

WHITE APRON SALE

Prices cut in two, 50 cent Aprons for 25 cents. These prices mean Business. These Tea Aprons are made some of White Spot Muslin, some of Fine White Lawn, being nicely trimmed with lace and hamburger

After reading this announcement, sit down and make out your order, enclosing 25c, stating what kind of Apron you desire. On receipt of your order we will mail to your address a "Tea Apron." If on receipt you are dissatisfied with it return same to us and we will refund money to you.

Yours Truly,

CLARKE BROS. - Bear River

LOWER GRANVILLE

Mr Reginald Bishop of Paradise is visiting friends here.

Mr Ritson Longmire spent the week with Mrs M O Wade, Belleisle. Misses Alice and Maude Thorne are spending the holidays at home.

Mr and Mrs Stange Mills spent Easter with their daughter, Mrs John Halliday, at Hillsburn.

Miss Barbara Willett of Granville, is visiting her grandparents, Mr and Mrs G F Shaffner

Mr and Mrs John K Robblee Jr., are spending the week end with Mr and Mrs Archie Troop, Belleisle.

H Lloyd Shaffner and his sister, Mrs L D Holly, spent Easter with Mr and Mrs J D Harris, Belleisle.

Mr J R Longmire handed your correspondent some Graystein apples, they were perfect in firmness, coloring and flavor.

Mr and Mrs Howard Croscup, Mr Edgar Litch, and Mrs James Delap, are spending the Easter holidays with friends in Bridgetown.

VICTORIA BEACH

Miss Lottie Berry spent Easter at her home in Bear River.

Mr. Roy Casey arrived home on Thursday from Kentville.

Miss Helen Gilliatt, teacher at North Range spent Easter with friends here.

Mrs. Gilliatt from Granville Centre spent Easter at Mr. and Mrs. Henry A. Casey's.

Mrs. Walton Casey attended the reception last week given for Mr. and Mrs. Burton Halliday at Hillsburn.

Mr. and Mrs. John Casey and daughter spent Easter at the home of Mr. and Mrs. John Holmes, Thorne's Cove.

A very quiet but pretty wedding took place on March 30 at the home of Mr. and Mrs. William H. Taylor when their daughter Minnie was united in marriage to Mr. John McWhinnie. We extend best wishes for a happy married life.

NORTH RANGE

On Wednesday, March 24th, Mr and Mrs James Haight, a son.

Mrs Jesse Haight is spending the week end with her husband at Five Mile River, Hants County.

Our teacher, Miss Helen Gilliatt of Granville Centre, has been visiting friends at Victoria Beach.

Mrs Hartley Marshall of Falkland Ridge, Annapolis County, is visiting her father, Rev S Langille.

Mr Robert Lindsey of Bay View, visited this place on Thursday last, and assisted the young people in giving an Easter concert in the Baptist church in the evening. Mr Lindsey's solos and address were greatly enjoyed by the audience and we all hope he will come again.

Experimental Farms Reports

The work and scope of the Experimental Farms and Stations have developed to such an extent that it has been found necessary for the sake of convenience to devote two volumes of nearly five hundred pages each to the main or aggregate report for the year ending March 31, 1914. In the first volume is presented the reports of the Director and the Divisions of Chemistry, Field Husbandry, and Animal Husbandry. It is by a study of these chronicles that an idea can be obtained of the vast amount of work that is being done and an appreciation arrived at of a resultant good.

In the first few pages are given the usual comparative tables of grain yields and prices and of live stock for the five years extending from 1909 to 1913, each of which, excepting horses and swine, show a decrease in the Eastern Provinces, since 1910. In the Western Provinces there was a deficiency of upwards of 200,000 cattle between the same year and 1913, but an increase of nearly half a million horses and only a slight disparity in sheep which, however, are showing a tendency to improvement. Swine increased by upwards of 500,000. In British Columbia the numerical changes were comparatively light. Naturally much space is given to reports of experiments at the different farms and Stations. These experiments, it is hardly necessary to say, cover every variety of grain, fruit and vegetables production, as well as soil development, crop management, cultivation of forage plants and grasses, live stock breeding and dairying. It would be impossible to over-estimate the importance of the information thus furnished.

Of course at this time when the value of increase by improvement of production is being strenuously urged the reports are of special interest. It is not alone with what may be termed activities of the farm proper that they deal but also with building, with clearing, with road-making, with ornamental gardening. In short, the reports constitute virtually an encyclopaedia of farming and its branches brought up to date.

