

THE APPLE AND ITS USES

The apple crop of Canada last year, according to Bulletin No. 35 of the Department of Agriculture at Ottawa, entitled "Canadian Grown Apples", amounted to 4,063,719 barrels. This was about one million barrels less than the crop of 1922. These figures, compiled by the Fruit Branch, are given in an introduction to a long list of fruit recipes which it is hoped will encourage the greater use of Canadian apples. This bulletin, which is available at the Publication Branch of the Department, shows that Canadian apples have been particularly successful in international competitions and are recognized as unsurpassed anywhere in the world. Apples are classified according to the seasons in which they should be used and as to their suitability for cooking, dessert and other purposes. The advice is offered that apples should be cooked in earthen or granite utensils and on silver, granite or wooden spoons used for stirring. The recipes are all manner of dishes that can be made from the "King of Fruits".

TO ATTRACT CAPITAL

According to a recent issue of the Boston Post, the state of Florida will shortly vote on an amendment to the state constitution which precludes the passage of any state income or inheritance tax laws either now or in the future. Should the bill become law, Florida will have a subtle and highly effective method of attracting wealthy individuals and capital. By maintaining a winter residence in Florida and living in it for a stated interval each year, the wealthy citizen of a more northerly and more heavily taxed state is able to evade a large portion of his tax burden. Florida's suggestion may possibly be of interest to certain of the Canadian provinces. A study of the incidence and effect of certain taxes often induces those responsible for the raising of revenue to seek other methods. After the passage of income tax laws in certain states, adjoining states or provinces sometimes gain much by passing exemptive legislation. The announcement by any of the provinces that no provincial income or inheritance tax would be imposed in the future or for a period of say ten years might go much farther in attracting capital and enterprise than large amounts of money spent on advertising and on immigration propaganda.

The proposal is at least worthy of passing note.—Financial Post.

MAY FIX NUMBER OF MARITIME SEATS

Government May Do This to Soothe Injured Feelings Over Tariff

OTTAWA.—It is impossible to say what the government's policy is as yet to the proposal from the Maritime provinces that the British North America Act be amended so as to provide that the representation of these provinces in the House of Commons shall not fall below a fixed number, but it begins to look as though it might be adopted. Prince Edward Island has that now, the amendment of 1914 having provided that its representation in the House shall not be less than that in the Senate, which is fixed at four.

Under a strict application of "rep." by "pop.", the Island would only have three, with grave danger of its being further reduced to two.

If no change is made in the act, then, under the present redistribution measure Nova Scotia will lose two members. Owing to the increase in her French-Canadian population, New Brunswick escapes reduction, but identity of interests causes her to support Nova Scotia's claim. Government circles realize that something worth-while must be done for the Maritimes. The tariff changes are unlikely to make a strong impression down there, and the reduction in freight rates on commodities will not have any more effect. Something of a spectacular nature is needed as a provision for fixed representation shapes up better than anything in sight. The loss of Halifax and Kent portends great danger to the government and it is bound to do its utmost to stem the tide.

THE CHEAPER CUTS OF BEEF

The pot roast which is frequently used by the thrifty housewife in the effort to keep down her butcher bill and still provide good meals, may be made from many of the cheaper cuts, such as the chuck, of the beef carcass. After being wiped with a damp cloth it is placed in a covered bake pan or casserole, with two cups or more of hot water. It should be covered tightly and baked in a moderate oven on top of the stove, keeping the heat just below the boiling point. Pamphlet No. 43 of the Department of Agriculture at Ottawa, obtainable from the Publications Branch, shows how the meat bill may be reduced by utilizing the cheaper cuts of beef. One-half hour's time for each pound of meat in the roast is recommended. About an hour and a quarter before serving, pared potatoes and sliced carrots and onions may be added. When ready to serve, the roast should be removed to a hot platter and the gravy thickened and seasoned. If the meat is very fat, it is advisable to remove the fat from the top of the gravy before thickening. The pamphlet contains many other recipes for utilizing the cheaper cuts of beef.

SEES NO GRACE OR ART IN MODERN JAZZ DANCING

Miss Elizabeth Burchenal, the best authority on folk dances in the United States, sees no grace or art in modern jazz dancing, and so is devoting herself to teaching the graceful, vivacious dances which the people of Europe dance. There the old folks, young folks and children all enjoy themselves together and no one feels "out of it" because of not knowing the latest strangle-hold and totter. The same thing that has made the Virginia Reel live so many generations as the chief entertainment at many "mixed gatherings", will make the continental folk dances popular in America, Miss Burchenal believes: their democracy.

Miss Burchenal was at the State College of Washington recently and gave a series of lessons in folk dances, which the college opened to the general public, in order that school physical training teachers, playground supervisors, masters of granges and farm bureaus and other social groups could learn the dances and teach to the communities for all to learn.

