

ROYAL YEAST CAKES RICH IN VITAMINES

MADE IN CANADA

The importance of Vitamines in food is being recognized at the present time to a greater extent than ever before. It has been conclusively demonstrated that yeast is rich in this all important element. Many people have received great benefit physically simply by taking one, two or three Royal Yeast Cakes a day. Send name and address for free copy "Royal Yeast Cakes for Better Health."

E. W. GILLET COMPANY LIMITED
WOLFVILLE, CANADA

HOUSEHOLD HINTS

To prevent the smell of onions while cooking put a little vinegar in an earthenware dish on stove.

In making fruit cake pour half of the batter in the pan before adding the fruit, then the fruit will not settle at the bottom of the cake.

In cooking vegetables, cover those that grow under the ground, as onions, etc., leave uncovered all vegetables that grow above the ground.

When making egg custard pies always heat milk to the boiling point before mixing with the eggs. If this rule is followed the under crust will be crisp.

When cream will not whip, add the white of an egg to it, and let both cream and egg be thoroughly chilled. Then it will whip easily.

To remove chocolate stains, apply paste of borax and cold water. Let remain for short time. Then rinse off and apply boiling water.

To warm over biscuits, muffins or rolls, sprinkle lightly with water, place pan containing them in a pan of hot water and put in the oven a few minutes.

Cutting bread lengthwise instead of across saves about two thirds of the waste, especially when sandwiches are to be cut in fancy shapes.

After cooking cabbage or any vegetable that has a disagreeable odor, sprinkle a little cinnamon on top of stove and odor will disappear. Salt is very good, too.

To dry lettuce, pat it with crumpled paper toweling. This absorbs the water quickly and does not bruise the leaves. Lettuce for salad should be well dried and cold.

To keep lettuce fresh—After washing it thoroughly, place in a cheese-cloth bag and hang in the refrigerator. Use all the outside leaves by shredding them with scissors (kept for kitchen use) and making into pretty nests for salad.

To clean embossed brass, make mixture of an ounce of oxalic acid and one pint of water. Apply with soft brush and polish with chamois.

White enameled kitchen utensils often become to all appearances hopelessly ruined when food has burned them. Place mixture of soap powder and boiling water in them, let stand two or three days without changing water and then pour off. Rub inside with soft cloth. All blackness and stain will disappear. Be careful not to scrape before soaking in this way, as the enamel will crack.

One hundred and sixty thousand carloads of last season's record-breaking potato crop still are in possession of growers, a surplus without precedent in the last nine years, the United States bureau of agricultural economics said recently. The condition was said to be due to difficulty in moving the unusually large crop.

MARITIME PROVINCES AND CANADA

The Toronto Globe recently referred to the policy of Premier Armstrong of Nova Scotia, as outlined before the Commercial Club of Halifax, and quoted this paragraph from his speech:—

"What is good for Canada as a whole will influence us for good. The East and West must co-operate to this end. In unity there is strength. But Canada is to be great, and that should be the patriotic desire of all, the Maritime Provinces, with their numerous resources, possibilities and opportunities, must also be made great, for a chain is no stronger than its weakest link."

Commenting on this, with special reference to lack of growth of population in these provinces, the Globe said:—

"There is no ground for discouragement in the fact that the rate of increase since Confederation has not been very rapid, especially when it is considered that there has been comparatively little immigration. But as compared with European standards the population is still sparse, and there is plenty of room for more people. As an inducement to immigration Nova Scotia can offer a variety of employment, having resources in its fertile soil, its mines and its fisheries, so that to a large extent it may be described as self-contained. It deserves an increased immigration, and we hope that the effort will be successful."

The Halifax Recorder quotes the Globe and makes this apt reply:—

"The Globe's words sound very nice, but what Nova Scotia wants is a market for its products, and when it obtains that, we have no doubt it will go ahead by leaps and bounds."

The Recorder might have gone further and declared that what the Maritime Provinces also want is the development of their ports and a fair share of the overseas trade of Canada, as promised at the time of Confederation. Nice words are not enough. These provinces have definite grievances.—St. John Times.

"WHAT'S A CANADIAN?"

Much has been said and written about the wide-spread fame Canada has gained in the Old Country, in recent years, as a result of the war and other activities, but there is one chap in "dear ole Lunnon" who evidently has not heard much about it.

When Hugh Reid the Toronto cricketer, was in England, in the past summer, as a member of Norman Seagram's Canadian eleven, he tried to enter the famous London Zoo on Sunday afternoon, but was told by the custodian of the gate that no one was allowed in at that time with out some sort of a special pass.

"But I leave London to-night", remonstrated Mr. Reid, adding that he did not wish to depart without seeing the far-famed Zoo. "You see, I'm a Canadian", he explained.

"What's a Canadian," innocently enquired the gateman.

Mr. Reid concluded that the Zoo was a very appropriate setting for that official.

The days have very perceptibly lengthened during the past four weeks.

Every day, in every way, the pile of coal in our bin gets smaller and smaller.

BIBLE THOUGHT FOR TODAY

MARCH 9
GOD'S PEOPLE.—My people shall dwell in a peaceable habitation, and in sure dwellings, and in quiet resting places.—Isaiah 32:18.

