

An economy that is a pleasure to exercise

Drink a well-made cup of delicious

BAKER'S COCOA



with a meal, and it will be found that less of other foods will be required, as cocoa is very nutritious, the only popular beverage containing fat. Pure and wholesome.

Walter Baker & Co. Limited

Established 1780
DORCHESTER, MASS. MONTREAL, CAN.
CANADA FOOD BOARD LICENSE No. 11-490

THE LATE MRS. ANGUS McDONALD.

To everyone who has lived in Sheet Harbor at any time during the past thirty years, the news of the death of Mrs. Angus McDonald, of East River, will come with a keen pang of regret as the passing of a kindly and courteous lady, a good and tried friend and an esteemed and respected neighbor. Tho unwell for some months, her condition was not such as to cause alarm. Nevertheless it was recently deemed advisable to have an operation performed from which she at first seemed to rally; then complications developed and death suddenly ensued at the Halifax Infirmary on December 9th.

All her life a devout Catholic, she faithfully practised her religion and thru stress of storm and rigor of climate her unflinching regularity at the Holy Sacrifice and in the fulfillment of religious duty spoke louder than any words of the spirit of faith that animated her. She took a leading part in all the activities of the Church and in the little village. To her initiative and forceful energy are due some things which will now remain as memorials of her zeal and desire to advance the common good. Her love for her native village and faith in its future showed themselves in her steadfast resolution to remain in her old home: tho the dwindling fortunes of Sheet Harbor had compelled the removal of many of its families to places where a livelihood could be more easily obtained.

Her later years were saddened by several deaths in her family, notably that of her eldest daughter, Cassie, who died a few years ago, a member of the Religious of the Good Shepherd, and a sister, Mrs. Susan McDonald, who died but a few months ago. Sheet Harbor has had to mourn the departure by death in recent years of many of its best citizens; but no one will be more missed than Mrs. Angus McDonald. The body was brought to St. Joseph's Church on Tuesday morning, December 10, and a High Mass of Requiem was sung by Rev. Father Cox, S. J., after which it was conveyed to the steamer to be taken to Sheet Harbor there to be laid to rest in the cemetery at West River. —Halifax Paper.

The University of Paris, has conferred upon President Wilson the honorary degree of "Doctor."

GOT UP IN MORNING WITH HEADACHE AND SICK STOMACH.

Mr. P. M. Phelps, Stanbridge East, Que., writes:—"I have been taking Milburn's Laxa-Liver Pills with such good results I thought I would write you. I had stomach and liver trouble, and would get up in the morning with a headache, stomach sick and feel dizzy. After taking two vials I was cured of these troubles, and constipation as well."

Carelessness and neglect, and oftentimes wilful disregard of nature's laws will put the system all out of sorts. The stomach becomes upset, the bowels clogged, and the liver inactive. To bring the system back to its normal state must be the object of those who wish to be well. This can quickly be done by using Milburn's Laxa-Liver Pills. They loosen up the liver, get the bowels back to their normal condition and tone up the stomach, making the entire system sweet and clean.

Milburn's Laxa-Liver Pills are 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Toronto, Ont.

NO CONFIRMATION THAT KAISER HAS BEEN ASSASSINATED.

Paris, Dec. 27. Rumors that the former Emperor of Germany had been assassinated became current in Paris notably in the Chamber of Deputies last night. There is not the slightest confirmation of the report up to the present.

TRUE EMPIRE VERSE.

(Toronto Telegram)
Collapse of Germany at the present state and condition of the Hohenzollerns is an abundant answer to the mighty prayer written in the one true and genuine EMPIRE VERSE of the National Anthem;—

O Lord, Our God, arise,
Scatter his enemies
And make them fall;
Confound their politics,
Frustrate their knavish tricks,
On Thee our hopes we fix,
God save us all.

