

Canard Notes

The members of the Upper Canard Baptist church met at the parsonage Thursday afternoon, to organize a "Dorcas Society," to work for the needy in the community.

The annual business meeting of the Upper Canard Presbyterian Church was held on Friday evening January 21, the pastor, Rev. G. A. Logan, presiding.

The following officers were appointed Church Clerk, Robert Harris; treasurer, Sherman Belcher; mgrs. Percy Ellis, Whitfield Ellis, W. D. Burgess, John Sheffield, Hamilton Morris, A. Dickie, Robert Harris, Sherman Belcher; ushers, Arthur Dickie, Aubrey Newcombe, Oscar Chase; organist, Mrs. Arthur Dickie.

The church has had a good financial year, \$400.00 including Forward Movement Fund having been contributed. The church has a resident membership of 75, there being 48 families.

The sum of \$100 was presented to the church, as a memorial to one of our boys who enlisted for overseas service.

Supper was served by the ladies of the congregation and a delightful hour spent with the pastor, Rev. G. A. and Mrs. Logan. This ended one of the most successful years in the history of the church.

HEALTH IN WINTER

In winter everything conspires against health—the temperature, both indoors and out, clothing, food. Man in his disregard of hygiene does little to counteract the danger. It is well, therefore, to remind ourselves of some of the simple rules of health that, if observed, will increase our power to resist disease.

In winter the two parts most vulnerable to disease are the digestive and the respiratory tract. In summer a person eats fresh vegetables and fresh fruits and has less appetite for heavy meats, in winter when the canned vegetables are not so tempting or so nutritious, he instinctively turns to meat.

In winter a person should wear clothing as light as is consistent with comfort, and as loose as possible, for tight clothing disturbs the circulation, upon the healthy condition of which the power of resistance may largely depend.

THE BALLYBUNION STATE

(From the Washington Post) Miss Mollie Carroll, the actress who flew over the British Embassy dropping leaflets of protest about Ireland, said at a Washington dinner party the other day: "Poor Ireland! I know an Irish boy named Mike Shane who immigrated into America last month. When he reached here the immigration officer started to question him. 'Where do you come from?' he says. 'I come from Ballybunion,' says Mike. 'Ballybunion,' says the immigration officer. 'And what state is Ballybunion in?' 'Faith sor,' says Mike 'she's in a horrible state. That's why I immigrated.'

Dr. DeVan's French Pills A reliable Regulating Pill for Women. 25¢ a box. Sold at all Drug Stores, or mailed to any address on receipt of price. The French Pill Co., St. Louis, Mo.

CANADA LOSES RANK AS MARITIME POWER

In Seventy Years She Has Dropped From Third to Eighth Place

Seventy years ago Canada was the world's third Maritime power. Today, through lack of interest to Canadians in their maritime affairs, she is in eighth place. Today the protection of Canadian trade routes is not given by Canada, and her 8700 ships, manned by 47,000 men, are neither officered or manned by Canadians.

The start of all navies has been from the merchant marine service" said Capt. Donald Monro, C. M. G., R. N., recently, in discussing Canada's naval future. "I am convinced that the best thing for Canada to do is to get a sound sea instinct permeating through her population. This can only be done by training the young; the provision of fighting ships necessarily must follow afterwards."

Capt. Monro was chief advisor to the British Admiralty during the war on empire port defence, and at the present time is touring Canada under the auspices of the Navy League. With his trained eye he has sized up the naval situation in Canada and is endeavouring to show to all British Dominions that definite contributions must be made to Great Britain by all her colonies.

WHO AM I?

Who am I? I am a means of thrift. I am a bulwark of defense. I am a booster of education. I am a child of civilization. I am a friend of the school-boy. I am a symbol of human progress. I am a spur to peoples' pride. I am a groove to the market place. I am a savor of seasons and climates. I am an open sesame to comfort and joy. I am a shrinker of space and a saver of time.

I am a tie that makes neighbors of strangers. I am a lure for them who fare for pleasure outside a city's gates. I am a standing invitation to the tourist to come my way past fruitful fields and through quiet woods. I am an upholder of nature upon the base that Mother Nature has marked out for men to follow in their architecture. I stand to the world as a sign of what are the dreams and hopes and aims of men for themselves and their children.

