

Testimony From a High Authority as to the Value of Orange Meat

IN an address to the Canadian Association of the Master Bakers at their Convention, held in London, Ont., August 14th and 15th, 1906, Professor Harcourt, of the Guelph Agricultural College, said, among other things, as follows: Various types of breakfast foods may be roughly divided into the following classes:— 1st, The uncooked, such as granulated oats, etc., which require long cooking to make them palatable and aid digestion; 2nd, Partially cooked, such as rolled and flaked grains. In this process the cell walls are ruptured by the crushing, consequently, they require less time in their preparation for the table; 3rd, Cooked foods; 4th, Foods termed pre-digested, such as Orange Meat, etc.

A large number of foods have been analyzed, and some of the results are incorporated in the following table. In nearly every case the figures are the average of a number of analyses:

	Calories per gram.
Orange Meat	3,968
White Bread	2,721
Entire Wheat Bread	2,486
Graham Bread	2,610

This shows the great advantage in favor of Orange Meat as a heat producer.

atoes may be ripened by wiping dry and exposing them to the sun.

Mother and Child.

One of the most difficult things for a mother to understand is the existence in her child of characteristics fundamentally different from her own.

Every mother wishes to have a noble son. Few mothers realize that such sons are made in the nursery.

Every child that is born into the world bears the burden of the mistakes and follies of his ancestors written indelibly in the tissue of his body and the limitations of his brain.—'Times.'

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To Care for Food.

It is quite as necessary and important to know what care food requires after purchasing as it is to know how to select such foods. Through carelessness and ignorance the loss is sometimes very great. The meats and poultry should be placed in a cool, dry atmosphere. Meat or poultry should not rest against each other. Chops and steaks should be arranged so that they will not rest on each other. If the poultry or meats are to hang, they should be suspended with the tender and choicest part down. Hang turkey and poultry by the feet, mutton and lamb by the shank bone.

Do not allow fresh fish to soak in water. If it is to be kept over night or several hours, keep in a cool place until ready to cook. Then, after cleaning, dip into water, wash quickly and wipe dry.

Butter should be kept where it will not absorb odors, and if purchased by the tub or

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firkin should have a cloth over the top and a layer of salt half an inch thick. When a pound or more is to be taken from the tub, lift the cloth from one side, and when the amount is taken, place the cloth back and spread the salt over it. When several pounds are purchased at a time, put it in a tin or agate pail, wring a cloth out of strong brine of salt and water, and lay the cloth over it, then cover with the tin pail cover. When taking butter from the tub, take it in even layers and not from one side.

Milk and cream should be kept from all foods, as they too readily absorb any flavor emitted. Eggs, too, should be kept in a cool, dry place and handled carefully, as rough handling breaks the membrane that separates the yolk and white. All small and soft fruits should be scattered on large platters and not kept in the baskets in which they are purchased, as their own weight crushes them; and when scattered one can see the over-ripe and imperfect fruit and remove it before further damage is done to the perfect fruit. In buying peaches by the basket, they should be placed on a shelf and not allowed to touch each other, and the riper ones used first. To-



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, \$3.00 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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