While, as has been said, Volume One is devoted to the review by the Director and reports of the Divisions of Chemistry, Field Husbandry and Animal Husbandry, Volume Two presents the reports of the Divisions of Horticulture, Cereals, Botany, Entomology, Forage Plants, Poultry and Tobacco. All that has been said of the first volume can be repeated of the second. It, too, is a useful compilation and a sample in detail of the benefits to be derived from scientific and painstaking research.

As in the preceding years, the matters dealt with in this volume are divided into sections. (a) Giving precise information of the work at the Experimental Farms in the Divisions referred to and (b) Treating of the various lines of experimental work under way throughout the system. It is explained that the latter section is devised and designed with a view to aiding the farmers more directly in the details of his vocation. It is worthy of wide distribution. One thing certain is that the nature of the reports makes them deserving of the closest attention. Copies may be obtained by making application to the Publications Branch, Department of Agriculture, Ottawa.

IT STOPS THE TWINGES OF RHEUMATISM, LIMBERS MUSCLES, EASES JOINTS

Amazing Relief Comes at Once—Cure Ever Time

USE NERVILINE

Aching joints and sore muscles are common in rheumatic people. Inflammation is deep in the tissues. You might use a dozen remedies and derive less relief than Nerviline will give you in half an hour.

Nerviline is a pain-subduer that words do not altogether describe. It is fully five times stronger than most remedies, not that it effects the skin unfavorably—no, its great power is due to its wonderful penetrative quality—it strikes in deeply, but never burns or blisters.

Just rub Nerviline into sore muscles, stiff joints, and note the glow of comfort, the ease of pain that follows.

You are astonished, delighted; this is because words do not express the promptness and permanency with which Nerviline cures every ache and pain in the muscles and joints.

Marvelous, You'll say. Natural, we say, because Nerviline is different stronger, more penetrating, a true pain-subduer. Just try it and see if it doesn't cure rheumatism, neuralgia, lumbago, strains and sprains.

The large 50 cent family size bottle is far more economical than the 25 cent trial size. Get it to day. Sold by dealers everywhere, or direct from the Catarrophone Co., Kingston, Canada.

What is Your Diet

Canadians eat too much meat. They are one of the three greatest meat eating peoples in the world, Australia and the United States being the other two. High prices for meat are coming. The cost of food as well as its nutritive value should be considered.

Prof. James Long, the eminent British authority, recently addressed the following advice to the War Office:

"Jam has three and a half times the energy value of butter. Its value lies in its richness in sugar—of which one-half its weight consists—in the minerals present in the skins of fruits, in its laxative character and its mechanical aid to digestion.

"The sugar of fruit has a remarkable effect on nutrition. Commercial sugar, if eaten too freely, causes irritation, acidity and other freaks of indigestion.

"The most nutritious and useful varieties of jam are those made from plum, apricot, gooseberry and currant, but a mixture of plum and apple stand at the head of the list. Jam should not be considered as a dainty but as an article of food."

Dr. Frank T. Shutt, of Ottawa, Dominion Chemist, gives us the following authoritative statement as to the great importance of vegetables, especially fresh or home grown. The importance in connection with small gardens in towns and cities is very apparent, and the subject is opportune at this time of the year. It may be that a small garden will keep down the doctor bills.

"That many of the ills that flesh is heir to arise from indiscretions in diet is a fact that more of us should realize—and the earlier in life the better. Many of us, and perhaps this applies especially to those who live in the city, eat too much. As a result, we get too stout as life advances and, what is still more serious, an extraordinary strain is put on certain of the organs of the system in nature's effort to get rid of the waste. Further, we who live more or less se-

dentary lives, eat too much meat; the man who sits at a desk all day long or stands behind a counter may work as hard as the navy or ploughman, but it is a different kind of work. It does not call for the same amount of strong food. There is no necessity to diet ourselves by formula or to weigh out what we should eat, but we ought to be guided to a certain extent in our eating by common sense and the knowledge which science furnishes respecting the requirements of the body for the maintenance of the vital heat, the development of energy and the repair of tissue.

