CHRISTIAN LITERATURE Doomed to Suffering In Home and Sunday School. YOUNG **RESCUED BY "FRUIT-A-TIVES"** We welcome the word that invites FOLKS aerial navies grappling in the azure growing and ripe in midst of Janu-In service more largely to share: vault. Locksley Hall was written ary," foreshadowed the age which We cherish the love that unites us cver seventy years ago, but in that day aeronautics was a well devel-oped science. The poet of three both to move and speak," is the fin-In worship and study and prayer. SHOPPING. Fo- kindred and people and nation The Chapins, led by Aunt Ruth, centuries ago, Wm. Strode, fore- al desire of this dissatisfied spirit, We each may rejoice in our own: had just started a new game, when But all who are heirs of salvation told airships and all other modern who thought that in her timemethods of locomotion, mechanical ("Men spent themselves too much See Kingship in Jesus alone. upon the tailor musical instruments, cold storage, the gramophone and the cinemato- I rath r would new mould, new These souls for His own He is takfashion nature." graph, in fact every extraordinary Who are not by evil enticed: invention that has followed his own The kingdoms of earth He is maktime. OLD STORY. "Through the aire I'd pass, by "The Kingdom of God and of some new waftage," is one line "O, what has become of Christ." The comet's tail?" which this 17th century poet puts CHARLES BARRETT, Esq. The minds of all those He is guid- into the mouth of his "Queen Fan-And echo made answer Harbor an Bouche, March 24, 1909. cie." "I'll travel like the snail, "The comet's stale !" "I suffered terribly from Biliousness and Dyspepsia for fifteen years, was treated by physicians and took many Who help us by all that they with all my house, but swifter than grain depends so much upon the part which is of little use for food "It's Carl's turn now," spoke up he." she goes on to say. "Flowremedies but got no relief. Then I took "Fruit.a-tives", and this medicine completely cured me when everything write: It is hard to keep the man down ers preserved till winter, as well as Through such He is righly providsnow till summer; choicest fruits who is able to keep up appearances. ing The pages in which we delight. else failed. To all sufferers from Indigestion, Biliousness and Constipation, I strongly advise them to try this As those who on Him are depend-McKenzie Mine at Elk Lake fruit medicine", Charles Barrett. 50c a box, 6 for \$2.50-or trial box, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa. We ask Him your labors to bless, And make the supplies you are sending Has Started Bagging Ure The means of abundant success. FROM BONNIE SCOTLAND T. WATSON. Granthurst, Ont., 1910. NOTES OF INTEREST FROM ILE3 ALL MODERN INVENTIONS. Successful Operations at the Mine Which Make BANKS AND BRAES. the Property a Coming Shipper. Foretold by 17th Century English where the new 7 inch vein crosses. Mr. MoMaster states that in his opinion this week will result in the placing of the value of the mine beyond question. Poet in a Play. ELK CITY, May 4.-With the open-ing of navigation, which is now in full swing, the greatest of activity prerails at the various mines and prospects in this vicinity and the city is rapidly recovering from the recent fires. What is Going on in the Highlands Surely outside the pages of the and Lowlands of Auld the value of the mine beyond question. The necessary buildings have now all been erected, including bank house, cooking camp, manager's dwelling, blacksmith shop, powder house, and the necessary machinery is being in-stalled. A good wagon road has been built from the main road which par-allels the road from Elk Laks. The McKensie company are in a very fortunate position, owning a group of Hebrew prophets there are contained nowhere such remarkable pre-Scotia. dictions as those images bodied recovering from the recent ares. The district is likely to become another Cobalt and the veins run to depth with values. Among the ship-pers and properties bagging ore are the Lucky Godfrer, the Borland-Thompson, the Devlin and the Moose Horn mines. Scotland for the past year totalled \$96,755. Perth butchers are raising prices part of the oat grain than he would get were he to purchase the same weight of Fifty Pound Black "Didn't know they had whate -a gain surely worth considera- shops," said Alice. Owing to dred years ago. With the average The McKenzie company are in a very fortunate position, owning a group of five properties which have been thor-oughly tested. Six assays made from the veins on which the company are now working have shown results of from 400 cunces of silver up as high as 15,000 cunces to the ton. This company is under good manage-ment, and it is the opinion of the an-gineer in charge and those who have seen the property shat it should be brought to the ghipping stage in a very short time, 600 pounds of good ore having been bagged by May 1, and the work in this regard being pushed ra-pidly from day to day. Application is being made to list this Perth butchers are raising prices The Moose Horn mine put in a new plant this spring and are now sinking a winze at the 125-toot level on a vein which has shown values from the ma- to-day Tennyson presents no 1d. per lb., owing to high prices of more remarkable claim to the vis-Owing to a serious epidemic of ion of the poet than his picture of messles Coristorphine school has "Picture of Nathaniel Yates," In the midst of the mines is the McKenzie, a group of five properties on which work was begun last Jan-uary. They have been fortunate from the start and soon hope to rank with the shippers. The engineer in charge, Mr. Harry been closed. exclaimed Bertha. In Glasgow a man got 12 months for stealing 5,000 artificial teeth from a dentist's house.

