

ST. JOHN'S CHURCH, CORNWALLIS
XMAS-TREE

This is the season of Xmas-trees and productive of joys and pleasures to young and old. The good will and hospitality of the Xmas season has a great influence in our social life. On Wednesday evening, Dec. 21st., St. John's Church, Cornwallis, held its annual Xmas tree and entertainment. Beginning with a supper which is a drawing card for the adults, the Parish hall presented a lively scene for immediately after supper the children resorted to lively games which gave them the needed exercise and fitted them to enjoy the entertainment which followed. This entertainment was under the guidance of Mrs. Fred Ibsen and consisted of dialogues, recitations and singing all done by the Beginners and Primary Classes. Indeed there seem no intermediate or older children in this congregation—a new generation is verily coming on in Church Street. It was truly wonderful to see what an entertainment the little ones can give under the direction of Mrs. Ibsen, and Mr. Fred Ibsen as Santa Claus dispensing the presents from the tree was one of the features of the evening. Another feature of these entertainments is "presentations" made to honored members of the congregation. This year Mrs. Sophia West, for over thirty years the care-taker of the Church and Parish hall was presented with a neat little sum of money. Another presentation was a handsome gold watch to Mr. John Donaldson, for nearly twenty years superintendent of St. John's Sunday School. The address to Mr. Donaldson follows:—

Dear Mr. Donaldson:—We feel sure that you do not realize how great a pleasure it is to us to have the presence of yourself and Mrs. Donaldson at this annual Christmas tree entertainment of the Sunday School of St. John's Church, Cornwallis. We have always highly valued your presence in our midst and as year after year has elapsed, we have been gradually led to look up to you as one worthy of the highest esteem and indeed to be honored.

Although you have, as we all know, been keenly interested in every phase of the life and activity of St. John's Church, the special department of the church's work which you may well call your own, has been the Sunday School, of which you have been the faithful superintendent during the exceptionally long period of upwards of twenty years. As an able and prudent Bible Class teacher we feel righteously proud that you name is known throughout the Diocese. During all those years you have influenced for good a large number of young men and women. You have been enabled by the grace of God to make your exemplary life tell upon the life of many another.

It was you, in your capacity of Sunday School teacher, who first visualized the real need of an efficient Parish hall in this parish, and you both labored and gave unstintingly of your resources for its erection, the result of which we are all able to be present and enjoy ourselves in such an edifying manner this evening. We today realize what a hindrance the lack of a Parish hall would be to the church. Your self-sacrificing principles, your counsels and admonitions, have borne considerable harvest. Many were the ones who went forth from this parish and community to assume their share of the great struggle for national honor and righteousness and a record was reached in the fact that, of a class of nine boys which had been taught by you, five actually saw overseas service, and one gave all that a man can possibly give—his life.

The two most important works of a church are, first, the instruction of the

young in the Sunday School, and, second, what it does for the enlightenment of the heathen through its missions. You have been as ardent a worker in the cause of Missions as you have been diligent a teacher in the Sunday School.

The tide of your patriotism has at all times risen very high, and you have been foremost in, and often the originator of the various endeavours for the uplift of our community in general.

Letters, too numerous to mention, speak in the highest terms of the regard in which you are held by those with whom God has pleased to bring you in contact and all are most anxious to make you aware of this fact in some tangible manner. These are now men and women, scattered all over the American continent, both in Canada and in the United States, many of them leaders in their special spheres, and all of them doing well in their life's work, but all of them past and present scholars and teachers of your Sunday School.

We feel that you now at length deserve, as you desire, a cessation from the more exacting duties in connection with our Sunday School, and we, the scholars and teachers, past and present, of St. John's Sunday School, ask you to accept the accompanying gift as a slight token of our esteem, good will, and our appreciation of your services in the Great Master's cause.

We are pleased to note that your spirituality must needs have found another outlet in that you have already opened ostensibly in your own home a Sabbath class for the instruction of the youth in your neighbourhood, who have not as yet been attending any Sunday School regularly.

We pray that every blessing may rest upon yourself and your thoughtful helpmate, Mrs. Donaldson, and that you may both be spared, for many years to come, laboring for the Master.

Signed on behalf of St. John's Sunday School,

AGNES L. ROBINSON
Sec.—Treas.

CITIES ARE WHAT MEN MAKE THEM

Cities are what men make them,
Wherever the cities may be;
Whether out on the desolate desert,
Or set by the surging sea,
Tho' they cleave to the breasts of the mountains
Or nestle by rivers broad,
Cities are what men make them,
On the land that is given of God.

Cities are what men make them
What men demand they shall be
Slothful, sloven and sleeping,
Progressive, beautiful, free,
If the hearts of the builders are noble
In one with the day and the need,
They build into grandeur and greatness
For so it was ever decreed.

So take up your task as you find it,
Nor grumble at what you have not,
Be one of the men to make greater
The place where you cast your lot,
If the ocean shall threaten to whelm you
Build a dyke that will laugh at its might,
Cities are what men make them
Who are willing to labor and fight.

—By Daniel Lovelce.

Now is about time for the municipal aspirants to make their bow.

THAT'S VERY STRANGE

Tea is gathered from the plant four times a year.

It takes eight quarts of milk to make one pound of cheese.

The inhabitants of France smoke twice as much now as they did before the war. During a bull-fight in Madrid a bull leaped the barricades and gored a printer who specialized in bull-fight posters.

