

## GIVE YOUR CHILDREN PLENTY OF MILK

## Some Reasons Why This Is An Indispensable Food for Growing Humans

A quart of milk a day for every child, if possible, a pint without fail. Plenty of milk will help give all your children, big and little, the chance for health they ought to have. They more milk and less meat and your family will be better fed.

Beside well known food substances it has something special which they must have to grow. Your children can get a little of this from other food but not enough.

Give your boys and girls milk for their chance to grow.

Look at children who do not get milk, but get tea and coffee instead. Aren't most of them pale and sickly? There are always very many sick children in cities and in countries where milk is scarce. When milk prices go up and mothers begin to economize on milk, more children become sick. Do not let your children run this risk. Give them fresh, clean milk, and help them to grow up strong and well and win in their fight against disease. Save on other things if you must, but not on milk, your child's best food.

Milk gives your children lime, iron and phosphorus and other salts which they need. There must be plenty of lime and phosphorus in their food, for a great deal of it is needed for their bones and teeth. Iron is needed for their blood and other parts of their bodies. Right food, not drugs, is what children need. Big boys and girls and grown people, as well as children, need the minerals in milk. Dr. H. C. Sherman, of Columbia University, studied the dietary of ninety-two families. He found 33 per cent suffering from lack of phosphorus and 46 per cent from lack of lime. Milk is a lime food. It contains more lime than does lime water.

What has become of the old time bowl of porridge and milk? There is no better—cheap, nourishing, and palatable. Its larger use everywhere would decrease living costs and add much to the joy of living.

Don't skim the milk for children. Let them have it with its cream.

Plenty of it makes them grow. It gives them rosy cheeks, bright eyes, strong bodies, good brains.

Refuse the children tea and coffee, but always give them milk. Encourage them to drink it. Put it on their cereals. Pour it on the toast. Make it into puddings. Mix it into custards. Stir it into soups. Use milk, and use it freely.

Milk gives to your children the body building protein, one of the materials from which their bodies are made. Milk is like eggs and meat in this. This body building substance, the protein of milk, is not new to you, for curd is milk protein. Cottage cheese is curd separated from milk. When we drink milk or eat cheese we give our body proteins, which are changed and become part of our muscles, blood and other parts of the body. The milk protein is good for everybody and especially good for children. They need a great deal of it because their bodies grow so fast.

Milk should not be the only food for children, of course. They need vegetables, fruits, and cereals. But even the bigger boys and girls should have milk. Milk is good for grown people, too. They still need its lime and protein and its other substances. Don't think of it only as a refreshing drink, but also as a good nourishing food.

Milk is a food. One quart of milk is equal as an energy food to any one of the following: 1 quart of oysters, 2 pounds salt cod fish, 3 pounds fresh cod fish, 1 pound tenderloin steak, 8 large eggs, 1 pound cottage cheese, 3/8 pound cheese.

## THE PASSING SHOW

The pirate thrives on his victims' lives, an' revels in boundin' health; he knows no strain of the bed of pain, as he lolls on his couch of wealth; he feels no sting that the fierce winds bring, nor scorch of the blazin' sun; and the starveling's groan or the widder's moan, they never annoy him none. An' when he dies, there points to the skies, a mighty sejestive stone, t'at marks his rest till the final test, when the soul comes into its own.

An' the saint strives hard for his scant reward, an' faints betimes with his load; he trusts his God as he leaves his blood on the flinty stones of his road. . . . He defies the worst when his bubbles burst, an' laughs at the taster's sore; he struggles on, an' knows when he's gone, he'll never come back no more. . . . When he boards the ship at the final trip, there's nobody seems to cry,—but some proclaim that he won the game,—can somebody tell me why?

Minard's Liniment for Coughs and Colds.

## FOOD SUICIDE AND THE COST OF LIVING UP

Here is one thing that is worth cutting out and pasting somewhere where it will be frequently seen. It is that prosperity ruined many a stomach. When money was flush in wartime, people slipped away from plain food and bought lobsters, fancy jellies, candied fruits and high-priced canned meats. Fred Dutton, grocer from Columbus, O., tells a canners' convention that fancy food is going out and plain old-fashioned staples like canned tomatoes and corned beef and cabbage coming back. This bad news for delicatessen dealers and stomach specialists, but it is fortunate for the national health. Most of us dig our graves with our teeth. Business depression occasionally is a blessing in disguise, starving some into good health. More people commit suicide with their teeth than with pistol or poison. Cost of living during October rose six one-hundredth of one per cent, reports the national industrial conference board. This is infinitely small—like the thickness of a sheet of gold leaf. For cost of living should be dropping rapidly. Prices paid by consumers now average about 33 per cent higher than before the war—far out of line with what farmers are getting. Boom times will come when everybody is on the same level, balanced. Not before.

Steadily mounting wage demands of men for whom work was provided by the government in Ottawa to relieve distress have led to the discontinuance of the work. One hundred men who have been receiving \$4 a day will again be jobless.

## THE END OF A PERFECT DAY

There was a little man  
And he had a little match,  
And the fire was still glowing  
In its head, head, head;  
He dropped it in the wood,  
Among the leaves just where he stood  
To light his pipe before he camped  
And made his bed, bed, bed.  
(You must admit he didn't  
Use his head, head, head.)

