

Save Food

In a time needing food economy many people are not getting all the nourishment they might from their food. It is not how much you eat, but how much you assimilate, that does you good. The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food, for you need less.

"I met your friend Spongy this morning." "How did he strike you?" "Said he'd left his change at home in his other trousers."—*Boston Transcript.*

SONNET OF SPRING THOUGHTS

TIME was when in sweet Spring my thoughts would rove O'er hill and dale, and meditate the thrill Of springing life in all things; and the shrill Sweet note of birds that strive to sing their love; They lingered in the primrose-scented grove And dallied with the merry daffodil That shakes her yellow skirts out 'frill by frill; They circled iridescent as the dove. But whither, this sweet Spring, do my thoughts fly? Roam they o'er fields abloom—in primrose woods? Or greet they with delight the gamesome lamb? Not so. They linger near the well-loved sty In which reposes—chiefest of my goods—A noble PIG! (Oh, fragrant hopes of ham!)—*Punch.*

Mrs. Nabor—"There's one thing to be said for old man Skinner: he certainly shows a disposition to give thanks for what he has." Nabor—"Well, I don't know anything to give that's less expensive."—*Judge.*

RECIPES

Now when we have so many boxes to send to our soldiers we have to find food that will keep fresh for a long period. The following recipes have been tested.

ECONOMY CAKE
Put into a sauce pan and boil 3 minutes.
1 cup brown sugar
2 cups seeded raisins
1 cup water
1/2 cup lard
1/2 nutmeg grated
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon salt
Let cool. Add 1 teaspoon soda dissolved in a little hot water
2 cups flour sifted with 1/2 teaspoon baking powder
Cook in quite a hot oven.

WHITE FRUIT CAKE
1/2 cup butter
1 1/2 cups sugar
3 eggs
1/2 cup milk
2 1/2 cups flour
3 teaspoons baking powder
3 cups raisins
1 lb. (or more) citron.

DATE COOKIES
2 1/2 cups pastry flour
1 cup brown sugar
1 cup, half lard, half butter
1/2 cup milk
1 heaping teaspoon baking powder
vanilla
Roll very thin. Bake in a very hot oven. Put two together with the following filling:

FILLING
1 cup stoned dates
1 cup brown sugar
1 cup water
Cook slowly until a paste. Figs or raisins may be substituted for the dates.

DROP COOKIES
1 1/2 cups sugar, brown,
1 cup, half butter, half lard
1/2 cup milk
2 eggs
1 1/2 teaspoons soda
4 cups flour
1 teaspoon cinnamon
1/2 teaspoon allspice
1 cup raisins
Bake in a hot oven.

PEANUT BUTTER BREAD
1/2 cup peanut butter
1/2 cup sugar
1 egg
1/2 teaspoon salt
3/4 cups bread flour
3 teaspoons baking powder
1 cup milk
Cream peanut butter and sugar together, add egg well-beaten. Sift the dry ingredients alternately with the milk. Beat mixture well. Bake in a moderate oven about 50 minutes.

DATE BREAD
1 package of dates, stoned
1 cup boiling water
1 teaspoon soda
1/2 cup sugar
1 egg
1 teaspoon vanilla
2 cups flour
1 saltspoon salt
Stone dates, sprinkle them with soda, pour on boiling water, set aside to cool. Cream sugar, yolk of egg, and vanilla. Add date mixture, flour, salt, and last of all beaten white of egg. Bake slowly nearly an hour.

JELLIED PEANUT SQUARES
Soak 2 tablespoons of granulated gelatin in 1/2 cup cold water ten minutes. Put 2 cups brown sugar and 3 cups boiling water on the fire, and when dissolved add the gelatin and boil slowly fifteen minutes. Take from the fire and add 1 cup chopped peanuts and 1 tablespoon lemon juice. Pour half an inch deep in a pan wet with cold water. Let stand over night. Roll in powdered sugar.

