

BAKE YOUR OWN BREAD WITH

ROYAL YEAST CAKES

The standard of Quality over 50 years



storehouse of Time. Cut these months into thirty or thirty-one equal parts. This batch will keep for just one year. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot in this way), but prepare one day at a time as follows: Into each day put twelve parts of faith, eleven of patience, ten of courage, nine of work (some people omit this ingredient and spoil the flavor of the rest), eight of hope, seven of fidelity, six of liberality, five of kindness, four of rest (leaving this out is like leaving the oil out of the salad,—don't do it), three of prayer, two of meditation, and well selected resolution. If you have no conscientious scruples, put in a teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkle of play, and a heaping cupful of good humor. Pour into the whole love add libitum and mix with a vim. Cook thoroughly in a fervent heat; garnish with a few smiles and a sprig of joy; then serve with quietness, unselfishness, and cheerfulness and a Happy New Year is a certainty.

TOMMY'S NEW YEAR RESOLUTIONS

Resolve first, He never fight-less ime fought.

Resolve two, He never again say Teacher less she Gits on My nerves dretfully. He try being Pashent in School.

Resolve three, He never eat another bite after ime full. Enuff is enuff fer Any Ole persin.

Resolve four, He try to live so as to be elected Some Day as kaptin of Our football team. Its a Honorable Job, and I want to be honorable most always.

Resolve five, He never, never tell stories. The old Bad Man has got it in for fellers what Fib to their Maws and Paws.

Resolve six, He not make ugly faces ner laugh at gurls Any More. They kant help being Gurls. Natcher made em what they are, and Boys should feel sorry for em.

I gess this is enuff fer This year. So He ring off and shut up my Rezolve book till next year.

A NEW YEAR'S WISH

When the New Year dawns, may it find us willing to face all that it brings; not afraid of ourselves or of the daily tests to which we are sure to be subjected.

May we take each hour as it arrives; and as it departs, erase its failures from our memories, and register its successes, reminding ourselves always, that the latter are more frequently unseen.

May we feel calmly confident that the stream of life winds surely, if sometimes slowly toward the haven of fulfilled desires and aspirations.

Our individual barques are in God's hands, and each shall in its turn reach Port.

May this year improve the present condition of each little barque and may

THE KING OF SIAM



A very modern young man, educated in England, and for several years with the British army. He discarded the tradition which entitled him to a harem and married only one wife. Now he has divorced her.

each commander become more determined than ever before to "Sail on" with head erect, and heart courageous; however many collisions he encounters! Or to "swim on" if the barque, by any circumstance, should go under. He is bound to reach Port, and the conditions of his transport is not so important, as the condition of himself.

THINK RIGHT

Think smiles, and smiles shall be; Think doubt, and hope will flee; Think love, and love will grow; Think hate, and hate you'll know; Think good, and good is here; Think vice—it's jaws appear; Think joy, and joy ne'er ends; Think gloom, and dusk ascends; Think faith, and faith's at hand; Think ill—it stalks the land; Think peace, sublime and sweet; And you that peace will meet; Think fear, with brooding mind; And failure's close behind; Think this: "I'm going to win!" Think not on what has been; Think Victory; think "I can!" Then you're a "winning man!"

VEGETARIAN COURTSHIP

Benjamin Burdick, a dealer in garden produce, finally fell in love, and this was the letter that he wrote to his lady love:

"My Sweet Pootie: Can you learn to carrot all for me? My heart beats for you, the apple of my eye. Lettuce marry and be a happy pear. I have been waiting long for you."

PROFESSIONAL CARDS

M. R. Elliott, M. D. (Harvard) Office Hours: 1.30 to 3.30 P. M. 7 to 8 P. M.

G. K. Smith, M.D., C.M. Hantsport, N. S. Late Office of Dr. Shankel Hours: 1.30 to 3.30 P. M. 7 to 8 P. M. Phone 28

ALLAN R. MORTON M.D., C.M. Main St., Wolfville Phone 348 Office Hours: 1 to 2, 6.30 to 7.30

Dr. Grace M. Curry OSTEOPATH Boston College of Osteopathy P.G. University of Cambridge, Mass. Will treat Patients at Wolfville and vicinity, Thursday, Friday and Saturday, weekly. For information telephone Wolfville 93-4.

