

**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. *Rm. 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. Bleakney.

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

The regular business meeting of the Wolfville W. C. T. U. will be held at the home of Mrs. Annie Murphy, Highland Ave., on Monday, February 27th, at 3.30 o'clock.

**BUY IN NOVA SCOTIA**

Buy at home. Every dollar spent at home helps to keep the wheels of industry in your own city or town turning. Every dollar spent in your own city or town helps to give some other person employment. And it helps the man or woman who does the spending.

People forget about the efficiency of the dollar bill. The big enterprises grow from small beginnings. Business is never attainable unless the small details are carefully watched. Economy in small things equals success in great things.

So it is with the spending of money by the people of a city or town. There are two ways of spending. One way is to spend it so it will bear fruit in your own community. The other way is to spend it so it will give employment in other places and do good to the people of another city or town.

In this town, for example, we have to keep up our schools, build our streets, provide our water supply, and fire protection, pay for light and power, maintain our churches and charitable institutions. These matters call for dollar bills. One dollar bill may not look very large. It may not seem to be of much importance. But if you have thirty or forty thousand men and women spending dollar bills every day the total soon grows into a big pile.

If the most of these people, or half of them or quarter of them are spending their dollar bills outside of their own city, they are leaving it to the others to maintain the essential work of the town.

Let your dollar bills be working every day for the benefit of your own city or town. Every time you put one in circulation you stimulate your own community, help others to earn wages, and assist in building up your city or town. If you send your dollar bills out of the province, when you can buy at home, you add to the payroll of some other community. Help to give employment to people there, and set back your own city or town to some extent.

Thousands of dollar bills go out of Nova Scotia for goods that citizens can buy at home. The goods from abroad seem better because they come from Winnipeg or Boston or New York. They are no better. Just as good values can be got on the streets of your own town or city. Why not buy there, and put your dollar bills at work at home?

Thus is one of the great secrets of city building. Patriotism, civic pride should impel every citizen to give first consideration to his or her city. And every one should think about the small things. These when put together make the big successes. Write this down—**BUY AT HOME**—and begin to practise it at once, and keep on practising it.—Halifax Herald.

**FITS** Stinson's home treatment for epilepsy. Twenty years' success. Thousands of testimonials. No case should be considered hopeless. Write immediately for free booklet. **Wm. Stinson Remedy Co., of Canada** 2611 Yonge Street, Toronto, Ontario

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**POTATO CANKER**

(Experimental Farms Note.)  
Potato Canker or "wart disease" of the potato is a disease happily known to most Canadian farmers only by its name, perhaps to some few by its notoriously dangerous character to the potato growing industry in other countries.

Some ten years ago the Federal Department of Agriculture succeeded in averting the very near danger of its introduction into Canada from abroad, principally from Europe. The Department then placed an embargo against the importation of potatoes from Europe with the usual emphatic objections generally resulting from such measures. Today Canada has every reason to be grateful for the foresight of the Department. In Great Britain, notwithstanding every effort towards the eradication of the disease, some 22,000 cases and more have been reported during the period of one (recent) year. The disease affects potatoes in various degrees of severity; either there may be slight infection or wholesale destruction of the crop, rendering useless all efforts to harvest a yield. Moreover, the disease persists under certain conditions in the soil for 10-15 years, always re-infecting a crop even when planted after an interval of so many years duration. The presence of this disease has caused Great Britain and other European countries serious losses, not alone within their own borders, but also in the valuable export trade in potatoes. Canada is quite free from this disease which causes such serious losses in other countries; but the danger once more looms on the horizon, since this disease has been discovered in certain areas of the United States.

Canadian farmers are well advised to continue their vigilance, especially as potatoes imported from the States are concerned. The person who through neglect on his part causes the disease to become established in Canada, will cause this country serious injury, probably of a lasting and irreparable character.

**DIVISION OF BOTANY,**  
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Nobody ever yet ran the furnace to the complete satisfaction of all the others in the family.

