

London and Lancashire Life

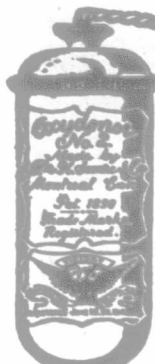
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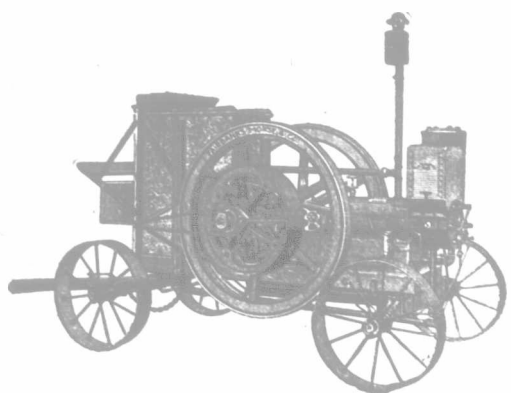
Thousands of men and women are today enjoying independence from medication and disease, by having in their own hands the means of curing themselves of all ills. Mrs. CLARK, 28 Argyle St., Toronto, Ont., writes: "I cannot speak too highly of your Oxydonor No. 2. Through the advice of a friend I purchased one. After undergoing an operation for a cancerous growth on the uterus, it has strengthened me wonderfully. It has also scattered varicose veins which I have had very bad for many years; my legs are better now at the age of fifty-four than they have been for twenty years."

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Beware of fraudulent imitations. There is but one genuine OXYDONOR, and that has the name of the originator and inventor—Dr. H. Sanche—engraved in the metal.

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son also of such fruits as can be raised in Canada is much extended by importations from further south. It will probably not be many years before other fruits not yet found on our markets or seen at present but rarely will become quite abundant, owing to better means of storage and transportation. There are, then, fruits at all times of the year which suit every taste.

Results of experiments tried in California, North Dakota and at Harvard University in feeding human beings of different ages on a fruit and nut diet showed that in some cases at least: "The persons living on a fruit and nut diet apparently maintained their normal health and strength, and it is only fair to conclude that if for any reason such a course seems desirable it is perfectly possible to select a diet made up of fruits and nuts, which, for long periods at any rate, will supply the body with the requisite amount of protein and energy."

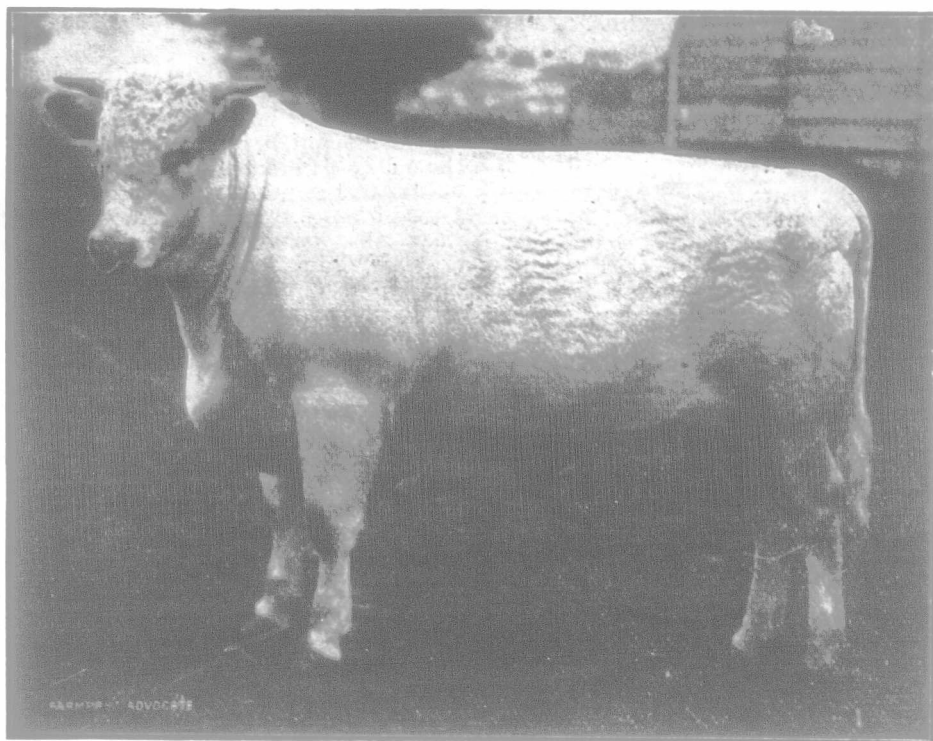
Analyses of fruits, a table of which appears in the bulletin, show that there is a marked difference in the food value of the fruit when fresh and dried. The apple, for instance, when fresh contains on an average 84.6 per cent. of water, but when dried only 26.1 per cent. of water. When fresh, one pound of apples has a fuel value per pound of only 200 calories, while when dried it has 1,350, and red raspberries 255 and 1,705, respectively. Of fresh fruits, bananas, grapes and figs are among the highest in food value, one pound of the edible portion of fresh bananas having

green gooseberries, plums, pears and apples, when eaten raw, is less than is commonly thought, and the effects depend in a marked degree upon individual peculiarities. The green fruit was found to contain the same chemical compounds as the ripe fruit, though in different proportions. The injurious effects of raw unripe fruit, therefore, it appears do not depend upon chemical constituents, but rather the unusual proportions in which the constituents occur, and especially the larger percentage of hard cell tissue, which, if imperfectly masticated, it will readily be seen might be a source of digestive derangement. Possibly the excess of acid in the green fruit is also a cause of digestive disturbance. Cooked green fruit was found to be practically harmless, being especially palatable and wholesome when cooked with sugar."