MARCH 10
WITHHOLD NOT GOOD.—Withhold not good from them to whom it is due, when it is in the power of thine hand to do it.—Proverbs 3:27.

MARCH 11
THE UNTAMED TONGUE.—He that keepeth his mouth keepeth his life; but he that openeth wide his lips shall have destruction.—Proverbs 13:3.

MARCH 12
SELF-PRAISE.—Let another man praise thee, and not thine own mouth; a stranger, and not thine own lips.—Proverbs 27:2.

MARCH 13
THE BURDEN BEARER.—Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.—Psalms 55:22.

MARCH 14
RESTORE THE ERRING.—Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such a one in the spirit of meekness; considering thyself, lest thou also be tempted.—Galatians 6:1.

MARCH 15
PROCLAMATION OF PEACE.—Glory be to God in the highest, and on earth peace, good will toward men.—Luke 2:14.

RAIN AND SNOW AS FERTILIZER

Snow and rainwater are commonly regarded as among the things essentially pure, but along comes Frank T. Shutt, Dominion chemist, with a report of the things he has been able to squeeze out of them and measure and weigh and reduce to percentages.

Nitrogen is beyond dispute the dominant element of plant food, which determines in a large measure crop growth. Rain and snow have a fertilizing value by reason of the soluble nitrogen compounds they contain. At Ottawa where the average precipitation is 33.49 inches, the average amount of nitrogen per acre received from this source is 6.78 pounds. Rain brings down more than snow, and the figures even show how much free ammonia and other kinds of ammonia, and nitrates and nitrites, etc., snow and water contain.

FRIGHT AND WHITE HAIR

The popular belief that the hair of persons laboring under great mental grief or terror changes color seems to be unfounded. Under certain conditions of bodily health the coloring matter of the hair ceases to be supplied, and the hair may consequently become gray or white in a very short time. In these cases, however, it is only the growing hair that has no color, the hair as it

Does It Pay To Grow From Certified Seed

It has been fully proved from carefully tabulated records that growers can increase their yield of potatoes from 50% to 100%, by planting carefully selected stock grown from certified seed that has been inspected and certified **WHILST IN GROWTH**, instead of planting seed grown haphazard, with no record taken of any disease the seed may have had when growing. We would advise all potato growers, to stop planting seed they have no record of, and plant government certified seed only.

From all reports at hand, owing to low prices experienced the past years, a large quantity of growers in all districts both in Canada and United States are discouraged, and the tendency is they will plant a smaller acreage than usual. This probably means that potato prices next Fall will be on a much more remunerative basis.

We have a quantity of Government certified Green Mountain seed on hand, every bushel of which should be used by Annapolis Valley growers, price on application.

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gradually rises from the root is gray, while that which is outside the cuticle remains its original color. No well authenticated case of sudden change in the color of the hair is mentioned in the "Transactions of the Royal Society", extending over 200 years, whereas if any such circumstance had occurred it is almost certain it would have been recorded. The case of Marie Antionette, which is most frequently cited, does not rest upon evidence sufficiently strong to warrant belief.—Philadelphia Press.

THE PEST

My sweetie has a kid brother,
The darnest darn pest you can find.
And if it wasn't for his mother,
An early grave he would find.

One night the lights went out in the parlor,
A quarter I slipped to the kid.
And downstairs he went
To the gas meter bent,
And slipped in the quarter, he did.

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| Finen Haddies, 18c. lb. | Boneless Cod, 17c. lb. |
| Cod Bits, 12c. lb. | Sardines, 15c. can. |
| Salmon, 25c. can. | Lobster, 50 c. can |
| Shrimps, 45c. can | |
-
- | | | |
|----------|---------------------------|-----------|
| Special | 1 can Cocoa..... | 15c |
| Saturday | 1 jar Marmalade..... | 35c |
| | 1 pkg. Pearline..... | 20c |
| | 1 lb. Fancy Biscuits..... | 45c |
| | 1 pk. Apples..... | 25c |
| | 1 pk. Turnips..... | 15c |
| | 1 bus. Potatoes..... | 60c |
| | 4 rolls T. Paper..... | 25c |
| | 1 can B. Beans..... | 22c |
| | Roast Beef..... | 15 to 22c |
| | Beef Steak..... | 22 to 25c |
| | Roast Pork..... | 25c |
| | Roast Veal..... | 20 & 22c. |
| | Mutton..... | 25c |
| | 2 pkg. C. Flakes..... | 25c |
| | 2 pkg. S. Wheat..... | 30c |

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D. A. R. Timetable

The Train Service as it Affects Wolfville

- No. 96 From Annapolis Royal arrives 8.41 a.m.
- No. 95 From Halifax arrives 10.10 a.m.
- No. 98 From Yarmouth, arrives 3.27 p.m.
- No. 97 From Halifax, arrives 8.27 p.m.
- No. 99 From Halifax (Mon., Thurs., Sat.) arrives 11.48 p.m.
- No. 100 From Yarmouth (Mon., Wed., Sat.), arrives 4.28 a.m.

Homes Wanted!

For children from 6 months to 16 years of age, boys and girls. Apply to H. STAIRS, Wolfville Agent Children's Aid Society.

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