

General Increase In Food Prices

A general increase in November prices is indicated in a statement issued by the Bureau of Statistics.

The index number of the bureau weighted according to the commercial importance of the 26 commodities, which are included in its computation, rose five points in November being 151.1 as compared with 156.6 in October. Fifty-three price quotations were higher; 23 were lower, and 150 were unchanged. Five of the main groups moved upward; two moved downward, and one was unchanged. Chief changes in index numbers were:

Vegetables and their products rose from 157.3 to 171.5.

Consumers' goods (food beverages and tobacco) rose from 159.5 to 164.5.

Producers' goods (materials used in manufacture) rose from 145.4 to 148.8.

Raw or partly manufactured goods rose from 151.2 to 160.2.

Fully or chiefly manufactured goods rose from 156.8 to 157.0.

The combined index for fifty common stocks (31 industrials, 9 bank, 10 public service), was 120.9, as compared with 121.2 in October.

The index number for 23 preferred industrial stocks was practically unchanged, being 98.8, as compared with 98.7 in October.

The index number for 18 industrial and public service bonds was 106.0, as compared with 105.5 in October.

WASHINGTON, Dec. 10.—Increases in retail food prices ranging from 2 to 5 per cent. are shown in all of the 25 United States cities for which the Department of Labor has filed compilations for the month ending Nov. 15. For the year ending Nov. 15 the increase in the 25 cities ranged from 14 to 8 per cent.

"Distilled Sunshine"

Nature has devised curious ways of storing up the energy that is daily poured out onto the earth from the sun. The energy from the sunshine of countless centuries has been stored in the coal that man is now using to run his engines and warm his homes. Coal has been aptly termed "stored sunshine". The same term might be given to honey, although "distilled sunshine" might be more appropriate. By the aid of the energy supplied by the sun's rays, the flowering plants distill nectar, which is gathered by the bees and stored as honey. People who have always looked on honey as a delightful delicacy rather than as a food may be surprised to learn that careful tests carried out by food experts have shown that in a pound of honey there is sufficient energy available to supply 42 per cent of the energy needed by a healthy active man in the course of twenty-four hours. A pound of milk which is rated so highly as a food, can supply only nine per cent of a man's daily energy requirements, although, of course, it is rich in certain body-building elements. Honey, in addition to what it supplies in the way of energy, can give per pound, two per cent of a man's daily protein requirement, three per cent calcium, seven per cent phosphorus, and twenty-one per cent of the iron needed. All of these are essential to the maintenance of health and vigor. reckoned in calories, Honey has tested 1520 calories to the pound, while beef gives 950, milk 325 and white bread 1225—the calorie being another way of expressing the energy value of a food.

Equally important, from the viewpoint of modern food science, is the fact that Honey has been found to be rich in Vitamin A, that mysterious food substance that the body must have if health is to be maintained. Rich in energy, in iron, and in vitamins, Honey is an unusually well-balanced food as well as Nature's choicest delicacy.

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COMPENSATION RATES SHOW INCREASES

The Royal Gazette contains notice of assessment on employers under the Workmen's Compensation Act. The assessment as announced is to be in effect in 1926.

Many changes in rates are announced the majority of them being increases. In a few cases decreases are made.

General Increase on Lumbering
Woodworking industries which are of outstanding importance in New Brunswick receive one slight decrease and several increases. The chief increase is from \$4.50 to \$6 in the section composed of logging, cutting of timber, pulpwood, firewood, railway ties, river driving, rafting, booming or the transportation of logs, timber, pulpwood, firewood, hauling timber. An increase from \$4.25 to \$6 is made in the section composed of sawmills; shingle mills; lath mills; box, barrel and shoox mills; roasting mills; excelsior manufacture; lumber yards delivery of lumber; wood cutters. The section including artificial limbs, cabinet work, cooperage, etc., has an increase from 50 cents to \$1.

