

### VALUE OF MILK IN THE DIET

Some Pointed and Pertinent Quires for Dairymen

The chief duty of the milk specialist, Miss Helen G. Campbell, of the Dairy and Cold Storage Branch of the Dominion Department of Agriculture is to disseminate information on the value as a food of milk and dairy products generally. That she is fulfilling her task the recently published pamphlet entitled "Why and How to use Milk" is abundant proof. Miss Campbell deals further with the subject in the May-June Agricultural Gazette under the heading "The Dietary Value of Milk." In this article, backed up by the universally acknowledged authority of Dr. E. B. McCollum of John Hopkins University, it is shown how milk adds to the nutritive value of cereals in body building, and consequently how important its generous consumption is to children particularly and to adults generally. Milk in any form contributes to the making of bone and muscle and to the preservation of health. It contains the element that our systems most require, such as mineral matter, lime and phosphate, and to a lesser extent iron, and a pleasant and necessary quantity of fat. It is helpful against scurvy and promotive of a clear, healthy skin. It is the main sustenance of the infant as well as of

### CLEANLINESS IS HEALTH

**GILLET'S LYE** is one of the most useful and economical articles on the market.

"Let Gillett's Lye do it" is a common expression among those that are familiar with its many uses.

Read the directions under the wrapper

### GILLET'S LYE EATS DIRT

MADE IN CANADA

the invalid in many cases. In dealing with the subject the writer puts some pointed questions, which it would be well if every milk producer could answer in the affirmative. She asks for instance, if as much care as possible is exercised to keep the milk from contamination, if covered milk pails are used, if cows are cleaned and curried as they should be and their udders washed before milking, if clean hands, clean clothes, and clean places are insisted upon, if pains are taken to cool the milk as rapidly as possible and to keep it cold, and how many dairymen are really vitally interested in selling the best milk rather than just milk?

### VITAMINES

Precious health-building elements are essential factors of growth to every child. **Scott's Emulsion** is the food- tonic of special value to children. It is rich in vitamins—builds health and promotes growth! Scott & Bowser, Toronto, Ont.

### Protect Your Children's Health By Giving Them Purity Heathized Ice Cream

The health of your youngsters is precious to you, mothers. Don't gamble with it.

Protect them by giving them Only Purity Heathized Ice Cream. It is not only the BEST but the Safest! Heathization is science's newest contribution to food sanitation. Other ice creams are frozen in ordinary air. Purity Ice Cream is frozen in a pure, sterile, clean and germless atmosphere a hundred times purer than air.



PURITY ICE CREAM CO. LTD., St. John, N. B.

### IS YOUR MONEY SAFE?

Hidden in your home it is a temptation to thieves.

Deposit your money in the bank and rent a SAFETY DEPOSIT BOX for your valuable papers, Victory Bonds, etc.

THE ROYAL BANK OF CANADA

J. P. MacRAE, Manager

Newcastle, N. B.

### \$20,000 FIRE AT DOAKTOWN

Doaktown, N. B. June 5—The woodworking factory, warehouse, drysheds and other buildings owned by Henry Swim, of this place, were burned here on Saturday night with a loss estimated at \$20,000 and it is said, no insurance.

Flames were first seen issuing from the roof of the factory around the smoke-stack and it is believed the fire originated there. The fire was first discovered about 10.15 o'clock and a large force of volunteer fighters spent the rest of the night fighting the flames and preventing them from spreading, the C. N. R. station being seriously threatened.

### CLEAN UP YOUR TOWN

A town looks like its citizens. Is there anything wrong with your town?

Are the back lots filled with unsightly trash?

Are the basements of public buildings full of rubbish?

Is there rubbish obstructing exits that people may have to use in an emergency?

If any of these conditions exist, there is something the matter with your town.

If your tongue were coated, your back ached and you had chills, you would go to a doctor. You would go because you were sick.

Your town is sick. It gets clogged up like your system, and is coming to the only doctor it can come to. If it is coming to you, People judge a town by its looks.

If there have been fires in your town in the past you have had to bear the loss.

Property that could have been taxed and thus help to reduce your burden, is beyond the power of taxation.

Food that could have been eaten is destroyed.

Insurance money with all its alchemy is no substitute; it has purchasing power, not food value. Clean up your town.

It will mean dollars and cents to you.

It may mean the saving of lives. Your own home may be destroyed by the careless act of a neighbor.

His home is in the same danger as yours.

Sunlight, fresh air and cleanliness never cause spontaneous combustion; lack of ventilation and accumulations of filth and dirt will.

Remove every unsightly and dangerous pile of rubbish.

