Provincial Library
LEGISLATIVE ASSEMBLY
FEB 27 1912
VICTORIA B. C.
173

The Abbotsford Post

VOL. IV., No. 16. ABBOTSFORD, B. C., FRIDAY, FEBRUARY 23, 1912 8 $1.00 PER YEAR

Attention Ladies

Ladies' best quality Sateen waists . . $1.25 to $2.00
White tailored waists . . . . . 1.25 to $1.75
Fancy Lawn waists . . . . . 75c and up
Wrapperettes, all shades, ... 12 1-2c per yard

Ask to see our "Doris" Shoe for Ladies and McCready's School Shoes

S. Brooke

ABBOTSFORD and HUNTINGDON, B. C.

McPHEE & KERR

Grocery Specials

Corn Flakes, 10c per package
Royal Crown Soap, 7 bars for 25c
Garden Seeds, 3 packages for 25c
Ham, 17c per lb. Peaches, tin, 15c
Flour, 1.65 per sack.

Spring shipment of Minister Myles Shoes, just arrived. The most up-to-date stock in town.

McPHEE & KERR
The Pioneer Store

Abbotsford Loses Trophy

(From Fraser Valley Record)

At Abbotsford last Saturday the Mission team took the measure of the Abbotsford cup-holders to the tune of three goals to none. This win and the last of 3-2 entitles the Mission club to hold the cup till next season.

The team was without two or three of its best players—one of these letting the boys down in the most bare-faced manner, just previous to starting out. It is time this player (we will not give his name but he does not live many miles from the jail) was dropped from the line-up altogether. The best two of the juniors were pressed into service and well they showed up.

On arriving at Abbotsford the boys had to wait three or four hours and in consequence there were several narrow escapes from death from excitement.

The game started at 3:15 in the pouring rain which kept up nearly the whole time. Owing to the lateness of the hour only thirty minute halves could be played. During the first ten minutes the game was even, both forward lines making dangerous rushes. Then Cox hit the post with a dangerous shot and after that the Mission forwards had it pretty much their own way. They failed however to score in the first half, though many shots were sent in. P. Cox in goal for Mission was tested once ort wice but each time he cleared the ball well. On changing over the local boys went right after the Abbotsford goal and after a pretty bit of combination Mitchell scored Mission's first goal with a shot which was pracrically unsaveable. This seemed to take the heart out of Abbotsford and from that on the Mission defence held them easily A little later Cox and McTaggart who were playing great football made a fine run up and Cox scored the second goal with a low shot which slipped through the goal-keeper's hands. This practically decided the game but B. Catchpole, the junior centre forward thought there could be no harm in getting another which he did.

The Abbotsford forwards headed by McGowan and Brown made some desperate rushes but could ot pass McLellan the big centre half who was playing a star game. Just before the whistle blew for time Mitchell took the ball up the right wing and passed back to McTaggart who scored. The referee couldn't see it that way and decided it was off-side. A minute later the game ended.

P. Cox played a good game in goal, doing all that was required of him. Lamont made a brilliant showing at back, being a vast improvement on the right back of last game. McLellan was the pick of the halves though there was nothing against Cray or Kraemer, the latter doing well for one who has played in goal so far this season. Cox and McTaggart worked well together as usual and towards the last of the game took the ball up when they wished. Basil Catchpole showed that he had the temperament of the centre forward, mixing his passes well and in addition shooting a goal himself in addition shooting a goal himself. Williams and Mitchell did good work on the right wing, the latter showing great improvement over his form in the Hope match. Walter Sharpe lined to the satisfaction of everyone.

—Contributed by the "Tower"

P. S.—The team drove home after the game and the man that said the Matsqui roads were as good as those of Mission must have been a twin brother to Annanias.

PROF. ODLUM ON ANGLO-ISRAELISM

Last Friday a goodly company of members of the L. O. L., 1867, Abbotsford and their friends had the pleasure of hearing an able address by Prof. E. Odlum of VanconverH gave a lengthy and well reasoned argument to show that the British nation is deacended from the ten tribes of Israel, who inhabited the northern portion of Palestine after the division of the Kingdom of Solomon and who were afterwards carried into Babylon from which they never returned to Palestine as the two southern tribes had done. He claimed that they emigrated north-west through the lands south of the Black Sea and through Europe to the "Isles of the Sea" known as Great Britain and Ireland. They became the original settlers of these distant isles.

Prof. Odlum quoted the Bible prophecies concerning Israel and he sought to show that no nation met these except the Anglo-Saxon race He also referred at some length to the derivation of many of our words showing that they had a Hebrew origin.

The address was greatly enjoyhearty vote of thanks was conhearty vote of thankks was conveyed to the learned lecturer by the chairman, Prof. Hill-Tout.

Prof. Odlum will be heartily greeted should he return to give another of his interesting lecture.

The many friends of Mr. and Mrs. McPhee will be delighted to hear that Mrs. McPhee was able to return home from the hospital last Sunday.

Mrs. J. MacKenzie of Seven Persons, Alberta, has been the guest of her sister Mrs. Arthur Taylor during the week end. Mrs. MacKenzie has gone from here to the coast cities to visit friends and relatives before returning home.

Mr. Geo. Burneau was in Sumas, Wash., on Saturday last, purchasing property for clients within the two miles of the boundary line which is at present under reconsideration.

Why does a man when he is getting old become boyish enough to start raising a mustache?

