

Food Value of Fruit

The actual food value of most fruits certainly is not high, but the acids in composition are agreeable and wholesome solvent of the fibrous portions of a meal. The potash salts and other mineral compounds, in which fruits are rich, are needed in order to keep the blood in a healthy condition, while the fibrous portions give bulk and tend to promote a healthy condition of the organs of excretion. We often hear it said that "Health is the greatest of all possessions, and is not quoted in the market because it is without price." Therefore the use of plenty of wholesome fruit, when it is in season, should be encouraged, and by preserving it in various ways a good supply for winter use will help to lighten the food bill, and will give variety to the table in winter as well as summer. It will also provide a palatable dessert, which can be taken from the pantry shelf and served immediately, without cooking or other preparation. There are also a large number of simple, dainty desserts that can be prepared from preserved fruits, many of which are inexpensive and tasty. The woman who is interested in her home and home life should be able to conserve all the excess products from the garden, orchard or market purchases at a moderate cost, thereby preventing any waste. The home product, when well preserved, is both attractive and palatable, and many leading grocers have customers who prefer such goods, causing a constant demand for first-class home-made preserves.

The old saying that "One man's meat is another man's poison" appears to be true in the case of different kinds of live stock. It is a fact that some plants which poison horses are not injurious to cattle or sheep, and some which cause loss among cattle and sheep are not eaten by swine and horses. In Bulletin No. 39, Second Series of the Experimental Farms, "Principal Poisonous Plants of Canada" by Miss Edith Fyles, B. A., obtainable free upon application to the Publications Branch, Department of Agriculture, Ottawa, a list of plants which do injury to the various classes of animals is given. The bulletin, which is prepared for live stock owners, gives information regarding poisonous plants and enables the farmer to distinguish the most harmful species in his neighborhood so that he may be able to avoid pasturing animals on infested areas until the danger is past. The yearly loss due to plant poisoning is known to be on the increase but the amount of the loss is not ascertainable because many fatalities are attributed to other causes through lack of knowledge of poisonous plants.

Only two colleges, Dalhousie and the University of New Brunswick, were represented at the Intercollegiate Track Meet, at Moncton, on Friday last. Acadia planned to send a team but at the last moment found they could not do so. The meet was won by Dalhousie with 51 points. U. N. B. won 39 points.

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.

Canning Notes

Mr. Edward McBride, of Sheffield Mills, has moved to Canning.

Miss Alice Rand, of Boston, is visiting her sister, Mrs. Ernests Kinsman.

Miss Lou Covert entertained a number of her young friends on Wednesday of last week, a delightful evening being spent.

Mr. and Mr. Fred Thomas, of Canard, who have been spending the winter in Wolfville, have moved into their new home recently purchased from Mr. Ernest Robinson.

Mrs. Edwin Dickie, of Halifax, is the guest of her brother, Mr. Albert Harris.

Mrs. George Newcombe is visiting her son, Raymond Newcombe, of Ellershouse.

To the regret of all Mr. and Mrs. Ernest Robinson left last week for their new home in Wolfville. They will be greatly missed in church and social life.

Mr. S. A. Robinson has accepted a position with a Toronto firm, representing them in Nova Scotia.

Had ship's anchor fall on my knee and leg and knee swelled, up and for six days I could not move it or get help. I then started to use MINARD'S LINIMENT and two bottles relieved me.

PROSPER FERGUSON.

Port Williams Notes

Mrs. Jack Heales and two children, of Penticton, B.C., are visiting her parents, Mr. and Mrs. G. H. Hilsley.

Miss Greta Harvey is visiting her parents, Mr. and Mrs. J. W. Harvey.

Miss Pearl Quigley and Miss Falconer have been visiting friends in Canning.

The Women's Institute of Canning were invited to meet with the Institute of Sheffield Mills, at the home of Mrs. Clifford Kelly, on Saturday afternoon. A most enjoyable time was spent.

Splendid Graduating Recital

The final graduating recital of the series was given in College Hall on Friday evening last, by Miss Mollie Elizabeth Somers, pianiste, assisted by Miss Marjory J. Giffin, soprano. Every number on the program was splendidly done and much enjoyed by the large number present. The program was as follows:

1. Sonata Op. 2, No. 3 Beethoven
Scherzo and Allegro Assai Miss Somers
2. When the Heart is Young Buck
Miss Giffin
3. (a) Mazurka Op. 7, No. 2 Chopin
(b) Etude (Butterfly) Chopin
(c) A Midsummer Night's Dream
Fancy, "Puck" G. R. Fisher
Miss Somers
4. Love's Valley Forster
Miss Giffin
5. (a) An Arabesque in E Debussy
(b) Valse Caprice in E Flat Rubenstein
Miss Somers
6. When Cella Sings Moir
Miss Giffin
7. Concerto Op. 25 Mendelssohn
Molto and Presto, Allegro e Vivace
Piano as Orchestra Miss Ora Annis
Miss Somers
God Save the King

As a reminder when things are in the oven so that they will not be overdone or forgotten, drop a towel or dust-cloth on the floor in front of the oven.