EVAPORATING TURNIPS

(Middleton Outlook)
Mr. Atkins of Windsor, N. S. superintendent of the Graham evaporators in the Valley paid the Middleton factory a visit on Monday. He was evidently pleased with the result of the experiment that the local manager, Mr. Slack has been making in the drying of turnips for he authorized the purchase of all the turnips offering. We understand that 40 cents is paid at the factory for a 50 pound bushel of turnips.

The price is proving so satisfactory that the farmers are bringing their turnips in from all directions. The staff has been increased at the evaporator and Mr. Slack hopes to use 15,000 bushels of turnips before the winter is gone.

THE OUTLOOK OF DAIRY PRODUCTS.

Many city and town folk have been looking anxiously for lower prices on butter, cheese and milk. To these the prospects are disappointing. A rather startling fact is brought out in the Crop Report for 1918, which is now being issued by the Department of Agriculture for Nova Scotia. It is there indicated that, for the first year, in more than a decade, this Province has made no perceptible advance in dairy production. The actual figures from creameries for eleven months, plus an estimate for December, show an increase of eleven patrons and a production of 2 per cent more butter than in 1917. In some former reports a 50 per cent increase in a single year has been recorded. This year's figures are yet more significant when we take account of the fact that farmers had the additional stimulus of a 15 per cent increase in prices.

People who are conversant with the situation recognize at once two great reasons why the Nova Scotia farmers have failed to increase the products of the dairy. One is the shortage of labor; the other the high cost and the difficulty of obtaining at any price of mill feeds.

City people in general do not realize the extent to which these feeds have increased in price. Bran and middlings before the war could be bought for a little over \$20.00 per ton, now they are hardly obtainable at from \$42.00 to \$50.00.

The facts in the whole situation in-

dicate a double inference. On the one hand, it has become necessary for farmers to produce their own needs. This is easily said and difficult to do in the present circumstances. An increase of production in feeds required additional labor and additional outlay for fertilizers of which the price has increased even more than that of feeds mentioned. Yet the farmers themselves admit that this is the only way to a solution of the feed question. On the other hand the city consumer must remember that this can only be done, and the supply of dairy products maintained on the basis of the high prices upon which he now looks with suspicion.

FEED FOR DAIRY CATTLE.

A part from linseed meal, of which through private enterprise and the efforts of the Dept. of Agriculture, there is a considerable quantity on the market in Nova Scotia, the other feeds now obtainable fall into three groups: First,—those with rather low protein content (say 10 per cent to 16 per cent) and with a comparatively high fibre content (say 8 per cent to 18 per cent). This class of feeds may be used to best advantage in feeding dairy cows. Second:—those feeds which have rather more protein and less fibre. These are especially valuable hog feeds. Third:—The feeds which are particularly high in protein as linseed and cottonseed meal. These may be used to add protein to the ration and stimulate the flow of milk.

There is a variety of these proprietary feeds to be had and the farmer is often puzzled as to which is the best to buy. In general those feeds which have about the same protein and fibre content are of about equal value for feeding purposes. For example: if you are offered a number of feeds varying from 10 per cent to 12 per cent in protein and from 8 per cent to 10 per cent in fibre there is probably little difference in their feeding value, and the one offered at the lowest price is the one to buy.

Realizing the importance of this whole question, Professor Trueman, of the College of Agriculture at Truro, has prepared a short bulletin discussing the feeding of dairy cattle under present conditions. The bulletin is now on the press and will be available for free distribution in a short time. It will give an analysis of most of the feeds on the market; a grouping of feeds according to their relative feeding value, and a number of sample rations that show how all these feeds may be used.

THE ALLIED GOVTS. WILL MAKE NO REPLY TO BOL-SHEVIK PEACE OVER-TURES.

London, Dec. 27. The Allied governments since Christmas, have again been approached by the Bolshevik gov't. of Russia, regarding the terms of Peace. Tho different in respect from those forwarded by M. Livinoff, the Bolshevik ambassador at London thru the Norwegian gov't. in Nov. the proposals have met with no response as they emanate from a government which is not recognized by the Allies. The whole Russian question is at present under discussion among the Allied governments.

