

Testimony From a High Authority as to the Value of Orange Meat

IN an address to the Canadian Association of the Master Bakers at their Convention, held in London, Ont., August 14th and 15th, 1906, Professor Harcourt, of the Guelph Agricultural College, said, among other things, as follows: Various types of breakfast foods may be roughly divided into the following classes:— 1st, The uncooked, such as granulated oats, etc., which require long cooking to make them palatable and aid digestion; 2nd, Partially cooked, such as rolled and flaked grains. In this process the cell walls are ruptured by the crushing, consequently, they require less time in their preparation for the table; 3rd, Cooked foods; 4th, Foods termed pre-digested, such as Orange Meat, etc.

A large number of foods have been analyzed, and some of the results are incorporated in the following table. In nearly every case the figures are the average of a number of analyses:

	Calories per gram.
Orange Meat	3,968
White Bread	2,721
Entire Wheat Bread	2,486
Graham Bread	2,610

This shows the great advantage in favor of Orange Meat as a heat producer.

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the baby—anything further wrong?' Mrs. Dixon asked with the instinctive conclusion that misfortunes never come singly. 'Heard already,' she continued to pant, on hearing Mrs. Horace's tale. 'Come off, on the instant? Ah, my dear, my dear, did you not consider the expense, not to say the fatigue of the journey?'

'Mother, we are not come to that,' protested Augusta Dixon, with a catch in her voice, as she flung her arms round the shaking, sinking figure. 'What were expense and fatigue compared to my getting to you at once? Besides, I would not let Horace leave the office to come, as he wished, when I could do as well, and you are both to be with us so soon. For you and the Captain are to go back with me; you and I can make all the necessary arrangements and pack up to-day. Horace and I have settled it all. What is the good of children if they cannot come to the front at such a time? We are all going to live together. There is no fear of us quarreling; who would quarrel with you, darling, or with the poor old Captain? Quarrel! We shall be as happy as the day is long. You and Captain Dixon are to have my poor mother's room, and there is even the nicest little cupboard of a room for Madge, which she and I will make the prettiest little room in Edgbaston.'

'My dear Augusta,' sobbed Mrs. Dixon, clinging to the younger, stronger woman.

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'You are the best of daughters, as my Harry is the best of sons. But it cannot be, your income is only too small for the increasing wants of your little family; you must think of that. And where is there more to come from, I should like to hear? No, no, whatever we do will not hamper you dear, innocent young people.'

'You will come to us, mother; you can, and you will,' Augusta insisted strongly. 'I'll tell you where the additional money is to come from. The moment Horace's superior in the office heard of the calamity—he had heard of it before it got into the papers—he sent for your son and gave him a step in rank, with the rise in salary to which we have been looking forward. Horace is so steady and sure, though some people may be quicker. Then there is an opening for Madge in the school in which I used to teach. I spoke to the Lady Principal last night, and she is ready to try Madge, who is certain to secure the situation, she is so bright and was so eager to do something even before the reverse. Work will be a pleasure to her so long as she has you and her father and the rest of us to come home to. And I am going to resume teaching for the present. I am confident I can gather together some of my old pupils in no time. I gave satisfaction as a teacher, though I say it myself. For the most part, I was fond of teaching in itself,



Synopsis of Canadian Northwest Land Regulations.

ANY person who is the sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties. — Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent), and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price, \$3.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy of the Minister of the Interior.

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and I missed it often after I gave it up, because of Horace in the first place, and then because of baby. Now you will look after the house, and the maid, and mind baby (though I am dreadfully afraid, dear, you will spoil him) a hundred times better than I can, while I shall be as busy as a bee with my music lessons.'

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For tender feet, soak in two quarts of cold water, to which an ounce of powdered borax is added, and rub dry with a towel.

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