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CANNING AND VICINITY

Mr. and Mrs. Burleigh, Biddford, Maine, who are spending their honeymoon in Canning, are guests of Mr. and Mrs. Neary.

Mr. Samuel Chipman left for Boston on Friday on a business trip.

Mr. Jacob Cohen, who has been in Montreal and Toronto for a month, returned to Canning on Friday.

Large shipments of apples are going from Canning daily. A number of small craft have taken cargoes to Parrsboro and Moncton. The farmers are getting good prices for their apples in England, many farmers having their apples all harvested.

Mr. Frank Bailey, Kentville, is the station agent at Hildon this autumn.

Mr. D. Schofield, Habitant, has moved to Canning and will occupy Mr. Hardy Schofield's house while Mr. Schofield is living in U. S. A.

Mr. and Mrs. George McKenzie, Picton, who have been motoring through the valley the past few weeks, returned on Friday, being much pleased with their trip. Mrs. McKenzie has not been through the valley for twenty years and saw many improvements.

Mr. and Mrs. Clifford Bowly and Miss Josephine Harris left on a motor trip on Friday to spend the week end at Pugwash.

Mrs. Annie Parker, Scotts Bay Road, left on Wednesday afternoon of last week for Grand Pre, where she is a guest of Mr. and Mrs. Pincheon.

The Upper Canada Missionary Society met at Mr. and Mrs. Arthur Dickie's on Wednesday afternoon, Oct. 8. After the business meeting a social hour was spent over the tea cups and light refreshments served.

Mrs. Lawrence Slack and two children left for Mrs. Slack's former home in Sussex, N. B., last week.

Mr. and Mrs. Sheldon Eaton, who have been the guest of Mr. and Mrs. Charles Wright, and Mr. and Mrs. Roy DeWolf, Wolfville, have returned to Canning and are guests of Mr. Eaton's parents, Mr. and Mrs. N. W. Eaton.

Miss Huntington, who resides with her niece, Mrs. Leslie Baxter, was unfortunate in having a very bad fall, which compels her to keep her bed.

Mrs. Thomas Watson, Scotts Bay, and little daughter, are guests of Mr. and Mrs. William Burbridge.

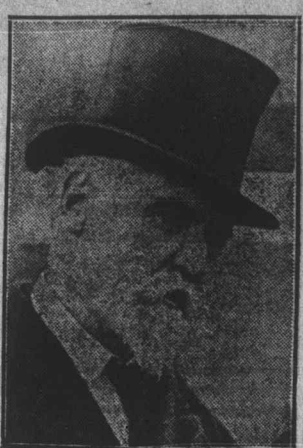
Miss Ada Reynolds returned to Canning on Saturday evening, after spending a most enjoyable two months' visit in Halifax and Windsor.

Fredric Smith, who has been a most courteous clerk at Mr. James Kennedy's, has taken a position in the Post Office. Mr. Robert Smith will fill the position at Mr. Kennedy's.

Mrs. Clifford Bowly and daughter are guests of Mrs. Bowly's parents, Mr. and Mrs. Joseph Northup. Mr. Bowly is having his holidays and will spend his vacation with his brother, who is seriously ill.

Mr. C. W. Cameron, New Glasgow, is relieving Mr. Clifford Bowly, manager of the Bank of Nova Scotia. Mr. Cameron is a guest at the Waverley Hotel.

WILL LEAVE BERLIN



As soon as arrangements in connection with the working of the London pact are in operation, Lord D'Abernon, British Ambassador to Germany, will resign his post, according to reports.

Mrs. Zillah Parmenter, of Boston, who spent a week in Canning and Canning, returned to her home in U. S. A. on Friday.

Chautauqua closed in Canning after a successful engagement, and guarantors were secured for the coming year.

Dr. Clarke, pastor of St. Matthew's church, occupied the pulpit of Upper Canada Presbyterian church on Sunday morning, a large congregation listening to an eloquent and helpful address, subject, "Right Views of Religion." Dr. Clarke preached on Sabbath evening in Community Hall, Sheffield Mills, his congregation being large and appreciative.

WHITE-STEELE

Miss Ethel Steele, youngest daughter of Mr. and Mrs. Norman Steele, formerly of Scotts Bay, became the bride of Mr. William A. White, of Ontario, at noon Monday, Oct. 6, in the chapel of the White Memorial Hospital, Los Angeles, California, Elder W. C. Wirth officiating. They will reside on Terracina Boulevard, Los Angeles.