I am a weaver of community spirit that touches in common the folk who live in the marts of trade and those who abide in hamlets and along the quiet lanes. Who am I? I am a good road.

INCREASED LICENSE ON N.S. MOTORS.

A big increase in the license fees on all motor vehicles is the feature of the new schedule which has just been issued by the provincial government. The schedule shows that the fee for all light automobiles such as Fords has gone up from \$16 to \$25. The license on all other motor cars has gone up in proportion to their horse-power. The highest fee is \$60 for all vehicles over 40 horse-power. The new number plates for 1921 will have black letters on a green background.

Minard's Liniment for Colds, Etc.

FURNESS LINE Regular Sailings Between Halifax, St. John's and Liverpool, Eng. Halifax—London, Eng. Every facility for Export of Apples Passenger Service Halifax St. John's Liverpool Apply to Furness Withy & Co., Ltd. Halifax, N.S. St. John, N. B. Sydney, N. S. Montreal

INVESTMENTS! A full LIST of STOCKS and BONDS for the NEW YEAR. YIELDING from 6% to 8%. DELIVERED at your Bank, at prices quoted by Halifax. St. John, Montreal and Toronto. Write or phone 22-31

Piles Cured Permanently Without Drugs

Internal Bathing Relieves the Cause.

Mr. A. N. Steele, Cupar, Sask., writes: "I had been troubled with my stomach, Piles and Constipation for years until I had become very thin and looked 20 years older. A leading Doctor in Regina told me that the main canal was badly ulcerated. I gradually became worse, until one day, when purchasing a threshing outfit from Mr. Russel of Regina, Mr. Russel noticed my condition and said: 'I can cure you. Get a J. B. L. Cascade.' Well, I did so, and the first night I used it I slept all night for the first time in weeks, and in a short time felt quite myself again. It also cured my piles, which had troubled me for years."

BUILDING COSTS SHOULD DROP

We look for a reduction in the cost of building during the next few months, says the Canadian Building Review. During the past six years the prices of building materials have advanced on an average of 140 p.c. One half of this increase has come since July 1919. Wages in the building trades (averaged over the whole country) since 1914 increased about 65 p.c. The result is that building last September cost on an average of 100 p.c. more than in pre-war times. Reductions in the cost of building should naturally first be expected in material prices, because they have had the greatest advance and prices of commodities change more readily than wages. Lumber and brick have already turned downward and other materials are following. When we come to consider what has taken place we find that the readjustment in building costs has already made great progress and that by Spring there is hope of sufficient stabilization to again make a real estate first mortgage covering not more than 60 p.c. of the building costs, a gilt edge investment. As to labor, there will be a levelling process. There should be a drop in the price of common labor and the outlook at present is that many skilled workmen will be glad to work for less. General efficiency which was approximately 75 p.c. in 1914 and which dropped to 50 p.c. a few months ago should get back to 1914 levels. This will be a most important factor in reducing costs. It is generally conceded that 1921 and 1922 will be the most economical years in which to build for a decade to come.

Canada has more than 15,000 churches.

Minard's Liniment for Garget in Cows Cause of Early Old Age The celebrated Dr. Michenhoff, an authority on early old age, says that it is "caused by poisons generated in the intestines." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound.

FOR SALE On Easy Terms 2 Heavy Draft Horses 1 Driving Mare The Supply Co., Ltd. Canning, N. S.

AUTOMOBILES FOR SALE! Several second hand Autos. All thoroughly overhauled and ready for the road. T. E. HUTCHINSON WOLFVILLE

THE QUALITY ELECTRIC STORE Some January Specials that are Bound to Interest You BEAUTIFUL MAHOGANY PORTABLES Reg. \$23.85 and \$10.00, reduced to \$20.00 and \$9.00 READING LAMPS, \$3.50, \$6.50, and 7.50 BOUDOIR LAMPS, \$9.25 to \$13.50 Also do not forget we stock Electric Sewing Machines and Washers. Free demonstrations on request. QUALITY ELECTRIC WIRING OUR SPECIALTY J. C. MITCHELL Phone 118 Central High Street

