

grains also contain fibrin and albumen, and we find nitrogen is the element in all; and it is from these nitrogenous foods that the bodily substance is chiefly built up.

Age, occupation, climate, and our finances, should influence our choice of food. Persons whose occupations tax their muscular strength often think that they require a great deal of meat, when there many foods that contain as much as, or more, proteid matter than meat, such as peas, beans, cheese and grains.

Animal food is better diet for cold weather than for hot. Fat is not digested easily unless exercise is taken. Fruits, vegetables, and grains eaten with milk, butter, or oil, furnish the carbo-hydrates needed in summer.

Those who labor or exercise in the open air need a large quantity of wholesome food, and it need not be the most digestible, as they require food that will stay by them.

Persons engaged in sedentary occupations, or who take little exercise and live in close confined rooms, cannot digest as much, or as easily as those who labor out of doors. Those who tax their brains severely should avoid fat. People who consume much starch or sugar are liable to grow fat. As a rule the majority of people eat too much, and between forty and fifty years of age, an excess of albuminates is liable to develop heart, liver, and kidney troubles, which are more or less akin to dyspepsia. An excess of starchy food, or of sugar or fat, causes obesity, not only of the body, but an accumulation of fat about the heart and other internal organs which is liable to prove very dangerous.—*The Building News*.

### Giant Tea Trees.

Tea bushes for leaf-yielding purposes range about four feet in height, but when grown for seed-yielding purposes they become giant trees in proportion to the diminutive bush. In the Island of Ceylon they sometimes reach a height of over 30 feet. The *Indian Tea Gazette* recently published the result of the measure of twenty trees at Dimbula, the largest of which was 18 inches in circumference of the trunk or stem, while the foliage measured 84 feet in girth, and 30 feet in greatest diameter. Two of the trees measured 22 feet in height, while the shortest was 21 feet 6 inches. "In the jungles of Assam ancient trees were found 45 feet in height," says the *Gazette*, "and we believe that the 60 feet has been attained; but this is the extreme height. As yet the big tea trees are too valuable to be used as firewood. Tea bushes allowed to grow up would make excellent fences and even windbreaks. Our big trees, when no longer required for seed-bearing purposes, will yield well when cut down. Meantime, they are exceedingly ornamental, some of them closely resembling the finest nutmeg trees in beauty of foliage and elegance of form."

### Easy Way to Make Money.

"Talk about speculation!" he said. "Why, the first deal I ever made I captured a clean fifteen hundred dollars on oil certificates on a margin of only fifty dollars."

"And are you still in oil?"

"No; I'm clerking in a Yorkville grocery store."—*Puck*.

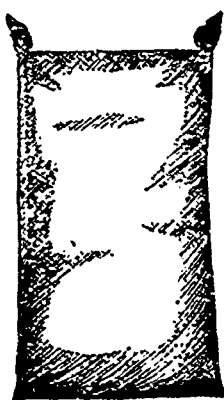
### Wild Tomatoes.

It may not be generally known that wild tomatoes are found growing along the banks of the White Mud River in this county, and doubtless in other parts of Manitoba as well. The vines are much smaller than those of the tame variety, and the fruit, which grows to about the size of pigeon eggs, is by some made into excellent preserves. The plant closely resembles the domestic tomato.—*Neepeau Register*.

Is a letter received lately at this office from a Manitoban well posted in our grain affairs, the statement is made that at sight of a sample of No. 1 hard, or even No. 1 Northern wheat, British grain dealers usually say, "We can get no such grain as that shipped to us, no matter what grade we buy." From this we may safely infer, that Manitoba grain goes through some curious churning process before it is safe on board an Atlantic ship. The *Trade Bulletin* of Montreal, boldly charged those in C. P. R. elevators of doing some tall mixing last spring, but it is to be feared that after the grain reaches an eastern port, it gets its worst doap. In the same letter from Glasgow, we learn that the admixture in most consignments of Northern wheat reaching Great Britain is of soft wheat, grown at least one thousand miles east of the Manitoba boundary, and greatly inferior to the soft wheat grown in this province. It does seem as if our wheat, to reach the British market in its purity, requires an outlet by the Hudson's Bay or some such route. Then we could export it pure, or if we choose, do the mixing ourselves.

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