Of 124,000 men of the Canadian Expeditionary Force, who do not wish to follow Agriculture after the war 50,000 state they have positions open for them. Some 105,000 wish to go on the land.



The Truth

is sometimes painful. For instance when the doctor says one must give up the dearily loved cup of tea or coffee.

Happiness follows however; when one finds out how delicious and health making is the pure cereal drink

INSTANT POSTUM

MY FRIEND.

My mother says if I don't grow
Up honest, brave and true,
I must be very stupid, for
I have a good friend who
Sets me a pattern every day
To help me in my work and play.

Although he's smaller than I am,
And only half as old,
He knows a lot of things I don't—
He doesn't fret nor scold;
No matter what he's told to do
He minds before you can count "two."

Besides, he's learned what mother says
Some grown-up folks don't know—
He won't look at what he can't have;
I've held some candy, so,
Beneath his very nose and he
Will turn his head so he can't see.

He's kind to little helpless things,
Babies and puppies too;
He doesn't tease the kitten as
Sometimes I'm apt to do:
And once—I'm 'shamed, but I was
mad—
I struck him, and he just looked sad.

And when I'm kept in after school,
And he waits faithfully,
And won't play with the other boys,
My mother says to me,
"You'll have to try hard, boy, to just
Be worthy of your good dog Trust."
—Selected.

THICK, SWOLLEN GLANDS

that make a horse Wheeze, Roar, have Thick Wind or Choke-down, can be reduced with

ABSORBINE
also other Bunches or Swellings. No blister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. \$2.50 per bottle delivered. Book 3 H free. ABSORBINE, the antiseptic liniment for man, kind, reduces Cysts, Wens, Painful Swollen Veins and Ulcers. \$1.25 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. O. F., 140 Lyman St., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

THE USES OF SPHAGNUM MOSS.

(Experimental Farm Note.)

These plants (for there are many species of Sphagnum grow best in a climate that is moist and only moderately warm in summer. They are one of the chief forms of vegetation to be found growing in the swampy regions known as "Muskegs." Sphagnum bogs occur principally in Newfoundland and the Maritime Provinces, Northeastern Quebec, Labrador and the western parts of British Columbia.

The Sphagnum plant consists of a stem and branches which are clothed with small numerous overlapping leaves. They differ from most other mosses in being entirely devoid of rootlets. Another peculiarity of Sphagnum is that the leaf never has a central vein or midrib. The outer part of the stem as well as a considerable part of the leaf is composed of a large number of special "absorbent cells" which are able to take up and hold water like a sponge. The amount of water absorbed varies according to species but ranges from ten to twenty times the weight of the dry Sphagnum. Owing to the ability of these cells to absorb the water required by the plant for its development and presence of rootlets is unnecessary. Sphagnum usually grows in a situation where the soil underneath is permanently damp.

Sphagnum or Bog Moss has been used for a considerable period as a packing material for plants. Owing to its power of retaining moisture it helps to keep rooted plants in a fresh condition until they arrive at their destination. It is also extremely useful when dried as bedding material for horses.

But it is owing to its use since the beginning of the war in the form of absorbent pads for dressing wounds that Sphagnum has recently gained an importance hitherto unknown. Cotton is so largely in demand for the manufacture of explosives that some substitute had to be found and in any case cotton wool has an absorbent power of only four or five times its own weight. Of the species of Sphagnum found growing on this continent four are used for the purpose. When collecting the moss great care should be taken to have it free from any admixture of leaves twigs or roots of other plants which may be growing in the immediate vicinity. Each handful should be squeezed gently to remove excessive moisture but are should be taken not to break the main stem. The moss should be spread in thin layers to dry; before the drying process is complete it should be gone over carefully and sorted after which the dried moss may be packed into bags or light boxes for despatch to the depot where it is required. The final making up into pads of the sizes required should be left to be done by the experts of the War Department.