MOLASSES CREAM COCONUT PATTIES
2 cups brown sugar
1 cup molasses
1/2 cup milk
1 cup cocconut
A pinch of cream of tartar.
Stir the ingredients together. Place over a slow fire, stirring continuously to keep the cocconut from sticking, when the soft ball stage is reached pour the hot candy on a marble slab or large platter that has been sprinkled with cold water. Allow to cool until the mass can be handled comfortably, then stir and knead with the hands. The more the mixture is kneaded the more creamy it becomes. If it begins to crumble before it is perfectly cold knead in a little cream or milk. Drop in lumps on oiled paper.

BRITISH PARLIAMENT ADJOURNS
London, May 17.—The House of Commons adjourned last night until May 28, without any sign of the long delayed Irish Home Rule Bill. Apparently the members of the government have no idea when the bill will be introduced.

WIFE—That wretched tramp I just gave something to said he belonged to the Woodworkers' Union. Hub.—That was probably before he joined the Wouldn'tworkers' Union.—*Boston Transcript.*

MINARD'S LINIMENT used by Physicians.

BREAKING GOLF RULES NOT EXCUSED BY IGNORANCE

IGNORANCE of the law is never taken as an excuse for breaking it, and on the same principle, why should ignorance of the rules or the etiquette of golf be considered pardonable? One might say that in the links game sportsmanship should be the player's first thought. Outside of the golfing world a breach of sportsmanship is sometimes excused as "good business" or "cunning tactics"—but never in golf. The man who did not conduct himself in real sportsmanlike style many years ago, is not now, and never will be, in good standing among the family of golfers.

Good manners and thoughtfulness contribute most to correct conduct on the links. Priority of the course is too little heeded, and when priority is observed, the minutes could be used in practice swinging at the side of the fairway to good advantage, for as much golf can be learned without a ball as with it. The attitude of players, caddies, and spectators, when a man is playing a shot is, on most courses, very disheartening. Ignorance is usually the explanation, but not the excuse. Golf is a game requiring unusual concentration, and with the mantle of old traditions, golfers should realize that the man who is playing a shot is due a certain amount of deference. When a man has an iron shot to negotiate, his partner or opponent should be at least fifteen feet away when he addresses his ball, and should never stand on or even near his line of play.

GALLERY SHOULD BE QUIET

When he commences addressing his ball the other members of the match, caddies, and spectators should be absolutely still and quiet. The real reason for this is not politeness or observation of rules, but a necessary conduct which should be shown the player, due to his moral rights on the course. The swing of a golfer as he negotiates a shot is so interdependent on his eye that if he observes the slightest movement of any one standing near him, he is apt to find it a physical impossibility to concentrate the muscles of his eye with the successful culmination of that swing.

Probably the most exasperating thing to the golfer is to have a member of the gallery begin to walk to a vantage point directly behind his line of play just as he is making ready to negotiate a chip shot. While it is done through interest and without intent to demoralize, it certainly produces most disastrous results at times. Leaving the green before the last member of the fourball quartet has holed out is a mild insult that is quite common among golfers. It is a deference to the players who may have a two-foot putt to hole, to stand and wait until he is finished. Running away to the next tee before the hole is ended is often the cause of a missed putt by one of the party.—*New York Evening Post.*

THE GREAT CRIME

Give the Kaiser his due. Sometimes he tells the truth. On the battlefield near Cambrai, for instance.—"His Majesty's silence was broken only once, when he remarked: 'What have I done to preserve the world from these horrors?'" The facts are on Wilhelm's side. He asked Serbia to commit suicide; Serbia refused and compelled him to kill off half the Serbian nation. He asked Belgium to stand aside and see what would happen to her after he got through with France, and Belgium thrust the torch and dagger into his hands. He asked England to wait a few years until he had cleaned up in France and Russia. He asked France to hand over Verdun, Toul, and Belfort and live in peace. He asked America to retire from the sea. He asked the Armenians not to worry the Turks. The world has much to answer for the things it has compelled the Emperor to do.—*New York Evening Post.*

EX-TSAR TO BE TRIED BY COURT MARTIAL

Amsterdam, May 18.—Nicholas Romanoff, former Emperor of Russia, according to the *Lokal-Anzeiger* of Berlin, will be tried by a court-martial in Moscow the latter part of June. The trial will be secret. Some days ago the former Russian Emperor, his wife, and one daughter were removed from Tobolsk to Ekaterinburg, in the Ural Mountains. The Soviet Government said the removal was made necessary by the discovery of a peasant plot to release the ex-Tsar. His son, Alexis, it was added, remained in Tobolsk on account of ill health.