Dr. J. Leblish, a veterinary surgeon, is to establish the first dental clinic in New York for dogs and cats with missing or aching teeth.

A gramophone has been invented which plays a dozen records continuously without attention, and returns each when finished to its proper place in an album.

The police of Prague carry receipts for fines for various sums in their pockets and present them for immediate payment to people who break the peace by playing on musical instruments in the streets at the wrong time.

THAT "STITCH IN THE SIDE"

Any exercise to which we are not accustomed requires a speedy renewal of the oxygen in our blood, as the rapid movement of the muscles uses this up at an exceptionally high rate.

This extra supply of oxygen is supplied to the lungs, and through them to the blood, mainly through the operation of the large breathing muscle called the diaphragm, which, though strong and broad, is rather delicate at certain points.

The diaphragm is attached to the inner surfaces of each of the six lower ribs by fine strips of fibre, and the ribs themselves are moved by muscles between each of them.

Running, therefore, not only causes an extra strain upon the diaphragm itself, and also moves the ribs more rapidly, but puts an unaccustomed burden upon the strips of fibre which connect the two, thus causing the pain which we call a "stitch in the side."

A bill has been introduced in Washington to make Armistice day a permanent legal holiday.

PRACTICAL TEACHING

(From the London Advertiser.)
A teacher in the Forest High School, Miss Walkif, took a number of her pupils to one of the sessions of the town council a few nights ago in order that they might hear how municipal affairs are handled and discussed.

This same thing may have been done before, but it must be a new idea to a good many, and one that has great possibilities.

The average citizen knows very little

of the affairs that go on at the council meeting, no matter if he lives in the country, the village, town or city. A general knowledge of the scope of matters dealt with in a municipal council, an idea of the affairs of the place are handled, and of the machinery that has been fitted for carrying on this work may very well be the means of starting an interest in many a young mind that will never die down.

Civic politics all over the country have suffered for years because the people

did not know very much about them. The teacher in Forest, who is carrying on this kind of work is performing a real service.

Advertising is not an expense. It is a modern practical, proven method for reducing the cost of selling. He who is successful in his advertising, is successful in selling his goods at a lower expense than he would otherwise do.

Minard's Liniment for Distemper

Can Any Canadian City Beat This?



THE mild and equable all-the-year-round climate of Victoria on Vancouver Island—a climate which is bringing so many Canadians and Americans to the beautiful Empress Hotel—is demonstrated most convincingly by the record of the thermometer. According to figures supplied by the meteorological office of the Dominion Government the lowest point reached during the year 1920 was 25 degrees Fahrenheit in the month of January, while in only one month, namely July, was any higher point reached than 84 degrees. The mean in the hottest summer month of August

was 61 degrees while the mean over the whole year was 50 degrees. The winter months of January and February show mean temperatures of 39 and 42, although temperatures in both months were recorded as high as 53 degrees. No wonder that the grass is always green and that Spring comes early in this equable and delightful climate. Victoria is par excellence Canada's City of Flowers, and the Empress Hotel as its social centre is a perennial attraction for young and old.

RECORD OF 1920 MEAN TEMPERATURES VICTORIA, B.C.

Table with 2 columns: Month and Mean Temperature. Rows include January through December with corresponding temperature values.

For Sore Throat, Cold in the Chest, Etc.



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If you only knew—

Your Future?



The type of man who protects his home—



Will, as the years pass by—



Find increasing prosperity—



And in due time reap the rewards of success.

that your good health would continue, even for one day—
that twenty years from now you would be alive and well off—
that your present income would remain secure and always available for you or your family—
You might then plan your affairs accordingly. But to know these things is impossible.

The Only Way

You can, however, anticipate the years, capitalize your present health and earning power, and thus make certain of twenty years' progress now, by securing in good time our

Home Protection Policy for \$5,000

This plan is the basis of all life insurance. It provides an "Estate" at the lowest net outlay it is possible to obtain. Experience has proven that it offers maximum insurance at minimum cost. The annual outlay is comparatively small, being only a moderate rate per cent on the capital "estate" created, according to age. The average is about 3%. Even these small payments are reduced by dividends. Many policyholders in the Canada Life have lived to draw large sums from this form of policy for their own personal use. Cash values are guaranteed—a fund for emergencies. A monthly income of \$50 is paid if you become totally and permanently disabled before reaching age sixty. Policy continues in force while any cash value remains, thus preventing lapse and loss of protection. If it is desired to stop paying premiums any time after the third year, a "paid for" policy is issued for a proportionate amount, on which no further premiums are required.

Remember:

A policy on your life may do much that you intend to do, if you live. It may pay off the mortgage, supply food and clothing for your family, keep the children at school and prevent a forced sale of your other property. It may be all that is left of your life work—to keep you in comfort in your old age.

Ask For Particulars

Canada Life

Assurance Company
H.E. WOODMAN
District Representative,
Wolfville, Nova Scotia

Form for requesting a policy: CUT OFF MAIL TODAY, Canada Life Assurance Company, Dear Sir, Without obligation on my part, please send me particulars of your Home Protection Policy. Name, Address, Date.

We Sell and Recommend



WOOD'S COFFEE speaks for itself. Our sales this year will over run 1200 lbs. Why buy Coffee in tins when you can get your coffee freshly ground from our mill while you wait. Try a pound today.

W. O. PULSIFER, PHONE 42