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SPRING CLEANING

An exchange says: No sooner does April arrive than the flair for spring cleaning with all those emotional torments and triumphs at which prose grows too rough and poetry codges the issue altogether.

When this heroic impulse arises it would be futile to speculate. It is simultaneous with the robin's fluted note, though having none of its music, and with rhubarb stalks thrusting through the clod, having the selfsame gift of setting the teeth on edge. Spring cleaning is a native shoot of the feminist soul. It is epidemic in scope. Nothing on earth could more sharply discriminate the antithetical sentiments of man and his better half. No male person can imagine a worse plague. During the reforming ordinance he experiences "all the horrors of home" and will make any excuse to stave off if possible the evil hour in which the house is turned top-sy-turvy and from cellar to attic becomes a "waste howling wilderness" of soapy odors, chilly draughts and slithery slops. Comfort there is none. One might as well talk of sitting at ease upon an earthquake. The hiss of the ubiquitous broom, the staccato solo of the diabolical tack-hammer and the flip-flop of wet rags make a combination of nerve-wracking tribulations that puts every man in humiliating pechabu and demands his utmost resolution to endure without protest or revolt. At such times he feels a myetic sympathy with the carpet being bastinadoed out on the lawn. Man has many talents, some few virtues and a mole-ty of tact. But if there is one thing the philosophy of house-cleaning demonstrates it is the utter impossibility of his making himself useful or happy what time the annual "tittivating" gets into full swing. Crayle is said to have gone for a holiday whenever Jene Welsh began the gallant shows that he was, in things that really count, a born diplomat.

Yet what is penury and woe to the lord of the household is to its fond mistress the climax of feminine witticism and the high festival of human delight. Let a man fume and rave as he may against puritanic hysteria and superfluities of household cares; spring cleaning is the antidote of human foibles; and there by the industrious mistress regains her sense of moral and intellectual superiority while the whole house

states and glares indignantly virtuous in testimonial of her pride. The tucked-up sleeves win the day.

Spring cleaning is not without compensations at that. Some transient volume or pamphlet which has sagged or lapsed out of sight is thus belatedly restored to daylight—blurred indeed by the dusky webs that bespeak its exile; but the renewed joy of sighting it once again more than compensates for the peppery disquisitions as to how and where and when it got astray. The detective broom is a first-class corrective of rampagious logic that misses the mark. Considered as a salvaging agency, house-cleaning has its good points. As an outlet for grumbling we know of nothing more accommodating. We thank heaven that it is; like spring-time itself; periodic. And although it seems much like a stinging wasp impishly dropped into the wine of life's pleasures once the "little beast" has been fished out of the glass the liquid itself tastes as good as ever.

THE FOOD VALUE OF SEAWEEDS

Facts of Importance to New Brunswick.

In 1912, Document 190 of the United States Government, page 269 contained the following words: "In general it may be said that there is no proof at present that any but a very few of the seaweeds have more than moderate food value. This is rather astonishing, since in Ireland, Hawaii and Japan enormous quantities of seaweed are consumed. However, they have, in each case, considerable value as stimulants of the appetite and as lettuce and cabbage."

Research into vitamins and the immense importance of iodine salts to the health and growth of the human organism, has since the above was written, removed any astonishment at the consumption of seaweed by those who felt its beneficial effects though not knowing why. The real reason for the food value of seaweed apart from the proteins and other chemical ingredients common to other articles of diet is the iodine content. For, as a recent writer says: "Seaweed contains the largest percentage of iodine of any food that comes on our table." As we are not accustomed to seaweed salads or seaweed jam, the only seaweed food that "comes on our table" must be in the form of seaweed isinglass, which holds together our blancmange or thickens our soup, except we include the substitute for citron, orange and lemon peel, produced on the Pacific Coast from a certain variety of kelp.

Nor need we any longer feel surprised at or pity for the sheep which on many sea-coasts, literally graze on the seaweeds of a rocky shore, for here is a perennial pasture providing the essential elements of the greenest of early summer grasses. In Norway and Scotland, the herds visit the shores at low tide to feed on the common fuel. These are gathered by the Norwegian and Scottish peasants and boiled and mixed with meal, and the resulting mixture is fed to pigs, horses and cattle. Cattle in Alaska feed on kelp, and in Nova Scotia enterprising farmers corral their sheep in the winter on nearby islands, where they feed on the seaweed washed up on the shore.

In view of the utilization of kelp or other seaweeds as human and animal food; the following quotation extracts from official re-

ports are of interest.