Soon this careless little man—  
Defend him if you can—  
Found the forest all about him  
Blazing red, red, red;  
He ran to the brook—  
But he wasn't any duck.  
And he floated to the bottom  
Quick as lead, lead, lead.  
(When the forest ranger got him  
He was dead, VERY DEAD)  
F. H. BYSHE,  
Dominion Forest Service.

## INFORMATION WANTED

Mistress (to new maid)—"Above all things, Jane, you must be reticent."  
Jane—"Yes, mum—but what is there to be reticent about?"—The Bystander.

"Lenine says he is disappointed in the Russian people." Probably thought they could live without eating.—Toledo Blade.

## NEW YEAR APPLE PRICES PROMISE WELL

While there have been a few ups and downs in the apple market, just enough to keep the interest keen, the general trend of prices has been most encouraging. All signs point to a strong wind-up of the apple year. The fact that Great Britain will have very few sources from which to draw winter varieties, except in box packages leads those acquainted with the apple situation to predict good prices for Nova Scotia barrelled apples after the New Year.

Last year Nova Scotia sent quite a quantity of her choicest fruit across the water in boxed form, with very satisfactory results. This year, however, boxed fruit has not given returns sufficiently satisfactory to warrant a continuation of boxing for the remainder of the season. This is due very largely to the big crops of apples on the Pacific Coast, which are marketed entirely in boxes.

## FUTURE LONDON HOME OF PRINCESS MARY

Chesterfield House, the future London home of Princess Mary and Viscount Lascelles, is in the hands of the upholsterers. The interior is being entirely redecorated, and a beginning has been made with the great ball room, which is being regilded. Both the princess and her fiancé are keen dancers, and after the honeymoon a series of private dances is to be given at Chesterfield House. Princess Mary's boudoir will be partly furnished with her own art treasures from Buckingham Palace. Her wedding ring will be made in London of gold obtained from a small mine in Wales, which also produced the gold for Queen Mary's wedding ring. The bride's "going-away" hat is being made at Luton, from the finest Dunstable straw, by one of the very few hand plaiters left in that district, who are skilled in the art.

The big noise in a successful business establishment is very often a quiet, determined chap.

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## WHO LIVES HIGHEST?

What is the greatest height at which people live on the earth?

There is, it seems, a shepherd living with his family in the Andes at a height of 17,100 feet, and this has been claimed to be a record, that is for permanent habitation.

When it comes to a question of a temporary abode, however, this altitude, great as it is, is easily beaten, for on one of the Himalayan passes, 18,400 feet high, a small band of hardy men live during the summer.

The men, numbering less than half a dozen, are Tibetan Custom House officers and are specially selected for their powers of endurance, as one would expect them to be, in order to exist even for a few weeks, in air which must contain so very much less oxygen than there is at sea-level.

From such an elevated pass these men

must have a magnificent view of the great Tibetan plateau, the inhabitants of which, themselves seem to live comfortably at heights of 15,000 or more feet.

It would be interesting to know at what height human beings could accustom themselves to live. There is no reason to suppose that 18,400 feet is the limit.

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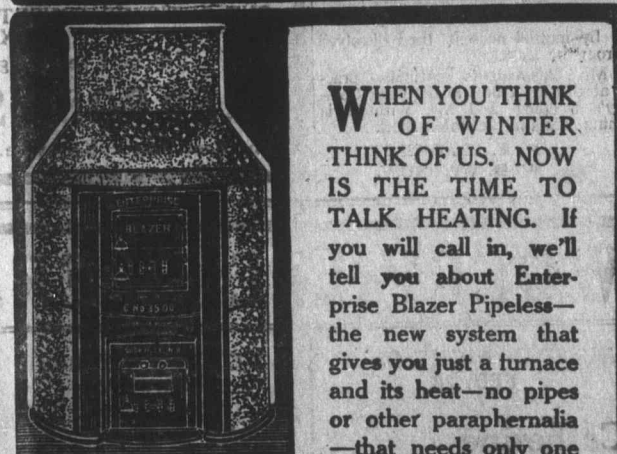
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The Train Service as it Affects Wolf-

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No. 96 From Kentville arrives

8.16 a.m.

No. 95 From Halifax, arrives 10.05 a.m.

No. 98 From Yarmouth, arrives

3.20 p.m.

No. 97 From Halifax, arrives 6.17 p.m.

No. 99 From Halifax (Tues. Fri. Sun.)

arrives 12.18 a. m.

No. 130 From Yarmouth (Mon. We. 1.

Sat.), arrives 4.28 a. n.

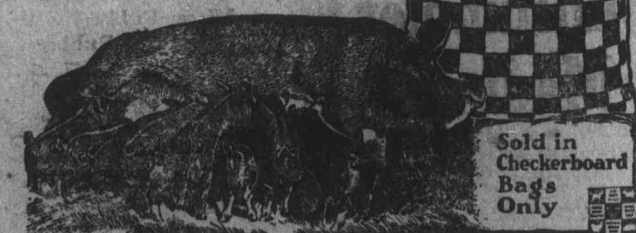
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