Silk lace that has become yellow may be bleached by exposing it in the sun while wet.

Our People and the Americans

A gentleman connected with a well known educational institution in the Maritime Provinces, and who had formerly been a teacher in an American college, was recently asked what he thought was the main difference between our people and the Americans. The questioner was amazed at the answer he received. He had thought of fifteen or twenty things that might be, but the one he got surprised him. "The American people love to paint their houses; the Canadian people apparently do not," this educationist said. And then he went on to say that in the small town in which he lived across the border for some five or six years, the average householder apparently thought quite as much about spending money for paint as he thought about spending money for himself and his family. "And I am prepared to say," said he, "that he gets as much comfort out of his paint money as he does out of his clothes money; he takes just as much pride in seeing that his house, verandah and garden fence (if he has a fence) looked spic and span as he would get in seeing himself in a new spring overcoat and hat to match.

"But", said the questioner, "do you think all the residents were that way? Do you think that all the men in the place in which you lived who painted their houses were really bent on seeing them made attractive?"

"Well, no", he replied, "perhaps it might be too much to say that, but perhaps it might also be too much to say that all men and women who buy new clothes buy them because they enjoy being well dressed. Sometimes they do so purely for the purpose of 'keeping up with the Joneses'. The man in the little college town in which I lived, who would not paint his property, made himself conspicuous by its neglected appearance, and it was not long until he had the feeling that people were talking about him—saying, perhaps, that he was not a nice

man to have on their street. At any rate, whatever the cause, all the people painted, and as a result their town was a delight to the eye—a beautiful place in which to live.

The psychological effect of a place that is pleasing to the eye is to inspire a man with increased interest in the local affairs of his town and in a general way to make him a better citizen. Paint, we admit, is an expensive article these days, but it would need to be twice as dear before a town that wants to be all that a town should be, could afford to ignore its use. Each citizen has an obligation to his own community in this connection. The Maritime Merchant.

Almost every farmer in Canada is interested in some phase of the agricultural work carried on by the Dominion Experimental Farms System both at Ottawa and on the twenty branch farms distributed between the Atlantic and the Pacific. The work covered on these farms includes investigations with live stock, field crops, fruit growing, tobacco, bees, poultry and, in fact, all branches of agriculture adapted to Canadian conditions. The report of the Dominion Experimental Farms for the Fiscal Year, 1919, is obtainable from the Publications Branch, Department of Agriculture, Ottawa. This report records many valuable and interesting experiments that are under way. Among these are experiments in feeding live stock for market, and summer and winter experiments in fattening swine; the Bee Division gives a preliminary report of its experiments with two queens in one hive, and in the Division of Economic Fibre Production the variety test and the prairie flax straw experiments are outlined. Throughout this publication there are many valuable conclusions stated which are based on the experimental work conducted at these farms.

Experiments made by men versed in such matters place the dog first in the order of animal wisdom, then the monkey, then the horse.

A Mother's Advice

Once a mother has used Baby's Own Tablets for her little ones she is always happy to recommend them to others. Her advice, given after a careful trial, can be readily followed with assured good results. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and sweeten the stomach. They always do good—they cannot possibly do harm even to the youngest babe. Concerning them Mrs. P. Laforest, St Nazaire, Que., writes:—"For three months my baby was constipated and cried continually. On the advice of a friend I gave him Baby's Own Tablets and now at the age of five months he is perfectly well and weighs twenty pounds. I am delighted to be able to advise other mothers to use them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The H. C. of L. in Germany

In order to show our readers that even the High Cost of Living might be worse we give the following prices at present prevailing in Germany:

	Before the War	Since
Best boots	\$ 5.00	\$200.00
Men's suits	20.00	400.00
Eggs, per dozen	.15	15.00
Coal, per ton	8.00	6.00
Wood, per cord	1.25	40.00
Lard, per lb	.50	9.00
Potatoes, per bush.	.40	7.00
Bread, per lb	.02	.10
Soap, per bar	.02	2.55

A piano tuner suggested that the reason moths do not injure the felt on new pianos is that there is so much turpentine about the pianos. A thrifty house wife tried rubbing turpentine on the inside woodwork of her piano. Moths never trouble it now.

An order-in-council has been passed appointing His Royal Highness, the Prince of Wales, honorary commandant of the Royal Canadian Mounted Police.

Minard's Liniment Cures Garget in Cows

KING COLE TEA

"YOU'LL LIKE THE FLAVOR"

Ten Years After

Ten years ago the first packages of KING COLE TEA were packed and put on the market. The time that has elapsed since then has been filled with hard work and with many difficult situations to be met and overcome. But withal, it has been a period of unquestionable, steady and persistent progress. KING COLE TEA has never looked back. Every year has brought its increase. Today its sale is ten times greater than the first year's business. This is the public's remarkable tribute to the worth of KING COLE TEA. It speaks for unusual service.