"Along the beach near the Indian mission of Ypkutat, Alaska, five Indians were engaged in sacking dulse which had been spread out to dry. In frosty weather it is washed upon the beach in sufficient quantities for a man or woman to gather two or three sacks of it in an hour. The Indians are very pains taking in gathering up every leaf, no matter how small, but as the dried leaves are worth \$2.00 a sack and 3 sacks of the fresh plant make one of the dry, this care is only natural. After a storm an unusual amount of dulse is washed upon the beach and the Indians gather and clean it, after which they dry it by spreading it out thinly along a gravelly beach, or hang it over poles. It is used as an article of diet by the Indians as well as by many white-men. It is also used as a medicine."

The dulse above mentioned (Rhodymenia palmata) is the same species as used on the Highlands of Scotland and is a different species from that of the southwest of England. Before tobacco was easily obtained the Highlanders and Irish were in the habit of chewing it.

The so called Irish moss or carrageen (chondrus crispus) is perhaps the most expensive used for dietetic purposes of the seaweeds of Europe at the present time. In New England it is used as a food in the preparation of a dietary jelly, which is layered and resembles blancmange. To extract the jelly, the weed is placed in a cloth bag and boiled in water. On the New English coast the Irish moss is gathered from the rocks with special rakes. It is then cleansed and cured by spreading on the beach in the sun. It is marketed in 100 lb barrels. The output in 1902 was 710,000 lbs. valued at \$320,000.

As dulse and other gelatinous seaweed abound on the shores of the Maritime Provinces, says the Natural Resources Intelligence Service of the Department of the Interior, the increased importance now attached to the presence of iodine salts to the human and animal systems may attract to the seaweed industry the industry it deserves.

In the above notes on the food value of seaweed, no mention is made of its use as a fertilizer from the earliest times, and its continued value for potato and other crops on the coast of Scotland, Cornwall and Devon or in the islands of the Hebrides, Scilly or Jersey, nor is mention made of the production of iodine from kelp to supply the war-time demand, nor of other by-products of seaweed, such as agar-agar, algin, potash and cellulose.

The vegetable gardens of the sea, below high-water mark may one day be of importance in other countries beside Japan.

Bill Provides For An Annuity

FREDERICTON, April 17—Provision for an annuity to be paid by the province to Mrs. Sarah Anna Tibbits, widow of Deputy Provincial Secretary and King's Printer, Richard W. L. Tibbits, is contained in a bill which was introduced in the legislature as a government measure by Hon. Dr. J. E. Hetherington, Provincial Secretary, yesterday.

The bill states that in view of the excellent services rendered the province by the late Mr. Tibbits for upwards of forty years as deputy provincial secretary and for upwards of twenty-nine years as King's Printer, it has been deemed advisable to grant an annuity of \$400 to his widow. The annuity is to be paid monthly during her lifetime. The Public Accounts committee, this morning, decided to recommend to the House that in future the public accounts be submitted to the House within seven days after the legislature opens, instead of ten days as now provided for by the audit act. Amendment of the act in this respect will be recommended.

CONCERT & DANCE AT MILLERTON

Under the Auspices of the S. O. T. Was A Grand Success

A very enjoyable concert was given in Millerton Hall Easter Monday; April 13th by members of the S. O. T.; ably assisted by Miss Sadie Bryenton and Mrs. Frank Burgess. Mr. John Betts presided. The programme being as follows.

Chairman's remarks.
Opening Chorus "How Do You Do" (revised)

Recitation "The two Glasses"—by Miss Sadie Bryenton.

Solo: "I passed by your window"—Olive Brodie.

Solo: "I heard you go by"—by Audrey Miller.

Recitation: "Maggie and Jiggs"—Frances Parker.

Piano Selection:—by Miss Campbell.

Dialogue: "What Rosie told the Tailor."

Musical Selection—Miss Olive Brodie.

Solo "Can you bring back the heart I gave you."—Miss Frances Parker.

Farce—"A Day in Court".

Solo—"Where the Heart is the rest"—Mrs. Frank Burgess.

Recitation—"Local Hits"—Miss Ruby Carter.

Chorus: Peter Pan.

"God Save the King"

During the concert, Mrs. Burgess and A. C. Crocker gave piano and violin selections. A very enjoyable dance followed the concert with supper at midnight and all present pronounced both Concert and Dance a decided success.

The management wishes to thank Mr. Wm. Power and Mr. Masterson for their musical assistance.

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instigated when A. C. Crocker was we are looking forward to further Worthy Patriarch to augment the efforts by the S.O.T. to raise money depleted fund of the Division and to assist in their noble work.



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