PIPERS GET INSTRUMENTS

That each man in the Pipe Band had been presented with the instrument which he had used during the life of the battalion as a unit was the information contained in a recent letter from Lieut. Col. P. A. Guthrie, O. C. of the 236th MacLean Highlanders, to Mrs. E. Atherton Smith, of St. John. Mrs. Smith felt that it was but fair to the donors of these splendid instruments that they should know what disposition had been made of them on the breaking up of the unit into drafts for the front line. The instruments had the distinction of piping the Union Jack up Bunker Hill for the first time in 1821 years.

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THE SILO AN ECONOMIC NECESSITY

(Experimental Farms Note)

The cheapest and best ration for live stock must contain a reasonable amount of succulent feed. An abundance of suitable pasture is unexcelled, and a substitute for this feed in winter or during a drought in summer is essential for greatest production and profits.

In view of the scarcity and high prices of grains and meals, the silo takes on an increased value. For example:—100 pounds total digestible nutrients in corn silage has a net cost of 54¢, in bran \$2.31, corn \$4.02, oats \$4.29, etc., when silage costs \$3.00 per ton to raise and store and other feeds are valued at present wholesale market prices. Even in these times of expensive labor, seed, horse labor, and machinery, corn may be placed in the silo at the above cost. Surely this is sufficient reason why every live stock farmer should consider the increase in silage production.

The adaptability of the silo to various parts of Canada depends on the location, varieties of crops which may be grown, and, to a lesser extent, on the class of live stock maintained. No farmer with two or three cows should think of building a silo, but for a herd containing ten cows or more, or the equivalent, a silo may advantageously be erected. Silage is feed pre-eminently suited to the feeding of dairy cattle. It, however, is a very excellent and cheap feed for beef cattle, sheep and horses. In the majority of the best live stock districts in Ontario and Western Quebec silos should be on every stock farm. In the Maritime Provinces, Eastern Quebec and British Columbia, all large stock farms, particularly of dairy cattle, can use a silo to excellent advantage. If any particular district is not suited to corn growing, peas and oats, may be substituted for that crop. In the Maritime Provinces, silos on many farms, particularly on large stock farms, are operated satisfactorily.

Silos for winter use:—Silage at \$3.50 per ton is cheaper cattle feed than mixed hay at \$12 per ton. Corn silage is 30% better than shocked corn from field. The same holds equally true of unthreshed oats or peas saved for winter feed. Silage from peas and oats produced milk 20% cheaper than oat sheaves, 30% cheaper than straw and turnips, and 40% cheaper than hay. At the same cost per ton, silage is better feed than roots for beef or dairy cattle. Moreover, considering present labor conditions as well as cost of harvesting, keeping qualities, and cost of storage, silage, where grown successfully, is more economical than

roots. Silage needs no pulping or other preparation for feeding. Silage for winter use is in itself the cheapest feed, and it also makes all other roughages and grains more palatable, wholesome and profitable.

Silos for summer use:—Good pasture, if available, is the cheapest summer feed. Where permanent pastures fail, an annual sown pasture of rye or oats and barley, may, under present labour conditions, be the cheapest substitute. However, the use of silage crops or summer silage may be the only available means of providing succulents. As a rule, silage is more profitable and more cheaply grown than are silage crops and is more cheaply harvested and fed during the busy season. Milk produced on corn silage and green cut alfalfa cost in feed 66¢ per cwt; produced on corn silage and mixed hay may cost 70¢ per cwt; produced on silage crop (peas and oats) cost \$1.04 per cwt. With all lots, the heavy milkers received some grain. Where suitable pastures are not available the summer silo provides the cheapest feed and greatest profits.

Finally, the farmer with a silo need never fear losing a crop of clover, alfalfa or late-sown grain. Silage making does not depend on the dryness of the weather. The silo is the cheapest storage building on the farm in proportion to the tonnage capacity. The silo allows the carrying of more stock per acre on the farm and is a labor saver, a money maker, and a soil enricher.

This is the season of the year to build more and better silos.

Nature's Healing Herbs for Headache



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