

"I FEEL LIKE A NEW BEING"

"FRUIT-A-TIVES" Brought The Joy Of Health After Two Years' Suffering



MADAM LAPLANTE
35 St. Rose St., Montreal, April 4th.
"For over two years I was sick and miserable. I suffered from constant Headaches, and had Palpitation of the Heart so badly that I feared I would die. There seemed to be a lump in my stomach and the Constipation was dreadful. I suffered from Pain in the Back and Kidney Disease."

I was treated by a physician for a year and a half and he did me no good at all. I tried "Fruit-a-tives" as a last resort. After using three boxes, I was greatly improved and twelve boxes made me well. Now I can work all day and there are no Headaches, no Palpitation, no Pain or Kidney Trouble and I feel like a new being—and it was "Fruit-a-tives" that gave me back my health."

MADAM ARTHUR LAPLANTE.
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

DIFFERENCES BETWEEN KING AND PREMIER OF GREECE.

PARIS, July 15.—A despatch to the Temps from Athens says:

"Serious differences appear to have arisen between the King of Greece and Premier Venizelos. One indication of this is the postponement by the King of the signing of a decree to resumption of the 1915 Chamber of Deputies which was illegally dissolved by the Premier Stepanos Skouloudis."

"M. Venizelos demands that the King openly cease to carry out his father's internal and external policies, but the King is postponing action or has refused to give his approval to such categorical repudiations."

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NEW WAY TO PUT UP FOOD.

Just in time to meet the need, United States Government experts have found a new way of preserving green vegetables at home, according to the Ladies' Home Journal.

The new method is quite simple, and can be used in any home. It does not require any materials or equipment not found in practically every house hold. Furthermore, it does not require any sugar—an expensive item in much home-canning. Neither does it require any artificial heat.

Finally the new method permits the use of almost any kind of bottle or other container a fact of especial importance in view of the great shortage of tin cans and the unusually large demand on the glass jar industry.

The new method is based on the action of bacteria and the process popularly known as fermentation. The bacteriological action takes place in a mixture first of corn meal and water and later in a salt solution, or brine, inoculated with the corn meal mixture. A small quantity of vinegar is also added to this solution. This process has already been thoroughly tried out with string beans, tomatoes, cabbage, spinach, potatoes, and other vegetables with uniformly excellent results.

The first step is to prepare what is called the "starter"—that is, the material which will induce the necessary bacteriological action, or fermentation; it is very simple: Just mix into a paste equal parts by weight of any kind of corn meal and water—two pounds of meal to a quart of water. Let it stand for a day or two in a warm place, until the paste has a distinctly sour taste. This means that the bacteria which produces lactic acid are in control and have stopped the development of all other forms of bacterial life.

Suppose you wish to preserve string beans or green peas. Clean the vegetables thoroughly. Cook them or not, just as you please. The cooking can just as well be postponed until you wish to eat them. Prepare a salt solution, or brine in the proportions of one pound of salt to ten quarts of water. Vary the amounts of salt and water in this proportion according to the quantity of solution needed.

To one gallon of the brine add a pint of the corn meal paste, and stir well. Then strain, to get rid of the corn-meal articles. Put your vegetables in a large stone crock or in a wooden tub or keg or any convenient receptacle. Do not use a metal container such as a wash boiler or an iron kettle, as the acid may corrode the iron. Pour the remainder of the brine solution and

the corn meal liquor over the vegetables, and add vinegar in the proportion of one pint to three gallons of the grine—that is, one part of vinegar to 24 parts of the brine solution.

Fermentation will begin at once. If you use uncooked vegetables this fermentation will be marked by bubbles, and you can tell when the fermentation is completed, because no more bubbles arise when the container is jarred or shaken slightly. There will be little if any bubbling when cooked vegetables are used.

Whether you use cooked or uncooked vegetables, it is necessary to cover the mixture and weight the cover so as to hold the vegetables completely submerged. If you use raw vegetables it will be necessary to use a cover slightly smaller than the top of your keg or crock—a disk of wood will do—so as to leave space for the escape of the gas that is produced by the fermentation. Let this cover rest directly on top of the contents of the container, with a weight on top of the contents to hold it in place. Before putting on the cover it is also advisable to place a layer of large leaves, such as those of the rhubarb plant or grapevine, on the surface of the liquid, and a clean cloth over the leaves.

