

RICH IN VITAMINES



MAKE PERFECT BREAD

ROMANCE OF THE DIAMOND RING

By Ruby I. Kingswood.

It had been talked of for a long time, that Mother Denstair should celebrate her fiftieth birthday with a diamond ring.

Welda, and Jim, and Alex, stood ready to wave a happy goodbye, but as Dad was about to start the machine, the postman came along with a letter, and Jim, scanning the address, stopped him.

Hours fly quickly when hands and minds are busy in loving service. There were flowers to place in the vases, and a gay salad to make, and the birthday cake must have its fifty candles buried evenly in the pink icing.

"Six o'clock? I did not think it was that late! I wonder what can be keeping them," questioned Alex.

"Perhaps they called into Aunt Kate's to show her the ring," suggested Jim.

"No," decided Welda. "Mother never does that. She always comes straight home from town, and anyway she knows we are anxious to see it."

"Oh, well," assured Alex, "Dad's with her, so she's all right; and just take another peep at that table Welda, doesn't it look scrumptious?"

"Here they are!" and with a bound they were all at the door.

"Oh, do let's see it, Mother," coaxed Welda.

"I declare if I had a new diamond I'd be like the girls, and I wouldn't be wearing gloves to hide it," laughed Jim.

Mother Denstair's eyes were bright with happiness as she spoke. "Have patience till I get my wraps off, and I'll tell you all about it. I didn't get, my ring after all."

"Ah, Mother!" came in disappointed exclamations, while three very long faces scanned the happy, one in surprised questioning.

And then Mother laughed heartily. "You just ought to see your faces; you all look at me as if there was a calamity brewing. You know that letter you handed to me Jim; well, it was from the Sick Children's Hospital asking for our usual contribution. Going along in the car I got to thinking how much nicer it would be to support a cot at the hospital, and somehow when I looked at the diamond, and put it on my finger, it looked very insignificant alongside of the thought of the little white cot with a wee baby in it. So off we drove to the hospital and it was the happiest birthday of my life when I chose and christened 'The Denstair Memorial Cot'."

"Great! Hurrah for Mother!" shouted Alex.

"Well, I never!" was all that Jim could say.

While Welda kept her thoughts secreted till some time later, when, after the gay supper festivities were over, around which hung futher plans of a little white cot, she confided to Jim, "Mothers do lovely queer things, don't they?"

GEMS OF THOUGHT

Quiet and sincere sympathy is often the most welcome and efficient consolation to the afflicted. Said a wise man to one in deep sorrow, "I did not come to comfort you: God only can do that; but I did come to say how deeply and tenderly I feel for you in your affliction." Tryon Edwards.

If a fool knows a secret, he tells it because he is a fool: if a knave knows one, he tells it whenever it is his interest to tell it. But women and young men are very apt to tell what secrets they know, from the vanity of having been trusted. Trust none of these whenever you can help it.—Chesterfield.

The consciousness of clean linen is, in and of itself, a source of moral strength. Seconded only to that of a clean conscience,—A well ironed collar, or a fresh glove has carried many a man through an emergency in which a wrinkle or a rip would have defeated him. E. S. Phelps.

A man's name is not like a mantle which merely hangs about him, and which one perchance may safely twitch and pull, but a perfectly fitting garment, which like the skin, has grown over him, at which one cannot rake and scrape without injuring the man himself.—Goethe.

There are cases in which a man would be ashamed not to have been imposed upon. There is a confidence necessary to human intercourse, and without which men are often more injured by their own suspicions, than they could be by the perfidy of others.—Burke.

A man is never astonished or ashamed that he does not know what another does; but he is surprised at the gross ignorance of the others in not knowing what he knows.—Haliburton.

Do you want to know the man against whom you have most reason to guard yourself? Your looking-glass will give you a very fair likeness of his face.—Whately.

I love the man that is modestly valiant, that stirs not till he most needs, and then to purpose. A continued patience I commend not.—Pelham.

The excessive pleasure we feel in talking of ourselves, ought to make us apprehensive that we afford little to our hearers.—Rochefoucauld.

When a man has no design but to speak plain truth, he may say a great deal in a very narrow compass.—Steels.

What would women do if they could not cry? What poor, defenceless creatures they would be.—Jerrold.

Vanity keeps persons in favor with themselves, who are out of favor with all others.—Shakespeare.

Mortifications are often more painful than real calamities.—Goldsmith.

Brutes leave ingratitude to man.—Colton.

When you doubt, abstain.—Zoroaster.