OUR FORESTS

The necessity for further education along the line of conservation of natural resources is plainly evidenced by a perusal of the laws covering forest protection. The laws of any country may be behind the degree of development of public opinion at any given moment, but the absence of a law must surely denote the absence of an enlightened public opinion among that particular line. Nova Scotia's lumbering industry may not be quite so extensive as that of New Brunswick or British Columbia, but it is quite sufficiently important and valuable to need all the protection which modern thought and experience have proved desirable. The law of Nova Scotia limits the diameter of trees for cutting to 5-inch and 10-inch poles, and affords the added protection of making the permit to cut smaller trees more expensive than cutting the larger ones. But it contains no provision for reforestation, and the area cut over may be left to itself and grow up with less valuable varieties of wood, either for home use or for exportation.

In all new countries, vast areas are apt to be covered with wood growths, and early settlers are inclined to be careless and extravagant in their use. The habit is handed down from father to son and is apt to continue long after the disappearance of valuable trees should of itself be a warning against useless or extravagant destruction. Of late years research has shown us how essential forests are, not merely to provide the timber without which we seem to be unable to carry on modern civilization, but also as conservers of the soil and its fertility, upon which life itself depends. Such knowledge seeps through to the great mass of indifferent people very slowly and the demand for the practical application of its fundamental principles comes about more slowly still.

Governments do not as a rule go far ahead of the demands of the people. For this reason, educational propaganda along various lines becomes a real necessity if a democracy is to move forward to its goal. Schools, colleges, homes, churches and newspapers should continue to impress upon the present and the rising generations the need of forest protection and conservation in Nova Scotia, to the end that a progressive policy for the conservation and recreation of our wood resources may be adopted.

The Canadian Presbyterian Church has 4,563 congregations.

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—A gitate, 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.

Business meeting of the W. C. T. U. the last Monday of every month.

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—Mr. William Chipman Parlor Meetings—Mrs. D. G. Whidden Labrador Work—Mrs. J. W. Vaughn Fishermen and Lumbermen—Mrs. W. E. Fielding Anti-Narcotic—Mrs. W. O. Taylor. Flower Fruit and Delicacies—Mrs. A. W. Blackney Christian Citizenship—Mrs. B. O. Davidson Press—Mrs. M. P. Freeman White Ribbon and Willard Hall—Mrs. T. Hutchinson. Temperance in Sabbath Schools—Mr. C. A. Patriquin.

FIGURE THIS OUT FOR YOURSELF How many apples did Adam and Eve eat? Some say Eve 8 and Adam 2—a total of 10 only. Now we figure the thing out far differently: Eve 8 and Adam 8—total 16. We think the above figures are entirely wrong: If Eve ate and Adam 82, certainly the total will be 90. Scientific men, however, on the strength of the theory that the antediluvians were a race of giants, reason something like this: Eve 81 and Adam 82—total 163. Wrong again. What could be clearer than if Eve 81 and Adam 812 the total was 893? I believe the following to be the true solution: Eve 814 Adam and Adam 814 Eve—total 8939. Still another calculation is as follows. If Eve 814 Adam, Adam 8142 oblige Eve—total 82,056. A well proportioned man should weigh 28 pounds for every foot of his height.

Professional Cards.

Dr. Leslie E. Eaton Dental Surgeon Office formerly occupied by Dr. McKenna. Tel. No. 43.

Blauvelt & Withrow BARRISTERS and SOLICITORS Real Estate and Insurance. Herbin Block, WOLFVILLE, N. S.

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

E. A. CRAWLEY A. M. Eng. Insp. Canada Civil Engineer and Land Surveyor Registered Engineer and Nova Scotia Provincial Land Surveyor WOLFVILLE, N. S.

O. D. PORTER Auctioneer for Wolfville and Kings County Sales will be taken at pre-war prices \$5.00

DR. J. T. HOTCHKIS Veterinary Surgeon WEBSTER ST. KENTVILLE. Phone 10

R. J. Whitten & CO. HALIFAX Receivers and Sellers of all kinds of Farm Produce. Consignments Solicited. Prompt Returns.

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.

Motor Trucking!

Any one wishing trucking of any kind done. Apply to L. G. Baines Phone 137-12.

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