

### Testimony From a High Authority as to the Value of Orange Meat

**I**N an address to the Canadian Association of the Master Bakers at their Convention, held in London, Ont., August 14th and 15th, 1906, Professor Harcourt, of the Guelph Agricultural College, said, among other things, as follows: Various types of breakfast foods may be roughly divided into the following classes:— 1st, The uncooked, such as granulated oats, etc., which require long cooking to make them palatable and aid digestion; 2nd, Partially cooked, such as rolled and flaked grains. In this process the cell walls are ruptured by the crushing, consequently, they require less time in their preparation for the table; 3rd, Cooked foods; 4th, Foods termed pre-digested, such as Orange Meat, etc.

A large number of foods have been analyzed, and some of the results are incorporated in the following table. In nearly every case the figures are the average of a number of analyses:

	Calories per gram.
Orange Meat .. . . . . .	3,968
White Bread .. . . . . .	2,721
Entire Wheat Bread .. . . . . .	2,486
Graham Bread .. . . . . .	2,610

This shows the great advantage in favor of Orange Meat as a heat producer.

couldn't enjoy the evening, for I thought every minute that you would faint from exhaustion. I am reminded of a little experience that I had two or three summers ago. One hot evening I boarded a trolley-car. There was a man near the door with a cross child in his arms. He stood in front of his wife who was wearily trying to soothe the fretting baby on her lap. A picnic basket at her feet, which I didn't notice as I entered, tripped me and sent me lurching into the man. Of course I apologized. "How happy we should be," he said, "if it were not for our pleasures." I thought the remark singularly appropriate. 'And I don't fail to get the application, Herbert,' laughed Elsie gently.

### THE NORTHERN MESSENGER.

#### ANNUAL SUBSCRIPTION RATES.

(Strictly in Advance).

Single Copies	\$ .40 a year
Three Copies, separately addressed if desired, for	1.00 "
Four Copies, separately addressed if desired, per copy	.30 "
Ten Copies or more, to one address, per copy	.20 "

Four copies, separately addressed, one year for one dollar, if three are new.

Six months trial at half the above rates.

Postage included for Canada (Montreal and Suburbs excepted), Newfoundland and the British Isles; also for Bahamas, Barbadoes, Bermuda, British Guiana, British Honduras, British North Borneo, Ceylon, Cyprus, Falkland Islands, Fiji, Gambia, Gibraltar, Hongkong, Jamaica, Leeward Islands, Malta, Mauritius, New Zealand, Northern Nigeria, Sarawak, Seychelles, Sierra Leone, Southern Nigeria, Transvaal, Trinidad Tobago, Turk's Island and Zanzibar.

U. S. Postage 10c extra to the United States, Alaska Hawaiian and Philippine Islands except in clubs, to one address, when each copy will be fifteen cents extra postage per annum.

Foreign Postage to all countries not named in the above list, fifty cents extra.

Samples and Subscription Blanks freely and promptly sent on request.

#### A SPLENDID GROUP—TRY IT!

The 'Witness' For over sixty years unrivalled in the confidence of the Canadian public. Latest news, market reports, etc., financial and literary reviews, good stories, home and boys pages, queries, etc., etc. Valuable departments devoted to farming interests. A clean commercial, agricultural and home newspaper. (Send for a sample.) \$1.00 a year.

With the 'Messenger' \$1.20.

'World Wide' A weekly reprint of the best things in the world's great journals. Reflects the thought of the times. Best cartoons of the week. The busy man's paper. Nothing like it anywhere for the money. Send for a sample. \$1.50 a year.

With the 'Messenger' \$1.75.

'Canadian Pictorial' Canada's popular illustrated monthly. High grade paper, high grade pictures. Interesting to young and old alike. Many of its full page pictures suitable for framing. \$1.00 a year.

With the 'Messenger' \$1.00.

The 'Northern Messenger' speaks for itself. A favorite for over forty years, and increasingly popular. A potent influence for good.