**WORKING COLT AT IMMATURE AGE**

One great mistake that many farmers make in rearing young colts is in not allowing them time to mature. They put them to work at an immature age in order to make them pay for their board. But when a farmer buys an automobile he does not count the cost of upkeep with such a close scrutiny as he does when he is discussing the cost of rearing colts. It is a frequently advocated theory that colts should be put to work at two years and pay for part or all their feed. Another wasteful method is the keeping of mares that have to do the work of an equal number of geldings and look for foals to pay for their keep over and above what they give in work. Both theories work far better on paper than they work out in practice. A rapidly growing draft colt at two years old is too soft and easily injured to be put to any steady work. It will take considerable time to break and harden him so as to get any work worth while out of him. With the high-priced labor which the farmer has to employ now he cannot afford to waste time during the rest of making and saving crops by fooling with two-year-olds. The colts will make him more money if they are allowed to run on good pastures. What little work they can do is entirely out of proportion to the expense and risk involved, to say nothing of the loss of work delayed, and the stunting of the growth which is so liable to take place when hitted to a steady tug at an early age. Heavy work between the age of two and three years is certain ruin to a young colt.

**DISAPPOINTMENT**

Mr. McDougall (to the minister, his guest during the festive season)—Are ye a teetotaler?

Minister—Weel, no—not strict.  
Mr. McDougall—Ah, then, ye'll no be wantin' lemonade or ginger beer, or such like rubbish; but ye'll just tak' what we tak'—plain water.

**THE MODERN WAY**

Bill—S'neagle!  
Bert—"Snot" neagle, "snow!"  
Jim—"Sceither," "s'nostrich!"

**KEEP FIT**

Never let your system get run down -- keep fit all the time

As long as you keep yourself strong and healthy, it is almost impossible to contract colds and other contagious diseases.

Don't wait until your system becomes weakened, but immediately you notice you are not feeling up to the mark, start fortifying your system against disease by taking Carnol. These remarks apply especially to children who do not realize the importance of taking proper care of themselves.

The peculiar feature about Carnol is that, while it is a preparation containing cod liver oil, it has a delicious taste.

Carnol is the ideal preparation for all run down conditions. It is an excellent remedy for anemia, consumption and all diseases of a wasting nature, due to impaired nutrition, poor and insufficient blood supply. Carnol provides food for the nerves and food for the body. It increases weight and builds up the whole system.

Carnol is of special value in the treatment of all nervous conditions marked by depression of the vital forces and usually caused by prolonged mental strain, overwork, nervous prostration.

Carnol has proven an excellent remedy in Rickets, that common disease of ill-nourished children, and in other ailments.

Carnol is composed of that wonderful nerve tonic—glycerophosphate salts. This is commonly known the world over as "The Blood Salts." It is the best blood builder and nerve invigorator yet discovered. Carnol also contains the soluble nutritive properties of fresh beef which stimulates and nourishes the system.

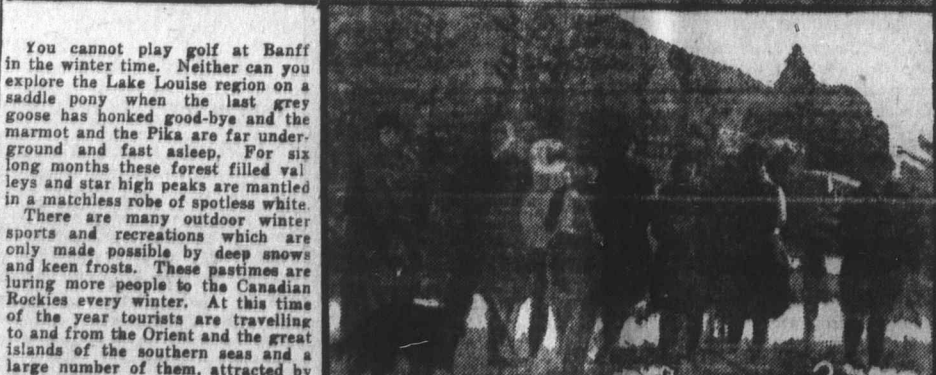
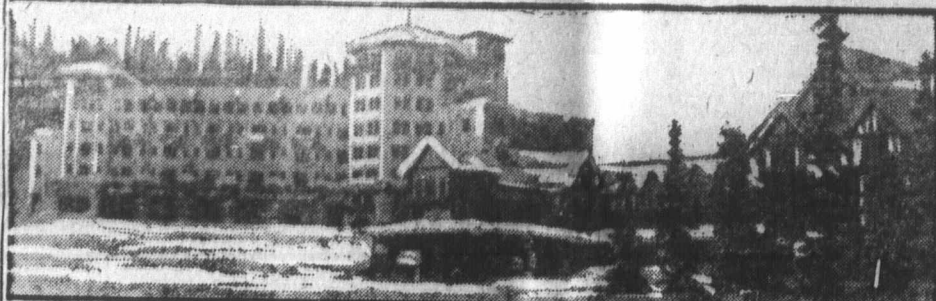
In addition, there is cod livers' extract with all the nauseating, bad-tasting elements removed.