If you use raw vegetables you must wait until the bubbling stops before finally sealing up the container. If you use cooked vegetables they may be sealed up at once. There is no danger of the fermenting process going too far, as once started it will continue until completed and then automatically cease. The simplest way to seal up the container and its contents is to pour melted paraffin wax over the top. The cover and its weight may be left in place, exposed surface of the liquid and everything. The wax excludes all air and prevents spoilage by bacterial processes, which can go on only when there is air present.

This method makes it possible to get along without the use of cans, jars bottles or other small containers, so long as whatever containers are used whether barrel, keg or stone jar is hermetically sealed. All the vegetables thus preserved may be kept in a single large container, to be opened in autumn or winter and the contents used as desired. All that is necessary for keeping the vegetables in good conditions it to store them in a cool place. Any cellar will do, so long as it is reasonably cool.

CANADIAN AVIATOR LEAPS 3,000 FEET SAFELY THRU THE AIR

To have to leap from a height of 3,000 feet would probably stump the ordinary mortal, but it has been done by Canadians on the Western battle line in the ordinary course of active service. Lt. N. J. Parker Hooper, D. S. O., No 2 Selge Battery was engaged in watching the German lines from a captive balloon at an elevation of 3,000 feet. Another Canadian Lieutenant was similarly occupied in a balloon nearby. Suddenly 2 German aeroplanes shot overhead and began dropping bombs in an attempt to destroy the observation balloons. Lt. Hooper's companion seized a parachute and leaped into space, and Lt. Hooper was about to follow when British air-defence guns located the Germans and drove them off. Lt. Hooper's companion sailed safely thru the trip to earth and landed none the worse for his drop, thru 3,000 feet of thin air.

Lt. Hooper is a native of Charlottetown, P. E. I. and was formerly champion quarter-mile runner of the Maritime Provinces. He was a member of the Abegweit Athletic Club, and has won 75 medals while a member of the P. E. I. track team.

Miss Martin's cottage at Kingsport to Rent for the period up to 20th July and from the 7th August to the end of the Season. Apply to P. Giffins.



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THINGS STARTED REVOLVING.

A bailiff went out to levy on the contents of a house. The inventory began in the attic and ended in the cellar. When the dining room was reached the tally of furniture ran thus: One dining room table (oak), one set of chairs, 6, one sideboard (oak), two bottles of whiskey "full" Then the word "full" was stricken out and replaced by "empty" and the inventory went on in a hand that straggled and lurched diagonally across the page until it closed with, "One revolving door mat."

CONFIDENCE.

There was recently haled into a court a little Irishman to whom it was a new experience. But he was unabashed. "Prisoner at the bar," called out the clerk, "do you wish to challenge any of the jury?" "Well," he finally replied, "O'm not exactly in training, but O'I think O'I could go a round or two with that fat guy in the corner."

WHICH?

During the recent fighting at the Dardanelles two English officers were discussing which smelled the loudest—a Turk or a goat. To settle the question the colonel directed his orderly to occupy a small tent in which a goat had been placed. The orderly fainted. In a few minutes he was revived and a Turk was brought into the tent. Then the goat fainted.

TWO WAYS OF LOOKING AT IT.

A farmer of the olden type was inveighing against cream separators. "I tell you they ain't no good!" he said. "But," replied his more scientific neighbor, "they do save cream. You can make more butter. Any one will tell you that." The farmer was not to be con-

vinced. "If I wanted to get more cream," he said, "I'd rather get another cow."

CHRONIC

A man sitting next to me at a restaurant the other night ordered ham. When it was served he complained to the waiter that it wasn't good. The waiter said:

"Why, it can't be very bad; it was only cured two days ago."

"Well," the man retorted, "it must have had a relapse."

BRITISH BATTLESHIP BLOWN UP HUNS LOST NEARLY 800.

LONDON, July 13.—The British battleship Vanguard blew up and sunk on July ninth, says an official statement issued to-night by the British Admiralty.

An internal explosion while the ship was at anchor caused the disaster to the Vanguard. Only three men of those on board survived, and one of them has since died. Twenty-four officers and 71 men, however, were not on board at the time of the explosion.

The United States, in order to construct a steel and wood merchant fleet of some 6,000,000 tons to assist in breaking the German blockade, plans in carrying out this program, to divert for the use of the Government products of every steel mill in the country and to cancel contracts already existing between the steel mills and private consumers.

Robert M. Cranmer, a chemist of Penn Yan, N. Y., is experimenting with hay as a food for humans. He has had 100 lb of prime mixed timothy and clover hay ground to the consistency of flour can be used for bread making and other food articles for which flour and cornmeal usually are used.

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