WHEN FATHER WAS A BOY

My father sometimes likes to tell how, when he was a boy, That chopping kindling-wood was fun, and milking such a joy; And how he'd hustle home from school as fast as he could run. And never think of playing till every chore was done.

He says he thought it was a treat to pick the plums and cherries, And even tries to make believe he liked to stem gooseberries! But when he's telling of the time when he was just a "kid", And what a busy one he was, and all the work he did—

My grandpa, he just sits and smiles, but never says a word About what Father's telling, as if he hadn't heard; But I'll bet you "most anything you'd mention, like as not Grandpa remembers many things that Father's just forgot! —Mary L. Hemphill.

TEN COMMANDMENTS OF SPOT-LESS TOWN

- 1. Don't throw anything on the side walk or street. Find a rubbish can.
2. Don't tear up paper and scatter it anywhere.
3. Don't let any piles of ashes or rubbish stay in your backyard.
4. Don't mix ashes and garbage in the same can.
5. Don't fill the ash-can or garbage-can too full.
6. Don't chalk the sidewalk, fences, buildings or pavements.

- 7. Don't deface park benches, school furniture or any public property.
8. Don't forget that horses love banana skins. A banana skin isn't dangerous if it is inside a horse's stomach.
9. Don't do anything that will bring disgrace to the town where you live.
10. Don't expect your town to become clean and perfect all at once. It will become an ideal community only when everybody does something every day to help make things better.

CITIZENSHIP

An alien does not change into a citizen over night. The changing of his dress may be done in an hour. The changing of his speech is a longer process. And the changing of his ideas is still longer. Really, to become a citizen of our country, a man must first turn his mind from the old land to the new; he must desire to be a Canadian. In the second place, he must learn how Canadian institutions have grown and how they are carried on; he must understand what are a citizen's responsibilities in this land.

SERVICE PLUS PRINTER'S INK

Dr. B. J. Palmer, father of chiropractic, said the other day: "The poet who said 'build a better mouse trap and the world will make a path to your door' was wrong. You've not only got to build a better mouse trap, but use printer's ink to tell the world about it. Then, and then only, will the world know about your mouse trap. This applies to all things."

EDUCATION

Education is the formation of such habits of thought and action as will enable us to live sanely and happily, to know how to make knowledge when we need it, and to be of real service to the community of which we are a part.

There are lots of slivers on the ladder of life, but most of them point up—you don't feel 'em till you start to slip. Keep on Climbing.

Envelopes, from 20 cents a hundred up, at THE ACADIAN store

Office Supplies

- Typewriter Paper, good quality bond, \$1.30 per ream. Better quality bond, \$1.70 and \$2.40 per ream.
Copy Paper, manilla, \$1.00 per 1000 sheets.
Business Envelopes, \$1.00 to \$2.50 per box of 500.
Carbon Paper, 2 sheets for 5 cents, \$1.00 per box.
Onion Skin Paper, 85 cents per ream.
Stenographers' Note Books, 10 cents each.
Adding Machine Rolls, 25 cents.
Blotting Paper, 5 cents per sheet.
Orders taken for Typewriter Ribbons, any make.
Orders also taken for Loose Leaf Binders and sheets for same, any size or style of ruling

The Acadian Store WOLFVILLE, N. S.

A PIED, PIPER.



In Billy's job, as in many positions where men have won fame and distinction, it is personality that counts. It is his mission in life to inspire confidence, and to lure innocent sheep and lambs to their destruction with as great alacrity and lightness of gait as if they were skipping to the fields of Elysium, and this he does to the King's taste; he was born for his task. Though but two years old he has a substantial beard, and long white hoary locks. His mien is gentle and there are no horns visible which might give rise to fatal suspicions. But in his eyes there is an air of command, backed by the force of a portly frame, which enables Billy to do what he will with the sheep and lambs which come within his ken, and even influences calves to keep a straight path. In the busy season he saves the salaries of five men; in ordinary times he does the work of two or three.

He was three months old when he arrived at the Canadian Pacific Stock Yards, Montreal, but he took to the work at once. He followed the heels of the men, and while other animals tried at the work had to be coaxed to labor by rewards of cake and biscuits, Billy needed no such spur, but in three months time would glance at the sheep comfortably, start off at a cheerful trot and without hesitation the doomed animals would surround him and happily ascend the winding runway to the abattoir nearby. Then at a command he would go back and coax any stragglers, till he had all at hand ready to be slaughtered.

Now to look at Billy, it might seem that he did this work in all innocence, and that he was quite unaware that he had led his charges to any harm; but that would be doing an injustice to Billy's mighty intellect. He leads the flock right to the edge of the platform where they are killed, but then he carefully edges to the wall, keeping as far as possible from the danger point till he reaches the only spot of safety, then he slides back from the helpless sheep, wriggles out and goes back for another lot.

