

**BAKE YOUR OWN BREAD**

**ROYAL YEAST CAKES**

STANDARD OF QUALITY FOR OVER 50 YEARS.

**HOME-BAKED BREAD IS BEST OF ALL**



**Ice Cream's History**

To one now in middle life the memory of ice cream goes back to the days when it was a summer delicacy and was brought to the point of serving only after strenuous labor. The ice cream festival was to Summer what the oyster supper was to Winter. Many a hungry boy was as ready to turn an ice-cream freezer as were the friends of Tom Sawyer to whitewash his fence, but in each case there was more or less painful discovery that the task was a real one. The reward of a dish of ice cream in return for keeping the freezer in motion was one earned by manual labor and plenty of it. As the mixture froze the big wheel was harder to turn and those last few minutes were as hard work as anyone cared to tackle.

Thomas D. Cutler, editor of the Ice Cream Trade Journal says ice cream making originated in Italy possibly before 1600. Something like 50 years later there are traces of the ice cream trail in England and France, then America. Elizabeth Raffald published "The Experienced Housekeeper" in England in 1769. It contained a receipt for ice cream. One of her bits of advice was "dip your tin in warm water when you turn it out." There is a record of ice cream being served in a celebrated Italian cafe about 1630. Mr. Cutler is credited with having made the first French ice cream. Mrs. Raffald's book had a receipt for apricot ice, showing that the business of freezing things for the table was expanding. She explained that other fruit would do as well as apricots.

A search of old advertisements according to the New York Times shows Joseph Crowe of New York to have been the first dealer to advertise such a delicacy. His announcement that he had ice cream for sale appeared in the Post Boy

during 1786. There is a tradition that the first American ice cream seller was named Hall and that he had a shop in Park Row, New York when it was known as Chatham Street.

**Many Expected At Red Cross Meeting**

The attendance at the Red Cross Society conference called for Thursday of this week promises to be very large and entirely representative of all sections of the province very many acceptances of the invitations to attend have already been received from out of town branches and only from one branch has there been a refusal up to the present time. The interest in the work of the society is most encouraging as is evidenced by the promptness of replies received and the willingness of representatives to come to St. John to attend the meeting. The programme is now being prepared and promises to be one of exceptional interest and merit. The delegates from outside St. John will be entertained at a luncheon at the Sign of the Lantern at noon on the date of the conference.

**Plums**

You can put up just as delicious plum preserves as your mother used to, as now's the time to add now's the time they're cheap and plentiful.

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**Another Tribe Of White Indians Is Found In Andes**

Another tribe of white Indians is living on the spur of the Andes mountains near the border of Colombia and Venezuela, some 250 miles east of Darien, where Richard O. Marsh discovered his white Indians according to Ralph Keemle, General Manager of the Wallaceburg, Chatham and Lake Erie Railway who spent a considerable portion of 1915 exploring South America in an effort to get coal.

Mr. Keemle made a personal examination of two of these Indians, which had been captured when small children by natives who happened to be hunting near the district where the whites are supposed to be living. The children had been brought up as slaves in the home of a wealthy Venezuelan.

He stated that their skin was like an ordinary white man's. "They had coarse yellow hair and grey eyes, and features that were not the slightest resemblance to the usual Indian type of the region. With out hesitation, I would put them down as very fair types of the familiar Nordic blonde."

In the highly civilized State of Zulia, Mr. Keemle found an abundance of evidence pointing toward the existence of a whole tribe of these mysterious white savages in the interior of Venezuela.

"The exact location of their tribal territory does not seem to be known" he explained but the natives place them in a range of the Andes beyond Lake Maracaibo and the Magdalena and Sagui rivers.

He went on to relate that the brown inhabitants of the district live in constant dread of being invaded by their white brethren.

"So much so" he said "that they will not venture anywhere near where they think the white savagely. They tell weird tales about the ferocity of this race. Huge of stature and strong of muscle, they are regarded as the most dangerous antagonists in the whole of South America."

**Next Total Eclipse Of Sun To Occur January 24, 1925.**

While no total eclipses of the sun are listed for this year, one of the best opportunities for observing a total shutout of Old Sol's face will be afforded the eastern part of the country early in the coming year officials at the United States Naval Observatory say.

On Jan. 24, 1925 the sun will be in total eclipse. This will start at sunrise just beyond Lake Superior. Its path will be on into New York state and lower New England. Eastern New York and southern New England will be the best positions for observations. Viewers in the Atlantic Ocean north of Scotland will be able to see it at sunset. In the middle of the Atlantic it will be visible at noon.

Another total eclipse will take place Jan. 14, 1926. This will start in Africa crossing the Indian Ocean and the Island of Sumatra in the Dutch East Indies, and the lower islands of the Philippines.

**BOOST**

Boost your city, boost your friend; Boost the lodge that you attend, Boost the street on which your're dwelling.

Boost the goods that you are selling, Boost the people round about you, They can get along without you But success will quicker find them If they know that you're behind them.

Boost for every forward movement Boost for every new improvement, Boost the man for whom you labor Boost the stranger and the neighbor Cease to be a chronic knocker, Cease to be a progress blocker If you'd make a city better, Boost it to the final letter.

**Cod Liver Oil To Save Children From Bad Teeth**

Regular doses of cod liver oil may save children from bad teeth. This was the message of Dr. R. H. Burn of the Medical Research Council, London, and well-known bio-chemist. "The formation of good teeth depends upon the rate of growth of a child and a rapidly growing infant is much more likely to have bad teeth than one growing slowly." He warned "It is a mistake for mothers to regard their apparently vigorous child with a large appetite as a matter of pride."

"The latest researches have shown that, insofar as teeth are concerned rapid growth of the body as a whole, is a matter for anxiety."

Rapid growth is largely due to the eating of large quantities of cereals and experiments have definitely connected the excess eating of cereals with the appearance of bad teeth. Oatmeal is the worst of all, although rice, barley and white flour are also detrimental.

"That bad effect of cereals may be counteracted if the diet contains sufficiently large amounts of vitamin" he said.

"The only material containing this mysterious substance in sufficient quantities to make sure that no risk is being run, is cod liver oil."

"If a dosage with cod liver oil is begun at an early stage, say at the age of one year, and if small doses are first given, it is exceptional for children to dislike it. Bad teeth, which frequently follow in mothers after the birth of children can, in all probability be prevented by taking cod liver oil during the period before and after the child is born."

**A Canoeing Trip in Nova Scotia**

The September issue of *Kod and Gun* in Canada will appeal to every sportsman. A canoe trip through the Chain Lakes from Dartmouth to Shubenacadie, by R. G. Urquhart describes one of the most alluring trips that can be made anywhere in the Maritimes. The *Four of Us*, by B. Lonsdale is the story of a perfect two weeks' hunting while Bonnycastle Dale gives an interesting account of how the Slim Wriggling was taken in Winter on the Atlantic Coast. Raymond Thompson's story of the frozen north, entitled, "The Fur Cache", is one with an unusually good plot. Mildred Low introduces the reader to a very interesting group of people. The Guides of Algonquin, and Martin Hunter narrates in his usual vivid style in Circulating. All the regular departments are up to their usual standard of excellence and aid in providing good, all-round reading in this number of the magazine. *Kod and Gun* in Canada is published by W. J. Taylor, Ltd., Woodstock, Ont.

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