

You'll never know  
how good your bread and pies  
—your cakes and pastry will  
be, until you make them with

# PURITY FLOUR

More Bread and Better Bread  
Buy it and see for yourself.

DESCRIPTION OF  
BUCKINGHAM STABLES

The following letter was received by Mr. and Mrs. George Gates, Fort Williams, from Everett E. Fraser of Greenwich, brother of the latter who is with the Grenade Platoon, 219th Battalion.

London, Eng., Oct. 30 '16  
Dear Emily and George:

Here we are in London and seeing a few of the sights, half the brigade are on pass in this City. It is some little town believe me! I thought I had seen cities when I went west and took in Toronto, Winnipeg, etc., but there seems to be no end to London.

It is four o'clock in the afternoon in this country, we have just come in from a sight-seeing trip. It commenced to rain so we hustled back to our boarding house for this time. It rains very easily here, just every other hour since we arrived, however, England is a very beautiful country and a very wonderful one to lots of us. We have seen more since we left Nova Scotia than we expected to see in a lifetime. We have written in the home letters about the neatness and beauty of the country we came through from Liverpool to our camp,—on the train which crept along at a pace of 60 miles an hour including stops,—and you will know from that we are pleased with Old England, but I would not swap Canada for her just the same.

We have been up to the Buckingham Stables this afternoon and seen some interesting sights. First we had to go to a man who issues passes to go through the place, then we handed our pass to a man dressed in a swell livery who took us through the stables. We saw all the horses, the carriages, harness, etc. The States have all marble walls, the stalls are large and open with wooden partitions and fancy brass trimmings. Ever stalls kept supplied with fresh clean straw all the time and behind the stalls there is a straw matting attached to an inch rope running along the length of the stables. We saw carriage horses saddle horses and all the others except the State horses which are cream colored, and are only used for Coronations, they were out to a farm somewhere. There are eight or ten black stallions for the King and Queen's own driving, they are certainly splendid animals. Altogether we saw about one hundred horses. Next we were shown the State harness room, first was the Coronation harness, the leather is sort of a dark red in color and all gold mounted, it has been in use

(for Coronations only) since 1741. Each side of it weighs 145 pounds, the weight being mostly gold. The bridles are certainly handsome, (I believe they truly have got Delmaney's bridle skinned) they are literally covered with gold mounting. Then we saw many other kinds of harness and a solid silver saddle. We were then shown the carriage house or at least a small part of it. We saw Coronation carriages, waiting maids carriages, the late Queen's sleigh, which she used in Scotland, and a whole lot more, but the most important was the State Coach. It is beyond imagination, I have seen pictures of it in the movies and so on, but could not imagine anything like it. It is one hundred and forty-five years old and took three and one half years to build it. It is all carved oak, covered with gold and bronze. Has a footman's platform on the rear; when the King and Queen ride there are four footmen in attendance, for the Prince or Princess there are two, and so many for Coronations and so on—different numbers for different occasions. Then we were taken to the big shed where the Royal children learn to ride. It is about the size of your new barn and the floor is of soft sand about six inches deep so in case they fall they don't get hurt. There was a different man to show us through each apartment so it cost us a little for tips, but we certainly got our money's worth alright. I believe they are not supposed to take tips, but they all took them and bowed and scraped as if we were a part of the Royal Family.

After leaving there we took a walk up around Buckingham Palace, it is some place believe me! All we were allowed to see there was what we could see from the sidewalk. We had only walked around a part of it, when a heavy rain came along, so we beat it for home.

We have not seen Westminster Abbey yet, the London Bridge and a lot of other things but we hope to get a glimpse of most of them before we leave. On Saturday we were out to see a beautiful place of art where there are wax images of all the noted men and women of the past ages and all the noted criminals, war lords, kings and queens of different countries, etc. Then there is the Chamber of Horrors where there are shown criminals in the act of committing their crimes or receiving their punishment. Everything in these places is in wax and as natural as life. One has to watch out as he is liable to make an ass of himself by speaking to some of them. So much for what we have seen in

London so far, all that we expected to see and I guess a little more. The city is all in darkness at night, except a few shaded street lights. There are search lights looking for Zepps out all night, we can see them shooting through the sky as far as the eye can reach.

We have not had much drill in this country as yet but get lots of it we expect when our leave is over. It is not much harder here than it was at home except physical drill which we get more of. We belong to the Fifth Canadian Division, which is expected to go to France in about five weeks, but maybe not. Well will say good bye for this time, with lots of love to all.

EVERETT.

P. S.—Some good gravestones would go good just now, we don't get them over here. You know about the carload the citizens of Kentville sent over with us did you not? They certainly made great eating and were much enjoyed on our trip, as was also the chicken dinner donated by Halifax City to the N. S. Highland Brigade. We bought some apples from an old lady at Milford while waiting for the train to London. They were No. 2 Ribstons shipped by George L. Bishop, Greenwich, N.S., we saw by the stenciling on the barrel. They had kept pretty well and looked well and certainly tasted like home. She was selling them three for a tuppence (two pence). Everything is as high here as at home, though I think they try to roast us Canadians, but we generally come out as well as most of them.

E. E. F.

At the present cost of the necessities of life to the consumer it is highly essential that the most be gotten out of the articles purchased. While boiling vegetables the nutrients soluble in water may be dissolved out and lost. The nutrients liable to be lost include protein compounds, mineral constituents and sugars.