'Weekly Witness,' 'Canadian Pictorial' and 'Northern Messenger,' one year each, \$1.70

#### SPECIAL FAMILY CLUB.

'Weekly Witness and Canadian Homestead'	\$ 1.00
'World Wide'	\$ 1.50
'Canadian Pictorial'	\$ 1.00
'Northern Messenger'	.40

Worth . . . . . \$ 3.90

#### All for one year, \$2.70

or the FOUR papers for FOUR months for \$1.00 anywhere in the "Postage Included" group. (See above). For U. S. or abroad, special terms, quoted on clubs.

Any one of the group may be sent to a friend AS A GIFT subscription, if so marked.

THE 'NORTHERN MESSENGER' is printed and published every week at the 'Witness' Building, at the corner of Craig and St. Peter streets, in the city of Montreal, by John Redpath Dougall and Frederick Eugene Dougall, both of Montreal.

All business communications should be addressed 'John Dougall & Son,' and all letters to the editor should be addressed Editor of the 'Northern Messenger.'

## ..HOUSEHOLD..

### Pleasuring.

(Kilbourne Cowles, in the 'Advance'.)

Mr. Doane looked anxiously at his wife as she bade good-by to the last guest who had paused at the door-step to admire the moonlight on the lawn. She was pale and there were deep blue circles under the lustreless brown eyes that were usually so bright.

'You must go right to bed, Elsie,' Doane said, as he closed and locked the door. 'I thought Brantwood was going to keep us standing out there all night. You look completely tired out. Does your head ache, dear?'

'Yes, some, Herbert, and I'm so tired. It seems to me I never was quite so tired in my life. I am actually sick with fatigue.' She sank into an easy-chair and closed her eyes while her husband fastened the windows and banked the fire on the hearth. She opened them again and smiled sleepily when two strong arms lifted her and she found herself being carried upstairs.

'You are so good,' she murmured. When morning came she was still very tired and Herbert persuaded her to spend the morning in bed, something she had not done during the year of their married life. He brought her coffee and rolls and sat down beside her while she languidly ate.

'I wish you to stay in bed until you are thoroughly rested, and you are never to get so tired again. Do you understand that, young woman?' he asked with half-serious severity.

'I'll try, sir,' she replied, meekly, 'but please excuse me this time. It was such hard work getting the house in order for the party. I suppose I overdid. I never realized before

how much there is to do to a new house. I've been putting on finishing touches for three weeks, each day thinking that the next day we should be settled. Of course it did hurry me a good deal to have everything ready for last night. You know I worked until half-past seven.'

'Did you enjoy the party?'  
'Now, Herbert, that isn't fair of you. Aren't parties for enjoyment?'

'Yes, theoretically, but circumstances have to be favorable. When a woman who has already worked beyond her strength moving into a new house, insists upon giving a housewarming before the paint and varnish are fairly dry, and sits up night after night in advance, hemming curtains and covering sofa pillows, it doesn't strike me that she is in good condition for gaiety. For my part I

#### BARAINS IN BOOKS.

- Only 15 cents each, two for 25 cents, postpaid.  
 1. Cook Book, 700 Recipes. 2. Fancy Work Manual.  
 3. Knitting and Lace Making. 4. Modern Etiquette.  
 5. Poultry Keeper. 6. Family Doctor Book  
 7. Etiquette of Courtship. 8. Home Amusements.  
 Useful Novelties Co., Dept. N. Toronto, Canada.  
 1371

#### Church BELLS Memorial Bells Chime a Specialty Peal McSHANE BELL FOUNDRY CO., BALTIMORE, Md., U.S.A.



#### Synopsis of Canadian Northwest Land Regulations.

ANY person who is the sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties.—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent), and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price, \$3.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

When writing to advertisers please mention the "Northern Messenger."

You cannot possibly have a better Cocoa than

# EPPS'S

A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

# COCOA

Sold by Grocers and Storekeepers in 1/2-lb. and 1-lb Tins.