Class 1 which includes coal and other mining operations has increases. Coal mining is increased from \$4 to \$5, other mining from \$2 to \$3. Manufacture of oil from shale is increased from \$2.50 to \$3.

Class 3 which includes garage workers, iron and steel products, etc., has one slight increase and no decreases.

Class 4 which includes the manufacture of compounds, chemicals, leather, leather goods, etc., has some increases none very heavy.

Class 5 including construction has an increase from \$2.20 to \$3 for brick laying, mason-work, etc.

Class 6 which includes bridge building, road making etc., has several increases and three slight decreases.

Class 7 which includes warehousing storages, stevedoring, dredging, etc., receives two decreases, express companies and operation of railways. Increases are, operation of drydocks from \$2.50 to \$3.50, stevedoring in Bay of Fundy ports from \$4.50 to \$5, stevedoring other than in Bay of Fundy ports from \$3 to \$3.50.

development of the digestive disorder which in turn produces the insomnia. For the sake of your mental health and physical welfare find the cause of your sleeplessness and get rid of it.

The Advocate \$2.00 Yr.

Amplifiers in the House of Lords

Members of the House of Lords must be on guard against making side remarks which are not intended for the assembly at large, for, since amplifiers were placed in the House the slightest can be heard in the furthest corners of the great room.

In the old days a speaker could be heard with difficulty unless he shouted, and there was a constant general exchange of remarks by members who paid little attention to the business of the day.

But a member who now quietly remarks to a neighbor that some speaker is a "silly old fool" does so at the peril of having every newspaperman in the gallery hear him quite distinctly.

YOUR HEALTH

If You Can't Sleep, Seek the Cause—Insomnia May Lead to Broken Health, But This Can Be Avoided by Cleaning Up the Intestinal Tract.

Not long ago I read this editorial in a great newspaper:—

"Who can tell when nerves become so frayed that life is not worth living?"

"Mrs. Florence Hoyt was rendered so nervous by insomnia that she took her life the other day.

"The psychology of nerves shows the disease of nervousness to be a cumulative malady, and among some people when it becomes too great life is not worth living."

It is, indeed, true that continued loss of sleep has wrought upon many a mind that in desperation suicide has been attempted. Insomnia has resulted in many deaths of this sort.

It is bad enough to be kept awake when you are dying for sleep. But to lie in bed, hour after hour, longing and praying for sleep, and unable to get a single wink, is terrible beyond words.

It may be that we actually require less sleep than we think we must have. There is no doubt habit in the country, away from the city life, which you are familiar, you find, you self sleeping more hours than is your regular practice. After a few weeks of this life, a return to the city with its later hours, necessitates another training. For several nights you find it difficult to keep awake till eleven or twelve o'clock.

For everybody, however, there is a minimum which must be met to avoid disaster. For myself, I am sure I need eight hours. You may need nine. Another may get on with five or six hours.

You recall the old saying about the hours of sleep:

"Nature requires six custom takes seven, Laziness nine and wickedness eleven."

Some folks sleep too much. A few of the hours usually spent in bed might better be used for exercise.

If I should choose for you however I should advise over-sleeping rather than under-sleeping. The nervous system and the heart need the opportunity for recuperation which the sleeping state gives. On this account it is better to have an extra amount of sleep than to rob your body of its period of relaxation and recuperation.

Insomnia—the inability to sleep—is a serious symptom. It produces all the signs of what we call "nervousness". If long continued it may lead to dangerous results.

If you cannot sleep find out what is wrong with you. There is always a physical basis for this distressing symptom. The most likely cause is acute or chronic dyspepsia. Intestinal fermentation, constipation, failure of kidney elimination—these are the likely causes.

