MARCH 20, 1913

cent. of still \$6 Alsike bushel.

1866

ning in or their \$1.10 .75 and . Beef . per lb. alf skins . 2 and per lb. endered.

to \$9; ers', \$6 \$3.75 kers and 8, \$4.25 ers, \$85

mixed. , \$9.60 ; stags, \$9.60. 0.50 to

; Texas and feeds, \$8.50 mixed.

to \$9; \$7 te

6.15 to lambs.

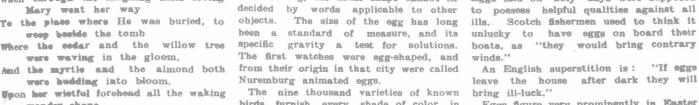
et. t Irish

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ers.

VA.8 C.M. Mr. B A, and to any me te

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wonder shone, when she saw the gracious angel sitting on the guarded stone,

Easter Day.

Rev. Robert McIntyre, D.L.

sad, sweet day !

0, the dawn of Easter morning ! O, the

When she heard him softly say, Lo! your Master is not dead, He is risen as He said,

In the down of Easter morning, O, the sad, sweet day !

- 0, the dawn of Easter morning ! O, the sad, sweet day !
- When Jeeus conquered Death alone, and ended all his sway.
- List | how Magdalene is calling all the weary world to her,
- Where she holds the mingled cassia, the balsam, and the myrrh, And stands, with gaze earaptured, by the
- open sepulchro; See the snewy lines folded, which He
- never more will need, Hear the happy woman telling that the
- Lord is rison indeed. Now the shouting Christian may Stand within that vault and sing : O,
- Death. where is thy sting? In the dawn of Easter morning, O, the sad, sweet day !
- 0, the dawn of Easter morning | O, the sad, sweet day !
- When we were all delivered from dominion of the clay;
- Within that burial garden how the heart grows calm, How the bough of oypress changes into
- the branch of palm, How the wailing requiem rises into the
- wedding psalm, Secause our great Hummanuel, the grave could not contain.

I trust may prove interesting.

THE FARMER'S ADVOCATE.

ME MAGAZ

EDUCATION

FE-LITERATURD &

the world original and positive in itself. Though some specimens are round, and when through the laughing lilies loving some oblong, the usual shape cannot be specific gravity a test for solutions. The first watches were egg-shaped, and winds." from their origin in that city were called

> The nine thousand varieties of known bring ill-luck." birds, furnish every shade of color in eggs. This is a device of nature for customs in different countries. In Chris-their protection. Birds whose nests are tian lands, they are symbolical of the covered lay white eggs, while in open Resurrection. In France, hens' nests fields or on the sand, the eggs are colored like surrounding objects. Eggs of egg for an Easter tribute to the king.

> lrish and French nurses = used to teach The egg is one of the few things in children to push their spoon through the shell after eating contents, "to keep the witches from making a boat of it." Eggs laid on holy days were supposed decided by words applicable to other to possess helpful qualities against all been a standard of measure, and its unlucky to have eggs on board their boats, as "they would bring contrary

> > An English superstition is : "If eggs leave the house after dark they will

Eggs figure very prominently in Easter were formerly ransacked for the largest



gathered some facts here and there which been thought potent aids in witchcraft. make even an ungainly hen like many heroines in novels, not beautiful, but interesting." Many people who have kept hens for half a life-time, could claim a Many people who have kept kindred spirit in the writer of the lines :

529

Well, drat them hens ! when eggs is cneap

They lay the hull place aakle deep: Just keeps me lame a-stoopin' round A-pickin' eggs up off the ground. But drat them hens ! when oggs is dear, They sit around for half a year, Eatin' my wallet to its marrow. With no more conscience than a sparrow; Indulgin' in a conversation On every subjec' since Oreation, Exceptin' 'eggs an' how to lay 'em,' Makes me so mad I want to slay 'em."

There does seem to be a perversity about hens sometimes which could almost be thought diabelical, but if the matter was sifted, it would probably be found that haphasard methods obtain regarding their food and general care,-but "that is another story, my subject today being "Effects," net "Causes."