It is your town. You live in it. And it will only be what you make it.

### OBITUARY

#### LEWIS CHESTER GALLANT

At the Miramichi Hospital on Saturday June 3rd Lewis Chester son of Mr. and Mrs. Wm Gallant of Upper Nelson, aged 6 yrs and six months.

Deceased had been operated on for appendicitis the night before. Having been sick only three days, his death was a great shock to the family.

#### BIG GASOLINE RESERVES

The United States Bureau of Mines reports a gasoline reserve of \$13,500,000 gallons, the highest on record. Opening up of new fields and improved cooking processes during the past two years have greatly increased fuel production.

#### SCHOOL TAX BOOKS

Four and County Rate Books, Dog Tax Books, Receipt Books in Duplicate, Mill-Saw Bills, Deed Forms, Teachers Agreements, for sale at the ADVOCATE OFFICE

## Don't Guess about your BATTERY

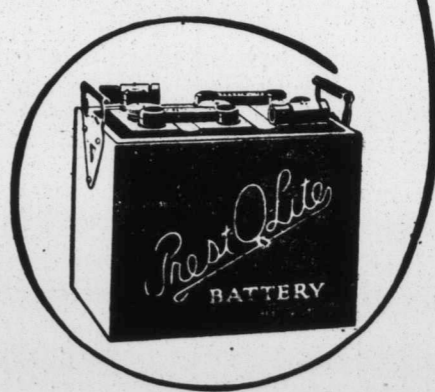
THE Plate is the backbone of any Storage Battery, and a large percentage of battery troubles are due to poor Plates.

The Prest-O-Lite Plate represents the greatest advance in battery-making in recent years. Prest-O-Lite Plates, the backbone of the Prest-O-Lite Battery, have the strength and porosity essential to the ideal Battery Plate—strong, so that heat will not buckle it and jolts will not affect it—porous, so that it will provide the reserve power necessary for cold weather starting and emergencies at other times.

Every part of a Prest-O-Lite Battery is made with the same extreme care—the same precise insistence upon perfection in every way. Jars, separators, containers—every part is made and assembled with the same scrupulous insistence upon excellence. It represents the greatest value you can buy—yet Prest-O-Lite Batteries are sold to-day at less than pre-war prices.

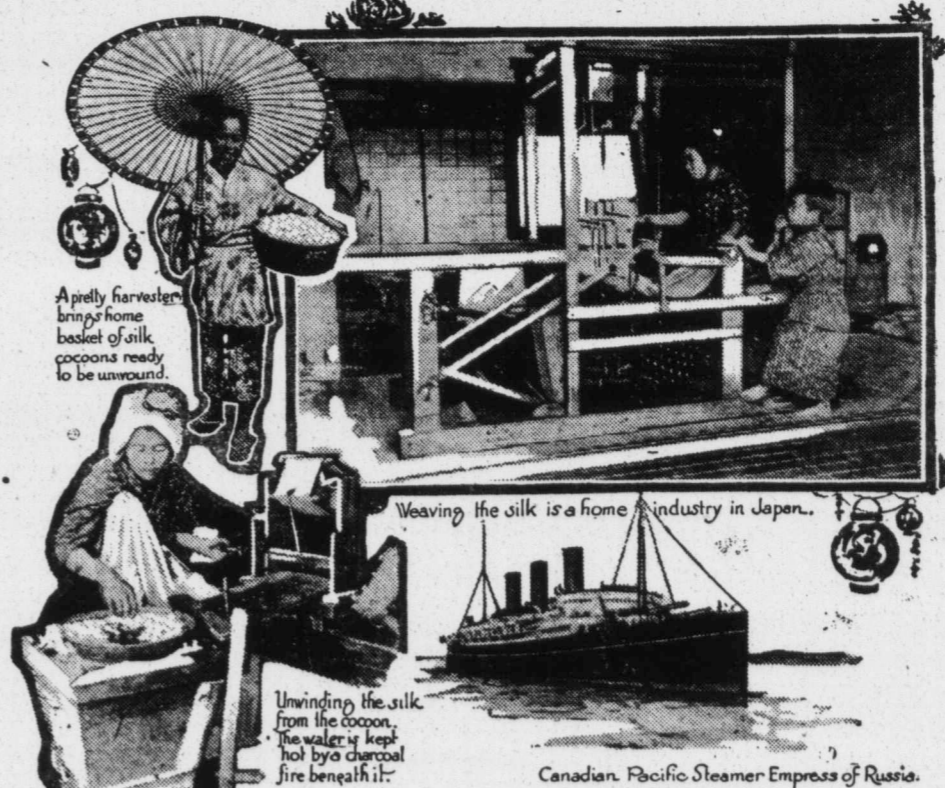
100 per cent. Made in Canada

Lounsbury Motor & Supply Company.



