

ORANGE MEAT COMPARED WITH BREAD.

BREAD and milk make a good food, but usually bread is not baked enough to get the best results. By chemical analysis there is found a great difference between the bread crumb and bread crust. Owing to the action of heat the bread crust contains about one-third less moisture than the crumb, six times more fat, 40 percent more proteid, twice the quantity of soluble matter, 60 percent more maltose, and three times more dextrine, all due to heat action.

ORANGE MEAT (which contains the whole wheat) is so prepared that every ounce will be affected like the bread crust. No kitchen with ordinary apparatus can produce this effect.

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de-aged wife of a retired Indian officer, with a competence and a son and daughter, but the younger woman was really doing her best, in her sweeping, autocratic manner, to save the elder from making herself more ridiculous than need be. Mrs. Leader knew very well that Horace Dixon was a lanky, rather plain young man. His position was no higher than that of a clerk in a public office. His father, Captain Dixon, had not been able to do more than make a provision for his wife and daughter. The trump-card of the family, General Dixon, was a married man with a large family.

When pressed on the subject of age by Mrs. Dixon, Mrs. Leader had to admit that Miss Ball must be six or seven years Horace Dixon's senior, twenty-nine to Horace Dixon's twenty-three, or thereabouts.

'Oh, my darling boy,' groaned Mrs. Dixon, pressing her teeth on her nether lip in an agony of despair. When she spoke again, it was to check off the counts of the indictment:—'A music-mistress, with a mother confined to a chair, dependent on the daughter, and she fit to be my poor, poor, generous, unsuspecting Harry's mother, instead of his wife! He was recommended to board with them, because he was fond of music, and they were far above taking regular ordinary boarders? Well, they have taken in their extraordinary boarder with a vengeance!' cried Mrs. Dixon, so moved by the family calamity that her distracted mind perpetrated a pun.

Mrs. Leader did not laugh, she frowned with the severity of the young and intellectual. 'You are going too far, Mrs. Dixon,' she said, with her inexorable coolness and accuracy. 'The Balls were respectable, well-connected people, with whom we have always been on visiting terms, though Augusta Ball had to give us our music-lessons. Mr. Ball was a friend of my father's, and was in affluent circumstances before he got into business difficulties and died. Everybody professed, at least, to admire the spirit and independence with which Augusta immediately put her talents and education to account in order to support her mother, and you must own that at the age of six years she could hardly have been your son's mother.'

'Poor thing! she must have had a great deal to bear,' sighed kindly Mrs. Dixon, softening a little, only to harden again the

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next moment. 'All the same, she ought not to have taken advantage of my Harry; she should have let my boy go. It was mean and cruel of her to mar his fine prospects.'

'I have done enough, I really cannot say any more for Augusta Ball, after she has been so disgustingly silly and undignified—at her age, too, and considering what she has come through,' reflected Mrs. Leader on the receipt of a letter from the said Augusta, imploring her friendly intervention, and begging her to assure the outraged parents that after having consented to abet their son in his undutiful defiance of their authority, she would thenceforth strive to be to them both a most dutiful daughter.

Happily for the younger Dixons, their elders were wonderfully placable.

'We must forgive them in time, you know,' was Mrs. Dixon's next wistful suggestion, consistent in its inconsistency, to Mrs. Leader, who was half amused, half provoked at the change of wind. 'It is our duty as Christians to forgive, and he is our boy—our only boy. He has really committed no crime; why, he has not even been guilty of a moral wrong,

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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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though he has set a bad example to Madge. Still, a man is different from a woman: he is bidden to leave his father and mother and cleave to his wife; and we, Captain Dixon and I, have thought it better that Harry's father should send him his usual cheque, not very much, not more than we can perfectly well afford, and not saying what it was for, but really to prevent the young couple from making the bad beginning of starting in debt. We could not allow that, however angry we were.'

(To be continued.)

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