



Synopsis of Canadian North-West Land Regulations.

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. Applicant must appear in person at the Dominion Lands Agency or sub-Agency for the district. Entry by proxy may be made at any Dominion Lands Agency (not sub-Agency) on certain conditions. Duties—Six months residence upon 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, on certain conditions. A habitable house is required except where residence is performed in the vicinity. In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre. Duties—Six months residence in each of three years after earning homestead patent; also 50 acres extra cultivation. Pre-emptious patent may be obtained as soon as homestead patent, on certain conditions. A settler who has exhausted his homestead right may take expurchased homestead in certain districts. Price \$3.00 per acre. Duties—Must reside six months out of three years; cultivate 50 acres an acre a house worth \$300. The acres of cultivation is subject to reduction in case of rough, shrubby to any land. Live stock may be substituted for cultivation under certain conditions.

W. W. COREY, C. M. G., Deputy of the Minister of the Interior

Fertilizer

It is hard to make most of the farmers realize that there is a great possibility of them not being able to get what commercial fertilizer they will require this spring. But never the less it is an absolute fact and the wise farmer will take home his fertilizer soon. As if you wait till spring you may not be able to get any. As even now it is very hard to get what you want as transportation is so bad we have only a few more cars of Basic Slag to sell.

C. O. COOK & SON, Waterville

Farmer's LOOK HERE!

It is a positive fact that there will be a great advance in hay-making machinery before July 1st. We sell the famous Frost and Wood Mower with 3 1/2, 4, 4 1/2, 5 and 6 feet cutting bar, also the Tiger Self Dumping Rakes, 8, 9, and 10 feet wide, which any boy who can drive a horse can operate. Hay Tedders and Loaders. We have a limited number of Cultivators and weedeers. So place your orders early and Save Money. Extra repair parts always on hand.

F. G. NEWCOMBE & SON, Sheffield Mills



Why

Not give your boy and girl an opportunity to make their home study easy and effective? Give them the same chance to win promotion and success as the lad having the advantage of

WEBSTER'S NEW INTERNATIONAL

Dictionary in his home. This new creation answers with final authority all kinds of puzzling questions in history, geography, biography, spelling, pronunciation, sports, arts, and sciences.

400,000 Vocabulary Terms, 2700 Pages, Over 6000 Illustrations, Colored Plates. The only dictionary with the Divided Page. The type matter is equivalent to that of a 15-volume encyclopaedia.

More Scholarly, Accurate, Convenient, and Authoritative than any other English Dictionary.

REGULAR AND INDIA-PAPER EDITIONS. WRITE for specimen pages, Illustrations, etc. FREE. A set of Pocket Maps if you make this paper.

C. & S. MERRILL CO., SPRINGFIELD, MASS.

VALUE OF FOODS TO THE BODY

Just how much food the human body does need is a complicated problem to which in recent years scientists have been devoting much attention. Food is the source from which the body derives both its energy, or fuel, and the substance it uses to build and replace worn-out tissues. It also provides small amounts of recently discovered substances needed to regulate growth and other bodily functions. As a unit for measuring the energy supplied, scientists have adopted what is known as the calorie, and it is estimated that for a full-grown man in moderate physical work, 3000 calories a day are needed. Of these, from 300 to 400 should be supplied in the form of protein, the chief substance utilized by the body in tissue building. There should also be some fruits and vegetables which supply the mineral matters for building tissues and help in various ways to keep the body machinery in good working order; also fat and starches and sugars, which are available sources of energy. The energy supplied by the foods, as a whole, is consumed by the body in running itself and performing its daily work.

The number of calories and the amounts of nutrients contained in stated quantities of different kinds of food have been worked out by scientists and afford a basis for comparing the nutritive value of various dishes. The matter is so complicated that the ordinary housewife probably has neither the time nor the inclination to make a mathematical calculation of the nourishment her meals afford. It will, however, help her to know that by observing a few fundamental principles she can alter her bill of fare to suit changing conditions at home or in the market without any risk of underfeeding the family. First among these is the fact that an adequate diet should contain articles from each of the five groups into which the common food materials may be divided. These are:

- 1. Vegetables and fruits which supply acids and other substances that the body needs to keep it in proper working order, as well as some building materials and energy.
2. Meats, fish, eggs, milk, legumes, etc in which the proportion of protein to other substances is high comparison with the other groups.
3. Starchy foods, like potatoes, rice, flour and other grain products, etc., which furnish much energy and some protein and mineral matters.
4. Foods rich in sugar, an excellent source of body fuel, the pleasant flavor of which makes the diet more attractive.
5. Fats, like butter, bacon, cream, lard, etc., which are valuable sources of energy.

Not one of the groups can profitably be omitted altogether. It is, nevertheless, possible to avoid from a nutritive point of view a useless waste of money by selecting, first, the cheapest articles in each group; and, second, by substituting to ascertain extent articles from a cheaper group of those from a more expensive. In particular, the grain foods in group 3 may be used more extensively than is common in many households, and the use of the higher ones in group 2 may be correspondingly decreased. The grains furnish protein as well as energy, and in a cheaper form than meat. By combining them with a little meat, the meat is secured and a dish as nutritive but much less expensive than meat alone obtained. This does not mean that all animal foods or even all meats should be shut out of the diet entirely. As far as can be judged, in the light of our present knowledge, the body is most likely to keep in health if it obtains its protein from a variety of sources, including milk (especially in the case of children) eggs, meats, etc. Similarly, dried fruits contain not only the characteristic properties of foods in group 1, but sugar as well, and a liberal use of them will provide in an economical form much of the sugar which the palate craves.

