

ORANGE MEAT LEADS

IN a long series of digestion experiments carried on by Professor Harcourt, of the Guelph Agricultural College, with the Human Subject, taking all the necessary precautions to insure accuracy, he determined the digestibility of various cereals and furnished the following results:

	Percentage of the constituents digested:	Organic Matter.	Calories per gram.
Orange Meat	93.4	3,733	
White Bread	98.1	2,468	
Entire Wheat Bread	94.9	2,256	
Graham Bread	92.5	2,296	

According to his determination, ORANGE MEAT is 50 percent more valuable as a food than bread.

To persistent users of ORANGE MEAT a large reward is offered. A private postcard in every package of ORANGE MEAT gives details of how to get a cash prize of Seven Hundred Dollars, or a life annuity of Fifty-Two Dollars.

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said the boy. 'And if you can do anything to amuse or cheer him, it would be a good thing, you know. He can't get out of the house by himself, but he might with you to help him.' He was done moping now. He forgot all about himself in doing things for others.—'Sunbeam.'

Taking Things Easy.

There is no small art in taking things easy, so long as we must suffer annoyance in this breathing world, saying as little as possible about them, and making no parade of our martyrdom. If making a fuss and rendering everyone else about us uncomfortable in any way abated the ills that flesh and spirit are heir to, there would be some slight excuse for the folly and selfishness; but since we cannot escape tribulations of one kind or another, fretting only aggravates them. Either let us be silent and endure, or take arms against our woes, and by contending end them. In general he who makes no ado is supposed to have no troubles of his own, or an organisation so inferior that it is not jarred out of

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COCOA

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tune by the rough usage of fortune; to make the very worst of every trouble, big or little, from the fracture of a teacup to that of a skull, is considered by many a proof of great sensibility and depth of character, while he who pursues the other course, who endures reverses, slights, injuries, pin-pricks of annoyance, agues of anxiety, physical and mental neuralgias, without reporting them to every passer, and howling his grievances into the ears of every listener, is often spoken of as of fibre too coarse to feel acutely and suffer keenly. 'It is his temperament,' we are told. 'He takes nothing to heart.' Someone, however, wittily advises us, 'Never tell your misfortunes; nobody likes to have unfortunate friends'; but in spite of this warning, many seem to think that disaster itself is a recommendation to favor; that they deserve a bonus for serving as a target for fortune's arrows; and they are not seldom acutely jealous lest some other should be deemed their superior in suffering. In the meantime, everyone has a welcome for the person who has the good sense to take things easy. It is comfortable to be able to agonise over one's own trials, to 'a mind at leisure from itself.' The person who can go without her dinner and her spring suit, and not advertise the fact; who can lose her purse and keep her temper; who makes light of a heavy weight, and can wear a shoe that pinches without anyone being the wiser; who does not magnify the splinter in her finger into a stick of timber, nor the mote in her neighbor's eye into a beam; who



Synopsis of Canadian Northwest Land Regulations.

ANY person who is 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. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties. — Six months' residence upon and 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 solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent), and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price, \$2.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy of the Minister of the Interior.

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swallows her bitter words without leaving the taste in other people's mouths; who can give up her own way without giving up the ghost; who can have a thorn in the flesh and yet not prick all her friends with it—such a one surely carries a passport into the good graces of mankind.—'Christian Globe.'

We forget that there may be many duties, but that among them all there is a first and a last, and that we must not fulfill the last before fulfilling the first, just as one must not harrow before plowing.—'Tolstoi.'

THE NORTHERN MESSENGER.

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