract for four years, commencing at the Postmaster General's pleasure.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices of Aylesford and Millville, and at the office of the undersigned:

W. E. MACLELLAN, Acting District Supt. OFFICE OF DISTRICT SUPERINTENDENT, POSTAL SERVICE, Halifax, Jan. 30, 1922.

THE COOK ROOM

SALMON LOAF

One large can salmon, 2 eggs, well beaten; 2 tablespoons butter, 1-2 cup cracker crumbs, pepper and salt to taste.

Rub all into a paste, put into mold and steam 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 tablespoon butter, 4 tablespoons ketchup, dash red pepper, 1 egg, beaten, a little salt. Cook on stove, thicken with the cornstarch, and pour 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 crumbs 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 remove crusts; 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

Neufchatel cheese, 12 olives stoned and chopped fine. Moisten with Worcestershire 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 sardines skinned and boned. Moisten with French 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 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 everything 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.

YOU AND YOUR WIFE SHOULD BUY IN WOLFVILLE

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 wife do all her buying in Wolfville; does she help Wolfville business 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 as 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 business of Wolfville, and therefore to increase the number of employers who look for your service. Let's suppose you were a stockholder, 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 the banks will do. Do you and your family buy what you need in Wolfville?

Whatever you are, whether it be minister, doctor, lawyer, laboring man, clerk, investor, 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 arithmetic. If we all by and by we have a half town. If one tenth of us buys out of town, we lack ten per cent of being the town we ought to be.

All this comes with special force right at this time because this is the very time when doing your spending at home is most 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 Wolfville it does not stop its usefulness with that one spending.

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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 Pearl Street, Brooklyn, N. Y.

SAD DEATH AT PORT WILLIAMS

A shadow was cast over Port Williams and surrounding community in the passing of John Emery Gates, oldest son of Mr. and Mrs. George H. Gates, aged 13 years. The summons came on Jan. 26th, claiming a young life for the higher service of heaven, for which service he had become eminently prepared by his devotion to high ideals on earth. Emery was a boy of more than usual promise, a favorite with all, and he leaves a blank in the home, that can never be filled. The funeral services were conducted by his pastor, Rev. O. N. Chipman, assisted by Rev. G. W. Miller. After a short service at the home, the remains were taken to the church, followed in procession by the scholars of the day school, the Boy Scouts and his class mates in Sunday School, four of whom acted as pall bearers. There were beautiful floral tributes from immediate relatives, employees of Mr. Gates, Sunday school, Sunday school class and Boy Scouts, school teachers and others. The stores were closed and the church was filled with mourning and sympathizing 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 time before his death he had sent for the response to his name at the annual roll call of the church, the passage of scripture found in Psalm 91, 2nd verse. Interment took place at the Oaks, where on a beautiful calm winter afternoon, as the sun was sinking in the western sky, the "Last Post" was sounded and his fellow scouts laid away all that remained of one of whom they said "He was a good scout."

Minard's Liniment For Colds, Etc.

Mail Contract

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 3rd March, for the conveyance of His Majesty's Mails, six times per week, over the proposed route between

MELANSON, WOLFVILLE and WALLBROOK (VIA GASPERSAUX)

under a proposed contract for four years to commence at the Postmaster General's pleasure. Tenders will be received from parties wishing to make either Melanson or Wallbrook the starting point of the route.

Printed notices containing further information 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 of the undersigned:

W. E. MACLELLAN, Acting District Superintendent, Office of District Superintendent, Postal Service, Halifax, Jan. 17th, 1922.

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