

ORANGE MEAT LEADS

IN a long series of digestion experiments carried on by Professor Harcourt, of the Guelph Agricultural College, with the Human Subject, taking all the necessary precautions to insure accuracy, he determined the digestibility of various cereals and furnished the following results:

Percentage of the constituents digested:		
	Organic Matter.	Calories per gram
Orange Meat.....	93.4	3.733
White Bread	98.1	2.468
Entire Wheat Bread	94.8	2.256
Graham Bread	92.5	2.296

According to his determination, ORANGE MEAT is 50 per cent. more valuable as a food than bread.

To persistent users of ORANGE MEAT a large reward is offered. A private post-card in every package of ORANGE MEAT gives details of how to get a cash prize of Seven Hundred Dollars, or a life annuity of Fifty-two Dollars.

If you enter this contest, send post-card to Orange Meat, Kingston, giving full name and address, and mention the paper in which you saw this advertisement.

..HOUSEHOLD..

Motherless.

(Florence Earle Coates, in the 'Christian Age.')

He was so small, so very small,
That since she ceased to care,
'Twas easy just to pass him by,
Forgetting he was there;
But though too slight a thing he seemed
Of interest to be—
One heart had loved him with a love
As boundless as the sea.

He was so poor, so very poor,
That now, since she had died,
He seemed a tiny threadbare coat
With nothing much inside;
But, ah! a treasure he concealed,
And asked of none relief;
His shabby little bosom hid
A mighty, grown-up grief.

Looking Afar.

'What hast thou in the house?' asked the prophet, when the woman came to him for help to meet her hopeless debt. The house held nothing but a pot of oil, yet that, when she began to use it, heaven-blessed and heaven-directed, was enough to meet all the need, and point the way to future comfort. What is that in thine hand?' asked the Lord of the man who shrank back from leadership because he had nothing to endow him for such an office. That which he held was only a rod cut in the wilderness for the guiding of his sheep, but it became the symbol of power—a token before which kings trembled, a scepter which nature itself obeyed. 'What have ye?' demanded the Master,

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a better Cocoa than

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A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

COCOA

Sold by Grocers and Storekeepers
in 1/4-lb. and 1/2-lb Tins.

when his disciples besought him to send the famished multitude elsewhere.

Humanity is still very much what it was in the olden days, and the Lord who rules the world is 'the same yesterday and to-day, yea, and forever.' Those in sore need and trouble are still prone to look afar for aid and deliverance, and to pray for some wonderful intervention from the skies; but now, as of old, the help that Providence sends lies usually in a new use of, a fresh blessing upon, that which the house or the hand already holds. Many a soul, praying sadly day after day for light, for strength, for aid, would find its prayer already answered if it began to use what it has.—'Forward.'

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USEFUL NOVELTIES CO., Dept. A., Toronto, Canada
1312

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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, \$2.00 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.

N.B.—Unauthorized publication of this advertisement will not be paid for.

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