Bananas should be eaten raw when quite ripe, as then the starch in them has largely changed to sugar, and they are more digestible. As a class, ripe fruits are, as a rule easy of digestion, and should be used in large quantities by everyone.

HACKNEYS AT AUCTION.

A correspondent asks us to publish the names and prices of the pure-bred Hackneys sold at the Rawlinson sale at the end of July, a service to our readers which we inadvertently overlooked in the hurry of exhibition work. We might say the sale was most satisfactory, Messrs. Rawlinson Bros., realizing



YEARLING SHORTHORN BULL.
First at Bath and West Show 1907; Shown by His Majesty The King.

a fuel value of 460 calories, 450; and figs, 380. The persimmon, which is not used much in Canada, is higher than any of them, having a fuel value per pound of 630 calories. It is interesting to compare the fuel value of a few of the staple foods. Potatoes have per pound a fuel value of 385 calories; high-grade wheat flour, 1,650 calories; white bread, 1,215; butter, 3,605. It will be seen that the fuel value of most fresh fruits is relatively small compared with bread and butter, but dried fruit compares favorably with them. The carbohydrates—compounds containing sugar—are the food constituents most abundant in fresh fruits, which are low in protein; the nut fruits, however, supplying this in considerable quantities. It is not only the actual food value of fruit which makes it a necessary part of the diet, but it has a place as an appetizing agency, making more palatable richer food. Canned, preserved and pickled fruits, jams and jellies, have all this effect.

DIGESTIBILITY OF FRUITS.

Experiments have been tried to determine the digestibility of fruits. Chemical analysis were made of fruits at various degrees of ripeness and green fruit was caused to be eaten in considerable quantities to note its effect on both men and animals. "It appears from the results of the experiments that although unripe fruit is undoubtedly often harmful, particularly for children, the danger from such fruit, especially

several thousand dollars by auction above the valuation they put upon their stock. Bidding was decidedly lively although there were not many outside buyers present will be seen by the list of purchasers. The names of the horses, with their ages, purchasers and prices follow:

Stallions.—Commodore, age 10 years, J. W. Reed, Olds, Alta., \$850.00; Golden Hope, 3 years, D. W. Warner Edmonton, \$700.00; Drake, 2 years, Mr. Gerwin, \$415.00; Flashlight, years, J. W. Reed, \$1,000.00; Bunch Grass, 1 year, Mr. Townsend, \$400.00; Females.—Steeton, 20 years, J. W. Reed, \$330.00; Finber Pride, 17 years, Mr. Trotter, \$515.00; Terrington Lily, 8 years, J. W. Reed, \$500.00; Caxtonious, 12 years, A. L. LeCain & Sons, \$405.00; Terrington Accident, 8 years, W. Moodie, Dewinton, \$760.00; Sundance, 10 years, J. R. Thompson, Calgary, \$425.00; Sunbeam, 9 years, R. Alford, \$575.00; Quickstep, 6 years, J. R. Thompson, \$405.00; Ada Adair, 5 years, Mr. McCallum, \$505.00; Thelma, 7 years, J. W. Reed, \$610.00; Merrythought, 6 years, D. White, \$600.00; Ruth, 8 years, J. R. Thompson, \$200.00; Cleintine, 7 years, J. W. Reed, \$500.00; Rachel, 5 years, J. W. Reed, \$420.00; Clairvoyante, 12 years, J. R. Thompson, \$310.00; Tabitha, 6 years, J. W. Reed, \$425.00; Witch, 5 years, A. L. LeCain & Sons, \$200.00; Slippery Jane, 14 years, J. W. Reed, \$150.00; Patience, 12 years, Mr.

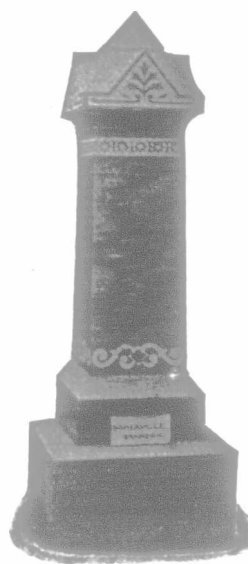
Stomach Experts

may disagree as to the exact cause of indigestion, but when food distresses the stomach, all disturbing elements are quickly quieted and removed by a dose or two of

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