

# Local and Provincial

## MRS. JAMES SHERARD

The death of Mrs. James Sherard of Redbank occurred on Wednesday. Deceased was formerly Miss Mabel Parks. She had been ill two weeks of pneumonia. She left her husband and five small children.

## MILITARY TRAINING

The committee of the Board of Education consisting of the Premier, Solicitor General and the Chief Superintendent of Education, held a session last week in Fredericton with Mr. R. A. Borden. It was decided that the province would adopt the Strathcona plan, that physical culture would be adopted and also military training, the latter being made optional with the school districts. The teachers are given four years in which to qualify.

## UTHER NELSON

Uther Nelson, Feb. 21st—Miss Eliza Underhill, who has been suffering from a severe attack of Bronchitis, is slowly recovering.

Rev. Mr. Grant, who has spent the last forty years in Trinidad as a missionary, has supplied the Millerton, Derby and Chelmsford congregations for the past two sabbaths.

Mr. John W. Vye is confined to his home by illness.

Miss Dora Lyons of Doaktown intends spending some time in our midst.

Mr. Frank Parks intends taking his departure for the west soon.

Mr. C. Betts, our popular grocery man, pays us a visit each week.

Messrs. Chris O'Brien and Will Foley of Derby spent Sunday evening with friends in this vicinity.

Mrs. James Jardine spent Sunday with her parents.

Miss Jessie McKinley intends spending a few weeks with her sister, Mrs. G. Gallon.

Mr. Wm. Cornish of Chatham, spent Sunday with friends in Derby.

Mrs. Weldon McKinley who has been spending the winter in Derby has returned home.

Mrs. M. Carnahan is spending a few days with her daughters in McKinleyville.

## MRS. CLIFFORD PARKER

The death, under particularly sad circumstances, occurred on the 18th when Mrs. Clifford Parker died at her home in Whitneyville, leaving a sorrowing husband and two small children, the youngest a few hours old. The deceased young woman, was formerly Miss Annie Scott, only daughter of Mr. and Mrs. John Scott, Strathadam, and leaves two brothers, residing at home and one in Lawrence, Mass. A few months ago Mr. and Mrs. Scott buried a son, and the second death so soon after, is a great blow to them. Mr. Parker has the sympathy of the entire community in the loss of his wife.

## MISSIONARY MEETING

A mass meeting of all denominations was held in the Methodist church Wednesday night in the interests of the Laymen's Missionary movement. The principal speakers were Rev. Dr. Woodworth of the "All Peoples' Mission, Winnipeg, and Rev. Mr. Morgan, a missionary lately returned from west China. Dr. Woodworth said that one-third of Manitoba constituencies are already controlled by one foreign people—the Ukrainians (East Galicians). In Saskatchewan only 30% of the people are Canadians. Canada's problem is far more difficult than was that of the United States one hundred years ago. From 1800 to 1810 the U. S. A., which had 5,308,000 people received only 70,000 immigrants, while Canada's 5,371,000 of 1901 will, it is estimated, receive in the first ten years of this century 2,300,000 immigrants—37 times as much as U. S. A. received. While the latter's increase that decade was nearly all from Britain and North-western Europe, Canada's was 28% from southern and eastern Europe. In Manitoba over 26,000 children were not attending school. Over 1/4 of its rural schools were by-lingual. Rev. Mr. Morgan said that China was now the focus of the world's attention. China was now at school to the world, it was open to both Christian and anti-Christian influences. Missionaries there are very scarce. There is a great spiritual awakening all over China. Short addresses were given by Revs. S. J. McArthur, H. T. Cousins and W. J. Deane. Mr. MacArthur reported that in his church systematic giving had tripled missionary receipts. After the larger meeting, some of the Methodist men gathered in the vestry and formed themselves into a committee for carrying on the Laymen's Missionary Movement in this congregation. Those who organized were Messrs. W. J. Deane, chairman; B. F. Maltby, secretary; John R. Allison, Sr., Arthur E. Petrie and John H. Ashford, Executive; H. H. Stuart, Simon MacLeod, F. H. Gough, Walter C. Day and Wm. Ashford, sr. Further steps at an early date are contemplated.

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## BEATS HER BABY AND DEATH FOLLOWS

Montreal, Feb. 23—Mrs. Vochi Koshmerska, of Verdun, faces the charge of murder as the result of a beating she gave her 3 1/2 year old child during a paroxysm of rage a couple of days ago. She thumped the poor nite so hard that it went into convulsions and then died.

## MISS MURIEL APPLEBY HAD NARROW ESCAPE

Miss Muriel Appleby, of Millerton, who has spent the past year with friends and relatives in Maine, later going to visit her cousin, Mrs. C. L. Staats, narrowly escaped being killed while walking with her cousin's son, Aubry. When turning the corner of Huntington Ave. Dartmouth street, Boston, recently a cake of ice slid off a building and struck Miss Appleby on the head rendering her unconscious for some time. She received injuries in her breast and back, but she is rapidly improving.

## By the Way, Madam, What's An Ideal Food?

Once, Madam, a June Bride asked the heroine of three matrimonial ventures the secret of "How to be happy though married." And the Experienced One's startling recipe was "Feed the Brute!" Many a housewife feeds the partner of her joys and cares with mere filling concoctions without nutrition. The poor man is fattened by the process about as much as the chicken which swallows sand and thinks it is being fed. What—did you speak, Madam?

By the way, Madam, what's an Ideal Food? Dr. Robt. Hutchison (an eminent authority on such matters) has already defined it: "An Ideal Food would contain about one part of Protein to 4.2 parts of Carbohydrates." Sounds very scientific, eh? Protein for bone, and brain, and brawn builds Carbohydrates for fat just to keep the hollows and prevent the body from burning. Once Madam, a fellow who loved statistics came up with the idea that the average man consumes 26 lb. of fat and 96 lb. of carbohydrates in his daily food. A woman consumes 16 lb. of fat and 64 lb. of carbohydrates as much as a man. But, plain white bread—made from FIVE ROSES flour—contains these three essential nutrients in the proper proportions. Therefore, dear Madam, if you are a man or a woman, eat FIVE ROSES rolls and breadstuffs. Such bread contains the highest nutrition of the prime Manitoba spring wheat combined with proper admixture of the hard outside skin. But a man won't eat your bread simply because it's wholesome or because it's cheap. You know that, don't you, Madam, he wants it appetizing and tasty as well. Would you like, Madam, every loafing in taken from your own piping hot batch of rolls and loaves with an aroma, color, flavor which are your own monopoly? A crisp, tooth-leading crust that breaks with a snap; an elastic, spongy crumb that springs back into shape after being pressed with the finger? Loafy, well-placed loaves that bring the glow of pride to the kitchen. All yours for the asking. Madam—If you eat FIVE ROSES from your grocer.

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