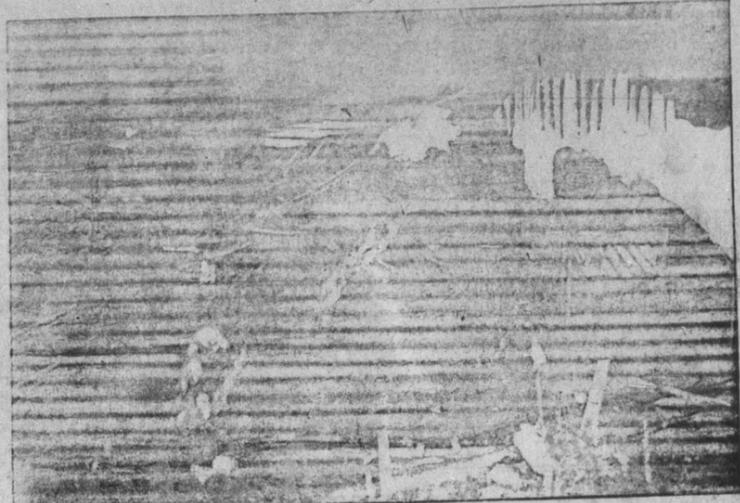
The housewife, too, who understands these and similar facts in regard to the composition and uses of food will be able to free herself from many existing prejudices. Skim milk, for instance is regarded as unfit for human use. As a matter of fact it contains practically all of the constituents of whole milk, except the fat taken off in the cream. On farms it is frequently fed to live stock, but in many cases it might be more economical to use in the household. If it is considered too thin for drinking it may be used in cooking as in making soups, mixing bread, or cooking cereals.

WANTED to purchase a small farm Close to Kentville. Address this Office.

EUROPEAN WAR SCENES



Original photograph—The Battle of Ypres—Artillery crossing the Yser. Photo by courtesy of C. P. R.



British gunners loading portland boat with shells and a light railway, returning. Photo by courtesy of C. P. R.

For Sale

Part of the Real Estate of the late HOWARD BLIGH

namely: Forty-five acres of orchard and woodland (known as the Coleman Property) situated on Brooklyn Street, Kings Co., about two miles from Cambridge Station one mile from Woodville Station, also fifty acres of orchard, meadow and woodland (known as the Eagles Farm) situated on Brooklyn St., Kings Co., about 1/2 mile east of the above named property. This property will be sold cheap in order to settle up the estate. For further particulars apply to Howard Bligh & Co., Limited, Halifax.

COAL HERE FOR \$107

(Evening Times)

American anthracite coal is being landed in St. John, in carload lots for their own use by a local concern, at a cost averaging about \$10 a ton. Inquiries made today confirmed this statement, showing that ten or eleven cars have been brought in and the price, for various sizes of coal, including the small as well as the larger sizes, and for purchases from various sources, has averaged about the same. The last carload, for instance, was invoiced at \$5.50 a ton of 2,240 pounds and the freight was \$5.45, making a total of \$10.95 for a long ton, or about \$10 a short ton. The company still is ordering on the same basis.

CHINA AGREES TO ALLOW BRITAIN USE OF GERMAN SHIPS

London, Nov. 2.—A Peking despatch to the Times, dated Wednesday, says: The Chinese government has "reluctantly" consented to meet the Allies in the matter of confiscation of German ships. It was agreed that nine of the best seagoing vessels, aggregating 29,984 tons, should be chartered by the British government.

Minard's Liniment Cures Distemper

The announcement of Sir Eric Geddes, First Lord of Admiralty, that he has been forty and fifty per cent. of the German submarines operating in the Arctic, the North Sea and the Atlantic since the beginning of the war have been destroyed, will give new heart to all the Allies. His statement that the Germans have lost as many submarines in the last three months as they did in the year 1916 shows what the Allied navies are doing.

HOUSEHOLD HINTS

When you wish to take up threads and ravellings with your sweeper dampen the brush and the task will be an easy one.

Stale walnut meats are improved by soaking in milk and water for eight hours; dry and they will be as fresh as new.

When covering jelly jars with wax, melt wax in a small teapot; by pouring it from the spout and jars are quickly and neatly covered, and the wax stays melted for a longer length of time.

Before washing your sweater, sew up the buttonholes. This will prevent them from stretching open, as they invariably do in the process of cleaning.

SIR WILFRID LAURIER WILL RUN FOR TWO SEATS

Offers for Ottawa Because of Local Trouble

OTTAWA, November 6.—Sir Wilfrid Laurier will run for the City of Ottawa. He will also be a candidate for the City of Quebec. Sir Wilfrid enters Ottawa to adjust a dispute among French Liberals.

MOTHER'S NOTE TO TEACHER

Dear Miss, you writ me about whipping Sammy, I hereby give you permission to beat him up any time it is necessary to learn him lessons. He is just like his father—you have to learn him with a club. Pound noleg into him. I want him to get it and don't pay no attention to what his father says. I'll handle him."

Minard's Liniment cures Garget in cows

The Advertiser—Only \$1.50 per year in advance.



PH-N POINTS STAY SMOOH

Used Only in Non-corrosive Inks. Ask Your Dealer. Everett & Barron Co., Amherst, N. S. Makers of the famous N. O. SHOE POLISH



HORSE GOODS

If every description can be found here. There is not a thing missing what ought to be in it. Everything needed in stable, barn and harness room included. Every article has been gathered with great care, and you will not have a chance to complain about the quality.

WM. REGAN, WOLFVILLE

Thrashing Machines For Sale—Engines, wood saw and thresher will be sold cheap. Apply to Clyde Macdonald, Canada.