WHAT MAKES GOOD OATS.

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On the Farm

A grain of oats is made up of two Dector Hillhouse dropped in. main parts; the outside or hull, and the inside or kernel. Another name commonly applied to the kernel is "May I play " he questioned. "Oh, yes, do!" cried Bertha. "Take this rocking-chair, doctor, the meat. It is the kernel that we and I'll tell you how it goes. You are mainly interested in, because this is the neurishing part of the grain. The chief use of the hull is Then instead of telling right out, to protect the tiny oat plant with- you make each letter of the word in, and to preserve the stored-up the initial of another word. For food material for its future use. instance, mother just said she'd As a food for stock, and as an bought 'a basket of odd knives,"

article of human diet, oats take a when it was a book." high rank. Since the value of the "Yes, I see," nodded the doc

consumers of oats in any form Alice. whatever should be interested in "I've been shopping," responded

the relationship existing between Carl. the hull and the meat. The oats is "What did you buy?" queried

always grown from for its meat; Bertha. the hull is generally regarded as a "Big red elephant and dia-notessary evil by the stockman and monds," was the prompt answer. the miller. The range of hull in "Oh, bread "soid Bertha. "But oats is from 20 to 48 per cent., 30 who ever heard of a red elephant?" per cent. is the average. Oats have Doctor Hillhouse guessed Berthe largest percentage of hull to tha's "Dozen of lovely lilies," and kernel of any of our grains. Barley then gave, as his own purchase: comes next with an average of 15 "Horn of rare, sweet elecamper cent. The percentage of hull pane."

to meat depends largely upon the Alice guessed horse, at the same variety. For example the Jeanette time saying she thought it a queer

variety. For example the Jeanette oat generally averages 23 pounds of hull from every hundred pounds of grain, while the Banner gives thirty pounds of hull, and the Fifty Pound Black 40 pounds. This simply means that by purchasing cre hundred pounds of Joanette thirty pounds of Joanette cats the buyer gets seventeen It took Norton a minute or so to pounds more of the most valuable make these things into sweater. \$96,755.

The difference in the proportion said Carl. of the two main parts of the oat "Pony!" grain accounts for the fact, ob- "But who is Nathaniel Yates ?" served by all feeders, that horses "I'm sure I don't know," said will often do as well on three pecks her brother.

ticn.

of one variety as on four pecks of "This is the easiest game I ever another. As a rule, grains high in hull are such that the nutriment Doctor Hillhouse answered the At a recent inspection of the Edinburgh police force there were 561 men of all rauks on parade. A new hall is to be erected for



McMaster, reports that the vein on location 846 of the company's group at a depth of 50 feet continued stead-

At a recent inspection of the

they do possess is not so fully ex- usual question with the whirl of the use of Loanhead and Penicuik tracted by the animals. The rela-tive proportion of hull and meat in any cats can be determined rough-ly by removing the hull from fifteen stared at him in dismay.

and then comparing the amount of hull with the meat. Varieties also o' anything." may be compared in this way. Aside from the question of variety the two principal factors which influence the proportion of the parts "The faster the better," she re-

number consideration are: The time at which the oats were sown, and the time they are harvested. Late-sown oats are usually high in hull. and the same holds true of oats cut before maturity. Last year a plot of oats cut in the milk stage ran 84 S-t-g-s."

been handled in exactly the same panion

way, excepting that it had been al-iowed to ripen perfectly before cut-ting, ran only 28 per cent. Any unfavorable condition of soil or season which tends to stunt **HOW THIN FOLKS** CAN GET FLESHY

force going it may appear that the ideal oat would be the hull-less one. perfect Figures.