EYESIGHT SPECIALIST Hours: (9-12 A.M. Telephone 2) (2-5 P.M.) Paul G. Webster, R.O. Optometrist Webster Street Kentville, N. S. Graduate of Rochester School of Optometry, Rochester, New York

G. C. NOWLAN, LL. B. Barrister and Solicitor Money to Loan WOLFVILLE Orpheum Bldg. Phone 240 Box 134

W. D. Withrow, LL. B. BARRISTER, SOLICITOR NOTARY PUBLIC Money to Loan on Real Estate. Eaton Block Wolfville. Phone 284. Box 210.

S. W. CROWELL A.M. E.I.C. PROFESSIONAL ENGINEER (Civil) Provincial Land Surveyor (N.S.) Office—Webster St., Kentville, N. S. Phone at Residence.

H. E. GATES ARCHITECT HALIFAX, N. S. Established 1900

D. A. R. Time-table

The Train Service as it Affects Wolfville

No. 96 From Kentville arrives 8.41 a.m. No. 95 From Halifax arrives 10.10 a.m. No. 98 From Yarmouth, arrives 3.12 p.m. No. 97 From Halifax, arrives 6.12 p.m. No. 99 From Halifax (Mon., Thurs., Sat.) arrives 11.48 p.m. No. 100 From Yarmouth (Mon., Wed., Sat.), arrives 4.13 a.m.

Plumbing and Furnace Work

JOBGING PROMPTLY DONE

H. E. FRASER Phone 75

BREAD!

Our bread has been reduced to 12 Cents per loaf

Our bread is mixed with up-to-date machinery and wrapped before leaving bakery.

W. O. Pulsifer and F. W. Bartness, both sell our bread at this price

A. M. YOUNG

COAL

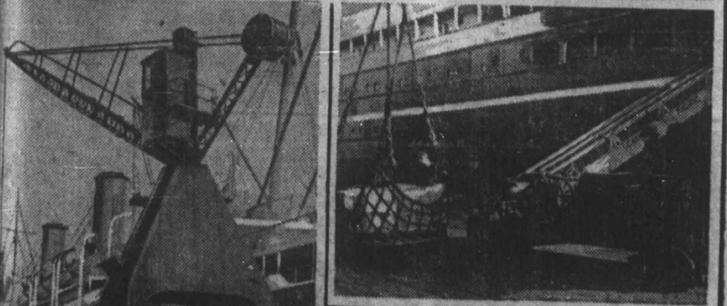
Inverness, Springhill Bay View, Acadia Nut Acadia Stove, Acadia Lump, Old Sydney, Welsh Coal

A. M. WHEATON PHONE 15

Homes Wanted!

For children from 6 months to 16 years of age, boys and girls. Apply to H. STAIRS, Wolfville Agent Children's Aid Society

Canadian Products Arriving at Southampton



Upper—How the cargo is stored ready for the consignment, showing one of the new electric trucks in action. Inset—Typical British longshoremen, who handle the cargo. Lower left—Unloading cargo from the "Empress of France" at Southampton. Lower right—Canada's products arriving in England for distribution.

to deal with all the increased traffic which has come their way in a most efficient and satisfactory manner. The appliances for handling cargo of this description are of the most up-to-date character, and the methods employed are such as to guarantee to the consignees of the goods the most prompt and careful despatch. As can be seen from the photographs we reproduce one of the improvements adopted by the port authorities is the transporting of goods from ship's side to shed by means of electrically driven run-about trucks, which results in a great saving of time and labor, and also reduces the amount of handling to which the goods are subjected, and so minimizes the risk of damage.

The system of road transport from Southampton Docks is also well organized, so that local consignees are excellently served, whilst the railway connections to London and the North of England are such that to quote only one example, it is possible for goods to be put on rail in the west of Canada or the United States, shipped across the Atlantic to Southampton, and be on sale in London inside 10 days. Besides boxed fruit and flour, which are shown in our illustrations being unloaded from the Canadian Pacific liner "Empress of France," bacon is another commodity which is now playing an important part in the rapidly growing import trade of the port.

from the importation of frozen meat, what is perhaps one of the most extensive and important of the trade of Southampton, England, is a port of flour and fruit from Canada and the States. These commodities have for a good years been arriving at the Hampshire port in increasing volume, and as they are usually in large passenger vessels, to ensure prompt delivery, the recent rapid development of traffic at Southampton has naturally been reflected in a corresponding growth in the imports of American flour and fruit. So many of the big Atlantic steamers have been diverted from other ports that this movement was almost inevitable during the last few years developments in section have been very rapid. In consequence of the credit of the Southern Railway Company that they have succeeded in so organizing facilities in the docks that they have been able