"Mother, and Her Pets

Love Candy Cascarets"

Careful mothers know that Cascarets in the home means less sickness, less trouble, less worry, less cost. When one of the kiddies has a white tongue, tainted breath, sour stomach or a cold, a Cascaret quickly and harmlessly works the poisons from the liver and bowels and all is well again.



TO MOTHERS! While all children detest castor oil, calomel, pills and laxatives, they really love to take Cascarets because they taste like candy. Cascarets work the nasty bile, sour fermentations and constipation poison from the child's tender stomach, liver and bowels without pain or griping. Cascarets never disappoint the worried mother. Each 10 cent box of Cascarets contains directions for children aged one year old and upwards as well as for adults.

AN EFFICIENT OFFICIAL RETIRES.

D. A. Storey, formerly freight traffic manager of the Canadian Government Railways, with led office for years at Moncton, one of the most popular and efficient of all C. G. R. employees, retires on pension under the new shuffle. He was a fine freight officer in Halifax; and when he went to the larger field in Moncton he measured up with the best of them. We wish him many happy years in the "Otium cum dignitate" that he has so honorably earned.

HIGH POSITION OF CANADA'S PREMIER

A prominent British Radical says: "Another active cause in the increase of Canada's prestige overseas is the ability and personality of Sir Robert Borden, whose visits to England on war business has won him a high place in the statesmanship of the Empire. During the coming conference he will be Lloyd George's right-hand man. He occupies offices now in close proximity to those of the Prime Minister with whom he is in continual consultation. His place on the Peace Conference will be powerful, not only as regards Canada's particular interest, but in affairs of the Empire at large and of world statesmanship. He has proven himself a wise and prudent counsellor and it is believed will rank second only to Lloyd George himself in the Imperial councils."

We are receiving large shipments of Axminster Squares, Rugs, and Mats, placed with makers away back, this is a very handsome collection, and are splendid values now, and no prospect of lower prices on these goods for a long time yet.—C. E. Bentley & Co.

FAITHLESS IN OFFICE.

Vancouver, Dec. 16—Walter C. Findlay, late prohibition commissioner for British Columbia, who was dismissed from office by the provincial government last week, this morning pleaded guilty in the police court to the charge of illegally importing liquor into the province, and was sentenced to pay a fine of \$1,000 or six months' imprisonment.

The hotel men have been following up Mr. Findlay as in a Prohibition campaign they complained he had vilified them.

2 TRANSPORTS DOCK AT ST. JOHN.

St. John, N. B., Dec. 26. Bringing home 141 officers and 1,546 non-commissioned officers and men of other ranks two steamers reached port during the festive season, the Grampian docking the afternoon of Christmas eve and the Corsican docking Christmas afternoon.

SAILORS AND TROOPS HAVE CLASH IN BERLIN.

Paris, Dec. 25. Details of a Clash between Sailors and Gov't. troops in Berlin on the night of Dec. 23-24 are given in a Berlin despatch. Efforts were made in vain to induce the marines to leave Berlin and especially the castle where they have established themselves from the beginning of the Revolution. They were informed that they would not leave the castle. The marines eventually occupied military headquarters, after sending a declaration to military commander of Berlin, demanding that 80,000 marks be paid to them. At the same time a detachment of marines attacked the soldiers occupying the university buildings. In an exchange of machine gun fire, three marines were killed and four wounded.

FOR YOUR Bread, Cakes and Pies you will find

PURITY FLOUR

(Government Standard)

thoroughly dependable

"MORE BREAD AND BETTER BREAD AND BETTER PASTRY"

Western Canada Flour Mills Co. Limited
HEAD OFFICE—TORONTO, ONTARIO

Canada Food Board License No. Cereal 2-000—Flour 15, 16, 17, 18

"Purity Oats makes Better Porridge"