The Minnesota and Connecticut Experiment Stations have conducted interesting experiments in connection with this subject. The first experiments were made with different conditions, and the loss determined. When the potatoes were peeled and soaked for several hours before boiling, the loss amounted to 52 per cent, of the total nitrogenous matter and 38 per cent of the mineral substance; when the potatoes were peeled and put into cold water, which was then brought to the boiling point as soon as possible, the loss amounted to about 16 per cent of the nitrogenous matter or protein and 19 per cent of the mineral matter; potatoes peeled and placed at once into boiling water lost only 8 per cent of the nitrogenous matter, although the loss of mineral matter was about the same as in the preceding case; when, however, the potatoes were cooked with the skins on, there was but a trifling loss of matter, either nitrogenous or mineral. In the baking of potatoes there is practically no loss other than the very little which may escape in the moisture given off.

To obtain the highest food value potatoes should not be peeled. When peeled, there is least lost by putting directly into hot water and boiling quickly. Even then the loss is considerable. When potatoes are peeled and soaked in cold water the loss is very great.

It has also been found that considerable losses occur in the boiling of other vegetables such as carrots, beets and parsnips. The loss in the mineral matter is serious as vegetables furnish mineral materials from which teeth and bone are formed. Vegetables should be boiled in large pieces and in as small a quantity of water as possible.

To prevent the serious loss which occurs when the water in which vegetables have been boiled is thrown out, the water should be boiled down and used in the making of sauces which are to be served with the vegetables.

Intense heat-resisting power is the feature of the almost imperishable fire-box linings of our own McClary semi-steel fire-box made in eight pieces—can't warp.

# McClary's Kootenay Range

The man who designed the Kootenay knew his job. I know that and that is why it carries my guarantee as well as the makers'.

"SOLD BY W. W. ROCKWELL."

## Things Worth Knowing

Vulcanizing at the  
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Phone 138

## We Should Worry!

The prices on Flour and Feed are flying sky high and will soon be beyond reach. Why not get your FEED from us now while the prices are reasonable.

### BARRELS

We have a few Potato Barrels which we are selling at 22c per barrel.

### The Kentville Fruit Co.

### KENTVILLE FISH MARKET

"Opposite Post Office"  
All the FRESH FISH of the Season:  
Salmon — Mackerel  
Haibut — Cod  
Herring Fresh and Salted  
J. D. YOUNG, Prop.

### CEMENT BRICK

Best in the market—Cost no more  
Lay up well Permanent  
MADE BY  
CHARLES MacDONALD,  
Dec 17, 1916 Centerville, N. S.

### A CANADIAN HYMN

God guard and keep our native land,  
Our Canada!  
From Eastern shore to western strand,  
Fair Canada!  
May Britain's flag forever wave  
Where man has never been a slave,  
Where tyranny must find a grave,  
In Canada!  
God bless her sons whose battle cry  
Is Canada,  
Teach them to live, or nobly die  
For Canada;  
Protect the nation's purity,  
Grant to her homes security,  
Be Thou the strength and surety  
Of Canada.  
—Lillie A. Brooks.

### Did Not Know His Wife's Name

A Calais, Me., man who appeared before Judge Pickard in the Municipal Court Wednesday was unable to tell what his wife's first name was and the proceedings were halted while cured the desired information.

### NOTICE

All taxes due Ward Six, Horton, not paid on or before the last day of Nov, 1916, will be left for collection without further notice.

FRED E. DENNISON,  
31 ax Collector

### TENDERS

#### Kentville Arena

Sealed tenders, addressed to the Secretary, will be received up to 12 o'clock, noon, December 1st for the rental of Kentville Arena for the Skating season 1916-17.

Kentville Arena Ltd.  
A. A. THOMPSON, Secy.

## Now is the Time to Enter

Full staff of teachers; up-to-date courses of study; light, airy, cheerful rooms; complete equipment. Over forty years experience in providing for the wants of the public. Rate card mailed to any address.



S. KERR

President.

Minard's Liniment Co., Ltd. Gentlemen—In July 1915 I was thrown from a road machine injuring my hip and back badly and was obliged to use a crutch for 14 months. In Sept. 1906, Mr. Wm. Outridge of Lacchuete urged me to try MINARD'S LINIMENT, which I did with the most satisfactory results and today I am as well as ever in my life.

Yours sincerely,  
his  
MATTHEW BAINES,  
mark

## High Grade Investments

### Government and Municipal Bonds

Dominion War Loan to yield... 5 p. c.  
Russian War Loan to yield... 9 p. c.  
City of Halifax to yield... 4.90 p. c.  
Town of Truro to yield... 5 1/2 p. c.  
County of Cape Breton to yield 5 1/2 p. c.  
City of Sydney, N. S., to yield, 6.35 p. c.  
Town of S. Michael P. Q., to yield 6 p. c.

Public Utility and Industrial Bonds  
Porto Rico T. I. Co. (1st Mort) to yield 6 1/2 p. c.  
Pictou Co. Electric Ltd (1st Mort) to yield 6 p. c.  
N. S. Steel & Coal Co., Debentures Stock to yield 6.31 p. c.  
Eastern Canada Savings and Loan Co., Stock to yield 5 1/2 p. c.  
I invite correspondence either as buyer or seller.  
ANNIE M. STUART,  
Grand Pre.  
Phone Wolfville, 22-31.

# KENT FLOUR

produces  
DELIGHTFUL DOUGHNUTS  
DON'T MISS THIS TREAT

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The Bag or Barrel