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### The Silk Worm and His Product



A pretty harvest brings home basket of silk cocoons ready to be unwound.

Weaving the silk is a home industry in Japan.

Unwinding the silk from the cocoon. The water is kept hot by charcoal fire beneath it.

Canadian Pacific Steamer Empress of Russia.

JAPAN has a monopoly of the silk industry of the Orient. The Japanese have achieved this triumph as the result of an early appreciation of the value of organization and standardizing, and by reason of their skill in perfecting a raw silk adapted to high power American machines. Silk is the chief Japanese export. The silk worm therefore is the special pet and pride of the Japanese people, and all thought and care is devoted to making his surroundings such as will conduce to his comfort, health, and happiness. This is no slight task. At least 4,000 years of breeding for silk alone has told on his probably once robust constitution, and the silk worm is now a temperamental little fellow, subject to devastating epidemics and greatly influenced by atmospheric changes of an unfriendly nature. It is only fair to say, however, that while with us he devotes his little mind entirely to business, and wastes not one of the comparatively few moments granted him in this life. He comes into the world as a tiny pink egg accompanied by five or six hundred brothers and sisters, and for a few days rests in the dark of small trays covered with paper in which tiny holes are made. On emerging from the egg his attention is attracted by the bright lights of these pin-holes. He climbs up to enquire what they mean, and working his way through them finds himself betrayed into a world of toil and trouble, as many a human being has been and will continue to be as long as bright lights glow.

The only thing he brings with him is a first class appetite, and the mulberry he loves must be chosen with tender care in order to work up his strength to the task of producing a fine strand of silk. For about a month he devotes his entire attention to meals, which amount to a practically continuous performance, with the exception of three or four short periods during which he changes his skin to one that more comfortably conforms to his fast increasing bulk. At these times care is taken to keep him from disturbing noises, although modern writers on the subject do not state that he is inspired to greater effort by music served with his meals. If not, it is perhaps because Oriental music would more favor distraction than the contemplative calm most conducive to the silk worm's task of putting on weight.

Having become a full-grown silk worm, he sets about the serious business of life, the spinning of the cocoon and eight to twelve hundred continuous yards of silken thread. This takes three or four days, and in most cases, his life shortly afterwards ends in hot water, as might be expected of one so early showing a predilection for bright lights. The hot water enables the silk farmer to easily unwind the cocoon into a skein of glossy, golden colored, raw silk all ready for the mills.

A few of his relations are picked out to carry on the good work, but even for these life has few joys. It is a long sleep of several months, an emerging from the cocoon as a winged moth that cannot fly, and the immediate setting about the business of laying another five or six hundred tiny eggs. When that supreme task is completed the little life goes out, probably tired of a world in which most of the fun has to be got out of eating.

But the silk it leaves lives on, and its first few weeks of life are swift. There are a dozen processes of winding, washing, reeling and coloring through which it must go, and the less time that these processes take, the better. A train load of silk represents a great amount of money. The interest on its value, and the premiums on its insurance total up tremendously. That is why every effort is made to get the finished product into the dealers' hands at the earliest possible moment.

A record in the trans-shipment of silk from Japan to New York was recently made by the C.P.R. On April 29, the Canadian Pacific steamer "Empress of Russia," left Yokohama carrying in her cargo 3,000 bales of silk for New York. Two minutes later the "Bay State," another Pacific liner, left a near-by dock with 1,500 bales of silk bound for the same destination. It was a race across the Pacific Ocean and the American continent, and silk and shipping men of two continents watched for the result. On arrival at Vancouver the "Empress of Russia" silk was placed on a special train, which was ordered to make all possible speed to New York. The silk was delivered there at 5.20 p.m. May 12, while the cargo of the S.S. "Bay State" was delivered 7.30 a.m. May 15, the Canadian Pacific through time from Yokohama to New York having been 62 hours and 1 minute faster than that of the rival line, and a record between these two points was thus established. Despite the fact that it was a 17 car train, the time consumed between Vancouver and Prescott, Ontario, was only 5 days, 17 hours, and 57 minutes. Canada's fastest regular passenger train is the C.P.R. "Trans-Canada Limited," which runs from Montreal to Vancouver in 92 hours, and from Toronto to Vancouver in 89 hours, leaving both cities daily. The shipping of this silk has definitely settled the supremacy of the Canadian route as the quickest to and from the Orient, and means much to the future trade of Canada.