TOO SHORT A TIME
Magistrate, to Scotchman charged with assault—"The most brutal attack I ever heard of.—I've a good mind to send you to prison for six months!"

The Prisoner—"You cannae die it. I told ye, mon, I'm only down to London for the week."—Passing Show (London)

All widows, grass or otherwise, are good looking.

NEW DOMINION CEREALIST



L. H. Newman, formerly secretary of the Canadian Seed Growers' Association, has been named Dominion cerealist to succeed Dr. Charles E. Sanders, who has resigned. Mr. Sanders was the discoverer of Marquis wheat which made it possible to grow wheat a hundred miles further north than was possible theretofore. Mr. Newman is the author of important agricultural publications, and has conducted important practical experiments.

GIVE THE WIFE A CHANGE

Do you ever think much about the wife? Do you ever say to yourself, "Now what about that poor wife of mine?"

I suppose you wonder what I'm driving at? I'll tell you. Your wife is probably being neglected. Sounds awful, doesn't it? Like the title of a heartening serial story, "The neglected Wife!"

Well, it's a serial story—and a tragic one. It goes on, day after day, year after year, without stopping ever!

And the biggest tragedy of it all is that you don't mean it. Perhaps you don't even know that you're neglecting your wife.

She's there in the mornings, always bright and cheerful. She gives you your breakfast, brushes your coat, and sends you off to work. And she's there in the evening, neat and tidy, supper all ready, secretly jolly glad to see you again.

I say she's there! She's there so regularly that you just take her for granted! And that's partly where the trouble lies. You take her for granted! It's a form of neglect.

Now, let's look at her side of the case. She's been alone all day. And, because most women don't know when to stop work, she's been working all day. Then you come home. You are tired. If the day hasn't gone well, you're probably grumpy.

You don't talk. You just shut yourself up in your shell. And the wife sits opposite you, forced into silence. At nine, perhaps you'll just pop out to the club or the "pub" and "have one."

Now, isn't that neglect? It is! Terrible neglect!

Yet, after all, your wife is human like yourself. She wants to enjoy life a bit. She wants to get out into the world. So instead of "taking her for granted," take her out! Go without a drink or a pipe or two, and take her out to the movies once a week.

Above all, talk to her. And talk about happy things. Don't let her swell on her troubles—money difficulties, gas bills, and so on. Just make her happy, and there you are!

It's love, comradeship and happiness that go to make the life of a wife worth living.

The Pastor (driving to church, to passer-by)—"Where are you going, John?"
John—"To church in the next parish."
Pastor—"I don't like that. What would you say if your sheep strayed to some one else's property?"
John—"Well, s'far as that goes, I wouldn't say nothin' if the pasturage was better."

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FRANK W. BARTEAUX
PHONE 55.

Melon-Growing in the Okanagan

There is a certain market-gardener at Summerland, a little settlement on the shores of the Okanagan Lake in British Columbia, who has made his ten acres famous for canteloupes, egg-plants and peppers. He has five acres of canteloupes from which last season he shipped 1,200 crates averaging \$3.00 gross per crate.

They are grown on the usual "hill" system 5 x 5 ft. apart, and well-rotted mixed farm-yard manure is applied in the spring. Great care has to be taken when irrigating the melons as they won't stand being chilled.

The grower's "long suit" is saving his own seed and he has bred distinct strains of peppers, cucumbers and melons. The "Election" canteloupe is improving every year.

The seed is sown under glass in mid-April and is transplanted twice before being set out in the field between the 5th and 10th of June. It is then ready to fruit at the end of August.

Egg-plants and peppers are profitable, too, in a small way; and about 1/4 acre of the first and 1/4 acre of the latter is grown and shipped regularly to certain stores in

Mr. A. McLachlan in his winter lettuce house, Summerland, B.C.

localities that have acquired a taste for these dainties.

From 1/4 acre of early slicing-cucumbers the grower makes at least 3 pickings in the season, taking from 110-120 boxes at each picking. These average a clear profit of 95 cents per box, the prices varying from 60 cents up to \$2.00 according to season.

Another highly profitable line followed by the same grower is early lettuce under glass. Last Christmas I saw one of the greenhouses (18 x 40) full of lettuce for the Christmas trade around Summerland alone, about \$150.00 of it and this will command a sure and steady market.—E. G. W.

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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 6.27 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.

Homès Wanted!
For children from 6 months to 16 years of age, boys and girls. Apply to H. STAIRS, Wolfville Agent Children's Aid Society.
Souvenir folders, containing sixteen pictures of Wolfville and vicinity, on sale at THE ACADIAN Store. Price only 25 cents.



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