Carnol is sold by your druggist and if you can conscientiously say after you have tried it, that it hasn't done you any good, return the empty bottle to him and he will refund your money. 5-122

SOLD BY H. E. CALKIN

Minard's Liniment prevents Spanish Flu.

**Winter Recreations in Canadian Pacific Rockies**



You cannot play golf at Banff in the winter time. Neither can you explore the Lake Louise region on a saddle pony when the last grey goose has honked good-bye and the marmot and the Pika are far underground and fast asleep. For six long months these forest filled valleys and star high peaks are mantled in a matchless robe of spotless white.

There are many outdoor winter sports and recreations which are only made possible by deep snows and keen frosts. These pastimes are luring more people to the Canadian Rockies every winter. At this time of the year tourists are travelling to and from the Orient and the great islands of the southern seas and a large number of them, attracted by the witchery of winter in the Rockies, are enjoying a novel and delightful holiday in this highland country where winter is a sparkling pageant.

There is no snow in the lands from whence these pilgrims come, yet, were you to travel there, you would find many a pair of snow shoes which have been carried across the Pacific as souvenirs from Canada's winter wonderland.

Banff Winter Carnival allures many visitors to the beautiful mountain resort. In 1922 it will be held from January 28th to February 4th. The carnival will feature—spring, art skating, figure skating, skating races, hockey matches for ladies and men, snowshoe races, toboggan races, dog races, snowshoe tramps, bob-sledding, trap shooting, swimming in the hot sulphur springs, ski jumping, sleighing, dancing. There will be an illuminated ice palace and fireworks. On the opening day there will be ski jumping by professionals and a ladies' hockey match.

Snow shoe "hikes" on moonlit nights are glad some events. To take part in a picnic in the pine woods at such a time is a never to be forgotten experience. There is a primitive urge which compels you to build a roaring firewood fire. Hot coffee and toasted bacon turn your picnic into a paradise.

Of the many thousands of tourists who visit lovely Lake Louise in summer, few there be who do not ask about this district in winter time. "Is it very cold here? And is the snow very deep? It is not excessively cold in winter. There are no high winds and no blizzards. No mid-winter thaws to spoil your furs and your sports. The average depth of snow is about five feet. It is very beautiful here after a fresh fall of snow. Trees are loaded down with it. Huge mushrooms of snow grow on every stump. Telegraph poles carry a tremendous "overhead" on their cross arms. Jack Frost has laid his icy

- (1) Chateau Lake Louise in winter.
- (2) A snowshoe party at Banff.
- (3) These two girls are experts in winter sports.

hand on noisy streams and placid lakes, and they are fast asleep. There is the same reverent hush which awes you in a great cathedral. You wonder if spring will ever come again. Do not forget to bring your camera because there is no close season for the person who hunts with a kodak.

You will have ample opportunity to make entries in your nature book and to picture not only the scenic beauties of this winter wonderland but also the wild life which is so prolific and so accessible in the mountain region traversed by the Canadian Pacific Railway.  
—Dan McCowan.

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