Eggs are especially rich in protein, which is the nitrogeness or mineral salt ingredient of food. This material is required by man to build and repair the tissues of the body. Some energy is also furnished by protein, but fats and carbohydrates (or starch and sugar) supply the greater part of the total amount needed. When eggs, meat, fish, cheese, and similar foods, rich in protein, are eaten, such other foods as bread, butter, potatoes, etc., are served at the same time, the object being, even if the fact is not realised, to combine the different classes of nutrients into a suitable diet.

The custom of ancient Eastern shepherds, was to place a raw ogg in a sling, then whirl it round and round until the heat produced by the rapid motion cooked it. From this primitive method, to the elaborate concections of modern cooks (whe even use perfume of flowers as flavors for emelets, etc.), there is a great advance. For many of these variations we are indebted to experiments of French cooks, who, by changes and seasoning, could serve eggs in a different fashion every day in the year. Eggs were once thought to be hard to digest. Possibly this was the result of the articles with which they were combined. Dr. Arbuthnot, Pepe's friend, said : "Eggs are perhaps the highest and most nourishing of all animal food, and the most indigestible." Experiments of a later date prove, however, that an egg is digested, usually, sooner than a potato, and quite as soon as beef or One noted authority (Jorismutton. senne), discussing the digestibility of eggs, states that he regards the yolk of raw, soft-boiled, and hard-boiled eggs, as equally digestible. The white of softboiled, being semi-liquid, offers little more resistance to the digestive juices than raw white. The white of a hard-boiled egg is not generally very thoroughly masticated. Unless finely divided, it offers more resistance to the digestive juices than the semi-fluid white, and undigested particles may remain in the digestive tract many days, and decompose. From this deduction, it is obvious that thorough mastication is important. Artificial digestion experiments have been made on the effect of beverages on the digestibility of a number of foods, including raw and cooked egg-albumen, which led to the deduction that tea, coffee and cocoa, retarded somewhat the digestibility of the nitrogenous constituents of eggs, although the effect was less marked with coffee than with the other beverages. Water did not have to puddings and custards, and the 25 this effect. Though interesting in them-

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Miss A besides, a wife

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rney of de, and d prob-ctor of proper e Canake such im ad-'s proatening criminal ion ac-

was ening the but no Instead, igh the ut said enquiry Comes back to be a comrade with His own elect again;

In the dusky sunrise gray, Looks and speech are just the same, calling Mary by her name,

In the dawn of Easter morning, O, the sad, sweet day !

O, the dawn of Easter morning ! O, the sad. sweet day !

When the resurrection glory on the urn doth play.

"Let not your heart be troubled, your place I will prepare;

Henceforward all my blessedness my Bride will surely share,

And she shall be beside me now, wherever I may fare."

O, Saviour, there is nothing in Thy happy heaven above

Which we desire a portion in, so much as in Thy love.

Oft hast Thou heard us pray.

Eloi ! when all the race is run, welcome us with Thy "well done,"

sad, sweet day !

-Zion's Herald.

Eggs and Their Symbolism

[A paper given at the Teeswater branch of the Women's Institute, by Mrs. F. P. Moore.]

My subject is a rather prosaic one,hary soaring,—and for that very reason rolling fate of Israel. The peculiar all the more difficult to treat entertainingly. I am not even giving you any new cooking recipes, for they are to be early egg-worship. had in abundance elsewhere, but I have

An Easter Lily.

In the dawn of Easter morning, O, the some sea-birds are covered with a glutinous substance to prevent their slipping off the rocks.

There are many myths and superstitions regarding eggs. The Jews found in them a symbol of bondage and wonderful deliverance, and used them as a type of their departure from Egypt, and they appeared on the Passover table. Modern Jews still use them at their Passover Feast as an emblem of the mosque is regarded as a vestige of the

Different countries have egg games. Even the Americans have a custom of rolling eggs on the lawn at the White House, Washington, at Easter-time.

The egg industry is one of considerable moment in recent years, and Madame Hen is a personage of much importance these days; indeed, could she know her value, she would probably-after the manner of a certain other small - headed member of the feathered tribe-strut. Gail Hamilton remarked : "The relashape of the dome of the Mohammedan tion of a hen to a dozen fair, white, pure eggs, and the relation of those eggs early egg-worship.