His treachery does not weigh on his spirits, he is utterly complacent and self-satisfied, impatient to be on the job.

Money Can't Buy This Course-- Yet You Can Secure It

FREE

THE Maple Leaf Club Course of 20 lessons on Cookery Arts and Kitchen Management is presented by Anna Lee Scott—a noted authority—in the most interesting and entertaining manner. There is no theory, just new and useful facts such as are given in the best Domestic Science Colleges.

Think of it! This course costs you nothing—not even postage. Four lessons come to you prepaid each month. Thirty minutes each week is time enough to study the lessons. No blanks to fill in. No examinations. No correspondence—unless you wish to write Anna Lee Scott for personal advice on special recipes or regarding methods of preparing and serving special dishes for special occasions. This astonishing free offer is made to introduce.

MAPLE LEAF FLOUR FOR BREAD, CAKE & PASTRY

Your first batch of bread or your first cake or pie baked with Maple Leaf Flour will reveal its high qualities. A definite guarantee of uniform quality accompanies every sack of Maple Leaf Flour. It is made from Canadian hard wheat, carefully chosen and expertly milled.

HOW TO ENROLL AS A MEMBER OF THE MAPLE LEAF CLUB AND OBTAIN THIS FREE COURSE:

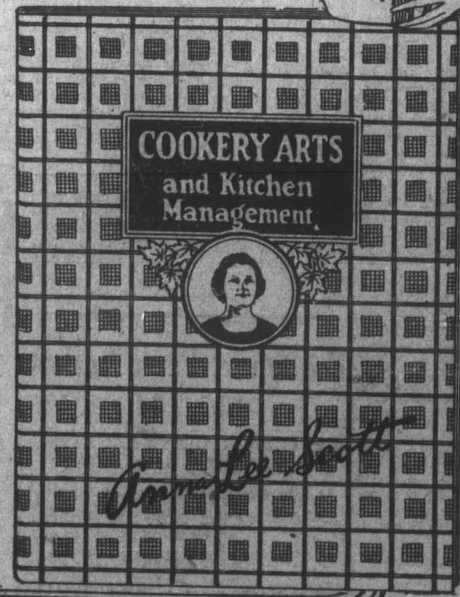
Coupons will be found enclosed in every bag of Maple Leaf Flour. (24 lb. bag—1 coupon; 49 lb. bag—2 coupons; 98 lb. bag—4 coupons).

Send only four coupons addressed to the Maple Leaf Club, Maple Leaf Milling Co., Limited, Toronto, Ontario, and you will be enrolled without one cent of expense as a member of the Maple Leaf Club and receive the first four lessons in the course. Other lessons will be sent in four monthly instalments—4 lessons each month.

Ask your Grocer about Anna Lee Scott and the Maple Leaf Club Course. He will give you full particulars.

MAPLE LEAF MILLING CO. LIMITED

HEAD OFFICE - TORONTO, ONTARIO



COOKERY ARTS and Kitchen Management



Anna Lee Scott

When they have... Vol. XL... UNITED... Hold Ann... Encourag... The twe... United Fr... th, Ltd., w... day. The... members w... subsidiary... gany has... was show... "We do... our belie... panies hav... to their m... closed, s... in his ann... morning se... for both a... result of c... tail in the... "We ha... another go... is one of... year, and... efforts bein... well fertili... fully recog... well matu... nothing int... ing and sp... the time of... irrepairabl... The pre... regret to t... several year... management... Captain J... coming, v... nesa. He conce... to the org... "Are we... one-third o... and only a... of our com... never obta... fruit grow... the fault... us consid... It is easy... and one n... many gath... structive e... obtain." Encoura... annual rep... era matu... "It is to... prospects... with who... said. "Re... we have f... tion which... duce the l... son has b... in which... petition v... English m... ence to th... "which... from year... trifling ex... sidered a... four year... from sales... the fruit... In com... dian fruit... the organ... the Imper... don, and... first occa... gold meda... bronze m... they were... two gold... prize. "This... proof pos... grown in... other par... He em... of the dif... been lost... a fair wo... standing... the organ... Other... P. Ruma... and F... Mr. Run... United P... was, on t... usual. A... put forth... the No. 3... be more... nearly al... they con... grading o... correspon... was in t... consequ... ly mainta... against t... discarding... where us... and mor... The af... interesting... W. H. E... tural Col... sect "Fes... General... lantic Re... The r... one obje... possible... He consi... ley was... other fru... He spok... railway... travel. T... upon the... railway c... The fo... for the... Preside... Vice-P... ville, N... Secreta... Execut... C. E. El... olis. A. E. M... pointed... consecut... Directo... Annapoli... B. New... Langely... wick, J... Stronach... tal, S. I... Blanc, C...