Eating too much, eating the wrong things, eating too fast—none of these practices will probably explain the

A Thought For The Season

The next three or four days afford an excellent time to readjust our lives to new notions; to adopt some what after the idea of shopping and mailing early, the idea that it is better to love and to forgive as early as

possible than to hate and harbor grudges. Christmas Day is itself an anniversary of the birth of the Spirit of Love and Forgiveness—a spirit that was intended to be the abiding heritage of the Man whose birth is celebrated. Charity and kindness are striking phases of character, and typify, in large measure, the Christmas spirit—but charity and kindness are not enough. Money is a material thing and is soon spent and forgotten; costly gifts decay in time and are not long remembered; but love and forgiveness are Christmas gifts that will outlast life itself; for these two things are of those qualities in man that are made splendid by a divine and eternal light.

From Winter's Bite To Summer's Glow



President's Palace and new Plaza at Havana.

The insignificance of a fly on a floor, gasping at a huge piece of a gilded brown color, so marked are the indentations shadowing the island's precipitous sides—all jagged points.

The little town on the island is hidden with an African abode, among palm trees. Some fine buildings, church and government, offset the mile upon mile of negroes' wooden habitations that persist until the foothills of the island's waterbedded backbones; from below, so solemn in its emittance; from above, so impracticable in its crenellations, gullies and rifts. Through the crazy interior splash threading streams and frothy torrents over rocky shelves often garlanded with greenery and rare fronds.

To the north-west where the mountain turbulence subsides, the serrated ranks of the sugar-cane are marshalled as far as the eye can see, and banana trees grow in the rich red loam. Ginger roots, the sprouting pineapple, and tobacco are cultivated; but the general heat of the sun aiding and abetting native indolence, breeds theft and petty larceny. So sugar is this island's staple industry. Permission to view a sugar-mill, can be obtained. Nor should the experience be missed. The bundles of sugar cane, loaded with sap, are run up an endless sliding band, to be crushed in a mangle, the stems coming out in dry shreds, the rich juices flowing away to the circulators, large drum containers and copper kettles that boil it. Then vases, revolving internally, whisk the juice at high velocity thus crystallizing it to the consistency seen in bowls at the breakfast table. A by-product of the process, once thrown away, now as important as its parent industry, is the well-known West Indies rum.

Down grassy slopes by the northern shore where a sea of crystal blue cleanses a strip of shining sand, bathers swim for hours, unwilling to leave the pleasant warmth of the water for the slightly cooler outside air. Leaving New York on January 28 for the West Indies the Canadian Pacific Liner Montroyal makes fifteen ports of call before returning thirty days later. The Montroyal makes a second trip to the West Indies, taking in different ports, leaving New York March 1 and returning March 30. Shore excursions are arranged for ports where interesting sights may be taken in.

She slips out of New York harbor and the Statue of Liberty fades into the wintry mists behind her. It is the good ship Montroyal of the Canadian Pacific Line on her first trip of the season to the West Indies and it is midwinter with all the harshness of that time of year apparent. Icy gusts and cold snow falling into the water where ice is floating. In every way the prospect is uninviting and the passengers are below decks in the warmth of well-lighted, gay salons and cabins. A little over twenty-four hours of sailing elapses, and what a change! We are back in the good old summer time. Small islands pass and reefs so close on either hand that a golf ball thrown from the deck might waken the dormitory of lazy gulls. In the distance there develops like a smoke pall, an immense range of mountains, and it is sunrise over a calm sea steeped in the glories of color almost beyond imagination, while the air is so warm that the lightest of summer clothing is de rigueur. The landfall grows, as it were, and stands smiling at us. Gliding smoothly along, one feels minute, with

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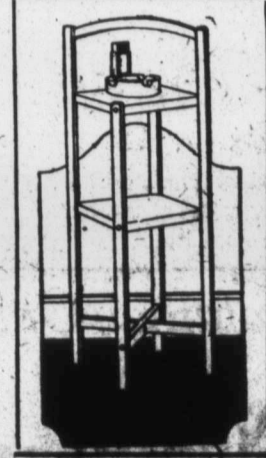


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