"Fresh vegetables are wholesome palatable and productive of good health. Though in direct food value vegetables yield a first place to meats, it must not be supposed they are destitute of those nutrients which build up the body tissue and keep the machinery going. It would be possible, though not desirable, to live exclusively on vegetable foods. But vegetables and especially fresh vegetables, are not to be regarded merely from the standpoint of maintenance—though we assert that now-a-days they would make a very good showing on the ground of economy. Nor need we urge their extensive use on the grounds simply that they are appetizing and furnish variety to the diet. They, in addition to these excellent qualities, possess a medicinal value; they are aids to digestion and afford that bulk or volume to the food necessary for the right distension of the alimentary tract. Many vegetables contain salt which are gently laxative, relieving constipation, that scourge that is the forerunner of so many dangerous and not infrequently fatal diseases. And, again, many vegetables, especially those used in salads, have a special value in cooling the blood and, are therefore, most wholesome especially in the summer season.

"Fresh vegetables are vastly superior to those that are wilted from keeping a day or two, in succulence, crispness and palatability. To be enjoyed at their best, vegetables must be eaten strictly fresh."

Killing the Babies

Most mothers love babies, but it is a strange combination of love and ignorance on the part of mothers that causes twenty-five per cent. of our babies to die before they reach one year of age. Mothers frequently and with the best intentions, feed and dress their babies in a manner that, for the sake of a better term, is simply "killing the babies with kindness."

What is the meaning of the world-wide interest in Child-Welfare to-day? It means that sociologists, philanthropists, eugenicists, all thoughtful women and men, are discovering that the welfare of the child holds such an important place in our social and national life that no longer can this study be neglected.

There is a God-given instinct in every decent man and woman that cries out for protection for the children. The world can look with comparative composure at dead men in trenches and shattered cathedrals; but maimed, naked starving children is a sight it cannot bear without passion and amazement and a strong desire to do things.

The mortality among children is dreadful. If a like death rate should take place with our cows, horses, or pigs, the government would at once take ac-

tion, and see to it that the cause was removed. The cause of this enormous mortality among children is ignorance—the ignorance of parents—compulsory education; and the one thing needful for the perpetuation and welfare of the human family is not in the curriculum.

The conservation of human life—the knowledge that will lessen the number of tiny graves in the cemeteries, and the saddened hearts of loving parents—this is the information the Better Canadian Babies' Bureau is trying to diffuse.

First of all it ought to be the child's privilege to be born right, of healthy parents, having no history of mental disease, malignant troubles, tuberculosis or alcoholism. The child does not select its parents, and it is a tragical situation if, as the child grows up, it learns to deplore that such is the case.

Pre-natal influences and their effect upon the mental and physical condition of later life might be profitably studied by prospective parents. In fact, if the same care and common sense used in the management of the domestic animals were applied in the rearing of children it would be a great improvement on the present methods.

Mothers have it in their power to see to it that there are "better Canadian babies," and as a natural result there will be more of them.

Rod and Gun for April.

"The Steelhead" the Great Gamy Trout that comes out of the Ocean, is the subject of an article by the well known writer Bonnycastle Dale in the April issue of Rod and Gun in Canada published by W. J. Taylor, Limited, Woodstock, Ont. "The Wise Fish" by Wilfrid Hubbard, is a humorous ichthyological dialogue on which Sol Pike, Jerry Minnow, Bill Tench, Peter Perch, Jonny Roach, Tim Gudgeon, Jimmy Grayling and others of their ilk take part. The Forest Fire Problem in Algonquin Park is dealt with by W. L. Wise and the fishing department and Guns and Ammunition department are of special interest this month. In addition to those named there are many other stories and articles of interest to the readers of an outdoor magazine.

Montreal port, open for only seven months, exported 75,985,432 bushels of grain in 1914, New York coming next with 64,552,190 bushels, though open all the year round, and Baltimore third, with 45,000,000 bushels.

It is estimated that the thank offerings for "Billy Sunday" in Philadelphia will be in the neighborhood of \$100,000. One-tenth of the amount will be banked for private charities, and the balance for himself.



Peep again in your oven. See those loaves, those pleasing loaves you've made. How fat—rounded—substantial. No, they won't fall when colder. Because the Manitoba strength that is in FIVE ROSES will hold them up till eaten. This sturdy elastic gluten has kept them from dropping flat in the oven. No unsightly holes 'twixt crust and crumb—never. All risen evenly—to stay risen. Never heavy—sodden—soggy—indigestible. Yours are the FIVE ROSES loaves—Crisply and appetizing of crust. Golden brown and tender. Snowy of crumb—light as thistledown. FIVE ROSES helps a lot. Try it soon.

Five Roses Flour

Not Bleached



Not Blended

K O O D A K S A F E T Y A F I L M