Mr. and Mrs. White will study at the University of Redlands during the coming winter, specializing in public speaking and French. They are preparing for the mission field as representatives of the Seventh-day Adventists.

MISS MARY RANDALL

There passed away on Monday, Oct. 6, at the home of her nephew, Mr. Joseph Green, Centreville, Miss Mary Randall, of Orkney Island, Scotland. Miss Randall came to Nova Scotia as a nurse. About 45 years she has been in and about the homes at Kingsport and Centreville, nursing. A faithful Christian character she has shown through her life and will be much missed. Miss Randall was 70 years of age.

The burial took place on Wednesday afternoon at the old Presbyterian Cemetery, Chipman's Corner, Cornwallis. Pall bearers were Miss Randall's nephews, Rev. Mr. Crosby, Kingsport, officiated at the service. Miss Randall was a member of the Canard Presbyterian church.

KINGSPORT

Mrs. Frank Loomer was the hostess on Friday of Kingsport Women's Institute, president, Mrs. J. D. Ellis, presiding. The programme was an interesting one, and included readings by Mrs. E. I. Loomer and vocal solos by Mrs. Holden. Supper was served and a delightful evening spent.

The Working Band of Kingsport Congregational church held an interesting meeting at the home of Mrs. W. R. Woodburn, Friday afternoon.

Miss Charlotte Dickie leaves in a few days for Bermuda, where she will spend the winter.

Minard's Liniment for Aches and Pains.

Rheumatism.

Apply Minard's to the aching spot and get quick relief. The remedy your grandmother used.



EATING FOR HEALTH

Correct eating habits will practically do away with doctor bills and there should be given some thought and study.

Everyone needs protein foods, such as meat, cheese, eggs, peanut butter, beans, milk, etc. Growing children need it to supply bone and muscle tissue. Adults need it to repair tissue used in living, breathing and working. One-fifth of the meal should be protein.

Fats, such as salad oil, oleomargarine, butter, etc., are needed to give heat and energy, and should be about one-fifth of the meal.

Carbohydrates are very necessary. These will be found in potatoes and starchy vegetables, cereals, sugar, honey, canned or fresh fruits. They also supply heat and energy, and should be about two-fifths of the meal. This means that heat and energy foods should comprise three-fifths of the meal.

Minerals are needed in bone, teeth, hair and nails. Foods strong in minerals are eggs, milk, meat, rolled oats, fruits and fruit juices, vegetables; they regulate body processes. The body also needs a generous amount of good drinking water.

A well-balanced meal would consist of some food in each class, but many times living conditions make it better to strive for a balance on a whole day's meal than to attempt to balance every meal in the day.

WHOLE WHEAT BREAD

Vancouver Morning Sun.—The Bulgarian peasant who eats rye bread and the Highland crofter who lives largely on oatmeal and oat cake are better nourished than the well-to-do townsman for whom miller and baker combine to make the whitest possible bread.

And that is one reason why peasant and crofter escape cancer, while people who live in luxury show an ever-increasing liability to the disease.

Wheat and other cereals are ideal foods when left in their natural condition; they become debilitating and dangerous when all the husks and body-building material have been extracted.

For these husks contain certain substances which promote the natural processes of digestion and enable the body to throw off the poisons that accumulate in the intestines as a consequence of the artificiality of much of the food eaten by civilized mankind. Equally, possibly more important, are the vitamins of which the flour is robbed by the miller.

Ellis Barker, the well-known English writer, in a recent book, has shown that while it may not be possible to cure cancer, it is possible to prevent a great deal of it.

Mr. Barker is not a doctor, but his book is likely to do greater service in the prevention of the disease than dozens of medical works. He demonstrates first of all that cancer is a disease of civilization and the more civilization progresses, that is the farther away people get from foods in their natural state, the greater the spread of the disease.

Then he goes on to show how we remorselessly kill off the vitamins, the life-givers, by overrefining and overcooking; and how, if we are to extricate cancer, we must abandon the white loaf for the whole-wheat loaf and our over-boiled vegetables for green stuff in salads and other forms.

"Eat whole-wheat bread," he says, "That is the way to ward off cancer and other diseases." And Sir Arbuthnot Lane, the great British surgeon, who probably knows more about the human digestive tract than any man living, agrees with him absolutely.

GOOD MANNERS

Without a doubt you have at some time or other sat opposite a man or woman on a dinner or in a cafe whose table manners were charming. Again, you have noticed in just such places people who draw attention to them-



Free recipe book on request.

selves by their questionable use of silver, napkins, china, or water goblet.