Simple Prescription Given.

and its supply of food material. It For women-and men too, for is claimed also that there is a re-Istionship between percentage of that matter-who can never appear hull and strength of straw—a long stylish with anything they wear, be-perceptage of hull generally going cause of abnormal thinness and anwith a fine, weak straw. This con- gularity, this remarkable prescriptention seems to be borne out in ticn is destined to solve the probthe case of the Jeanette, but the lem As a beauty maker for the heavy-hulled Fifty Pound Black is figure it is simply wonderful while found to have straw which is soft it adds brightness to the eyes, and color to the cheeks and lips.

We may conclude that the most requires no particular dieting, but desirable oat, other things being acts as an aid to nature by its peequal, is the one with the lowest culiar action on the nerves and equal, is the one with the lowest percentage of hull.—L. S. Klinch, McDonald College, St. Anne De Bellevue.

trouble with thin people has always There is this one striking differ- been that they do not absorb or reence between the products of the tain enough of the fleshy matter to farm and those of the manufactur- make them gain in weight even to ing establishments. The manufac- a normal extent; but this new disturer governs the price of the goods covery of blending certain harmless he has to sell by the cost of produc-tion. A cloth manufacturer, for hundreds have gained from ten to example, will turn out several forty pounds in a few weeks. There classes of goods which he will sell is no danger of becoming too fat. at several different prices and will When you get the right weight then make the same profit from each of stop using.

them. Why? Because there is a The general health and strength difference in the cost of production. is greatly improved in anyone from For instance, he can afford to sell the age of sixteen to sixty. Woshoddy goods, for a great deal less men soon get plump, with well than the genuine articles simply rounded arms and full bust, and because the raw material in the men become straight, strong-look-

the is des in the other, and he is a half pint bottle get three makes as much money in producing ounces of essence of pepsin and the one as the other. It is quite three ounces syrup of rhubarb. different with the farmer. Go Then add one ounce compound es. through the various products of sence cardiol, shake and let stand the farm-live stock, grain crops, two hours. Then add one ounce dairy or fruit products. They tell tincture cadomene compound (not the same story. The cost of pro- cardamom). Take a teaspoonful be-

prime quality. But the one will

The crusade against spitting on tramway cars in Edinburgh is be-ing continued with unabated vigor. Hamilton Co-operative Baking Scciety are proceeding with an extension scheme, the cost of which

Ground at Croft-an-Righ. in the per cent. hull, while an adjoining "Stockings!" cried Carl and Council, is to be used for school

Not for thirty years has the proportion of offences attributable to excess in liquor been so small in Ayrshire as it was last year.

Robert Shanks, Kilwinning, went to London and back with his wheel-Startling Results-Puts Flesh on breaking the record by two days. A large part of the provisioning of the British Antarctic expedition,

soon to start under Capt. Scott, is tc consist of Scottish oatmeal. Following on an outbreak of

swine fever at Sheuchan Piggeries the Board of Agriculture ordered the slaughter of the whole herd, numbering over 200.

The Scottish National Society for the Prevention of Cruelty to Children dealt during the past year with 7,514 cases, involving the welfare of 22,124 children.

The estimated expenditure of upkeep of Edinburgh public parks for 1910-11 is a little less than \$69,825, while the revenue is estimated at \$13,150.





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Bellevue.

and brittle.

But you have noted that the hull

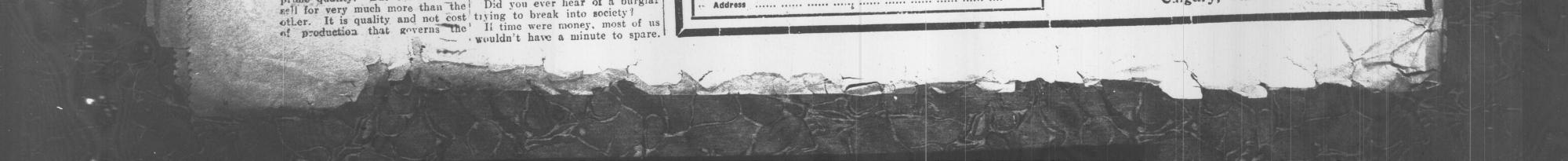
serves to protect the future plant

QUALITY AND COST.

ducing the inferior article will be fore and after meals, and weigh beas great as the cost of producing fore beginning.

Did you ever hear of a burglar

the plant or retard the proper fill-irg of the grain will also cause a Startling Results Puts Flesh on breaking the record by two days. higher per cent of hull. From the Thin People and Rounds Out Im-



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