There are many, many books on etiquette; and regardless of the jesting about reading such books, how many times those who joke about it are found sadly lacking in the knowledge of correct table manners as well as other rules of etiquette?

In the matter of etiquette, table manners occupy the position of most concern. Regardless of our positions in life, we have a responsibility in the matter of pleasing-table manners whether for ourselves alone or as the mother or father of a family. A wise mother considers good manners as essential in the lives of her children as clean clothes, wholesome food and correct speech.

Providing the table is set correctly, we shall find the napkin at the left of the plate (although some authorities say the right), with the fold at the extreme left. Being seated, our chair should be drawn to the table until the chest is about eight inches from the edge of the table. The body is erect, but not stiff, and feet on the floor. The napkin should be picked up and unfolded lengthwise once and placed across the knees. In using the napkin to wipe the mouth use only the corner.

TESTED RECIPES

Scones.

Two cups flour, two teaspoons baking powder, a piece of butter the size of a walnut. Some milk, part of a beaten egg. Mix the powder and flour; very lightly rub in the butter, and mix to a light pliable dough with fresh milk. Lightly roll out, cut into convenient shapes and size, brush over with beaten egg, and bake at once in a quick oven.

Parkies Cookies.

One cup sugar, one and one-half cups oatmeal, one cup white flour, one-half cup molasses, one-half cup butter or lard, one teaspoon soda in half a cup of milk, drop egg in last, adding a little salt, raisins and nuts. Drop from teaspoon into pan.

Bacon and Cabbage. For each serving allow a cup of shredded cabbage. Crisp slices of lean bacon, remove, mince and sprinkle over the cabbage. To the bacon fat add one teaspoon vinegar, a little salt and pepper and pour over the cabbage. Serve at once or cover for a few minutes before serving.

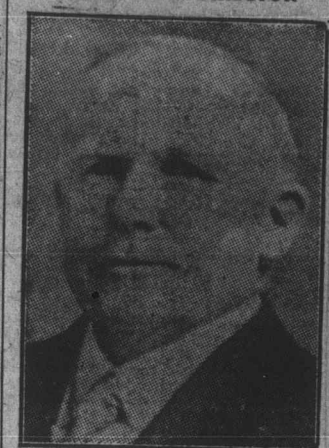
Mixed Sandwich Filling. Five tablespoons butter, five tablespoons minced cold boiled ham, eight tablespoons minced cooked chicken, one-half teaspoon salt, one tablespoon minced parsley, one-quarter teaspoon paprika. Work butter to a cream with a fork. Add remaining ingredients and mix smooth. Spread on thin slices of bread and press firmly together.

White Sandwiches. Cut thin slices of bread and white bread and shape to match. Spread with creamed butter and fill with cream cheese, minced olives and nuts worked smooth with a little cream. To two tablespoons cream cheese add one tablespoon each of olives and nuts.

Tactae. This popular candy is made by boiling a cupful of sugar and three tablespoons of water to the hard-ball stage and then stirring in three quarts of popped corn and making up into little rolls wrapped in waxed paper.

Think before you speak, and then remember that it isn't always wise to say everything you think.

NEW C. N. R. DIRECTOR



Matthew Lodge, of Moncton, N. B., has been appointed to the directorate of the Canadian National Railways.

SIMPLE AND HANDY

A great many motorists have the hood cover connected by means of a string into the inside of the car so that the radiator may be covered or uncovered at will without the necessity of the driver going around to the front to do this. By having a register set in one of the toe boards of the car or what is simpler, install another board with a large section cut away, an immense amount of heat will come up

into the radiator cover is controlled by the radiator cover is close to the hood the water up. Then, when minimum temperature, immediately cover is stopped, in power plant with radiator and the time.

If a part of the cooling system is frozen so that the water will not circulate, the car will be stuck within a very few minutes. The radiator engine is started, the radiator top, will be entirely covered by thawed out by pouring warm water either from a hose or from a radiator and lower radiator hose, also over the pump if the hose is impossible to get warm water running from any hydrant. The radiator is considerably above freezing temperature by allowing the water from a hose connected to a hydrant to flow over the radiator, this will help melt the ice. If the entire front of the radiator warms up after the water has started, it means that the water is circulating freely and therefore is frozen in any part of the circulation.

The little trouble required to watch of the temperature of the radiator and control the radiator covering accordingly will well repay the driver satisfactory results by more efficiency in the car.

A soft answer may turn away wrath, especially if you carry a big stick.

Possibly a deaf and dumb man could drive a mule team without swearing that you could hear him.

The flapper may be dumb in slang sense of the word, but not in other.

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The Acadian

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