There is talk of a new I. W. W. being established here. Silvertips is said to be the organizer.

Read Alanson's ad. for buggies and wagons. It will pay you.

CORRESPONDENCE

Editor, Abbotsford Post,

I am pleased to see that some of your readers are wakening up and taking an interest in political affairs. As regards "Voter's" letter I should be quite pleased to have a citizen of Abbotsford representing the riding in parliament and if Voter can produce a satisfactory man I don't believe that even Mr. Cawley would stand in his way and if I can honestly support his choice I will do my utmost for him. It is only natural that we here in Abbotsford should wish to have an Abbotsford man look after our interests. I like Voter have no axe to grind and will support the best man. But as I understand the situation there there is a proper time and place to nominate the candidate and we shall be pleased to hear from Voter at our first meeting.

As regards "A Reader, Sometimes" he seems to have a grievance or else is a knocker and that is the easiest thing in the world to be. There was rather short notice for the last meeting—the only meeting I have ever called—but there was reason for it. We received word from Chilliwack on Thursday the 1st that the meeting of the Central Conservative Association would be held on Friday 9th. On Friday 2nd I put up a notice in the Post Office—the usual place to post such public notices—that a meeting would be held on Monday 5th at George Clark's store and Mr. Clark also put a notice in his window to the same effect. I notified Mr. C. Sumner, the local secretary what I had done. We had a very representative meeting—no clique so far as I can see—and if your correspondent would read his Post regularly instead of "Sometimes" he could tell by the committee appointed that the majority at least would refuse to be connected with any clique. I personally, don't believe any one of them would. I am sorry that "A Reader, Sometimes" does not put his own signature to his letter else I should have given him a special invitation to join us and notified him in good time as to our next meeting. It only costs fifty cents to become a member of our local association and I am sure Mr. Sumner will only be too pleased to supply him with a membership card, or any other person whom he can induce to join us. Everyone is welcome and I was pleased to notice several newcomers at our last meeting whom I had not had the pleasure of meeting before. We had also a representative attendance at the Central Association meeting in Chilliwack—nineteen from this end of the riding—and just lost the Presidency of that Association by two votes. The vote was 35—33 in the largest meeting they have held in Chilliwack for some time. However if anyone outside of Abbotsford had to be chosen for this year I am sure Mr. Robertson was certainly entitled to the position on account of his long service and connection with the Central Association and also for his undoubted loyalty and good work for the party at large. I am not in the habit

(Continued on last Page)

THE ABBOTSFORD POST

Published every Friday by the Post Publishing Company.

A weekly Journal devoted to the interests of Abbotsford and surrounding district.

Advertising Rates made known on application.

LEGAL ADVERTISING—12 cents per line for first insertion, and 8 cents a line for all subsequent consecutive insertions.

Our Shibboleth—Neither for nor agin' the Government.

FRIDAY, FEBRUARY 23, 1912

Under the heading of "Big Prices for Vegetables" the Camrose Canadian has the following to say: "An Edmonton market report states that a consignment of California frozen vegetables was received this week and was quickly sold at the following prices;

Cauliflower, 5 cents per head; celery, two bunches for 5 cents; cabbages at 5 cents per head; onions at 5 cents per bunch and cucumbers, two for 5 cents.

"As regards the market for home grown vegetables the article states that "no activity is seen in the vegetable market at present. Farmers have cleared all the vegetables they care to dispose of until another crop is in sight. Retail dealers find no response to their offers for vegetables of any kind outside of a few potatoes."

Another Alberta paper says the above circumstance points to the fact that the consumer in Edmonton is so anxious to get a supply of vegetables that he will pay almost any price for them, and it also points to the fact that there is not enough market gardening done in Central Alberta to supply the city of Edmonton alone in the winter months.

—o—

THE MARKET.

Not in months has the attendance at the New Westminster market been as large as it was on Friday last though the offerings were not in proportion to the size of the crowd which made the market square resemble a meeting in home coming week in the "Old Home Town" Fine weather and plenty of people served to create an animated spectacle on the market and there was much shaking of hands and friendly words of greeting by old friends. Pork at wholesale was plentiful, and there was a little mutton and veal on the market but there was absolutely no beef offered. No change was recorded in the price offered for meat at wholesale and there was no change in the retail price meat. Vegetables made their appearance in large quantities in sacks and found a fair market at unchanged prices. The usual assortment of retail vegetables, with the addition of lettuce was on sale at regular prices and the demand was good. Eggs were far more plentiful than usual and the price dropped to 40 cents per dozen at retail and to as low as 30 cents at wholesale. Butter soon sold out at 40 cents per pound. Fish were on sale in good quantities and varieties; and oolachans especially sold readily at ten cents per pound.

There were a few crates of birds on the market when it opened. The arrival of the Chilliwack train and the down river boat relieved the shortage and a fair poultry market resulted. The market was mostly in the hands of Jews and Chinese and the prices paid for birds were practically the same as those of last week. Birds for table sold at 22c per lb. live weight and birds for breeding purposes averaged about $14 per dozen

—o—

Peerless 200 Egg Incubator and Brooder for sale, almost new. Apply to C. Sumner, or C. A. Ryall, Abbotsford, B. C.

—*—

WANTED TO RENT—Farm from 10 to 100 acres, Sumas Prairie district preferred. Will pay good rent for a good place. Apply C. Sumner, Abbotsford, B. C.

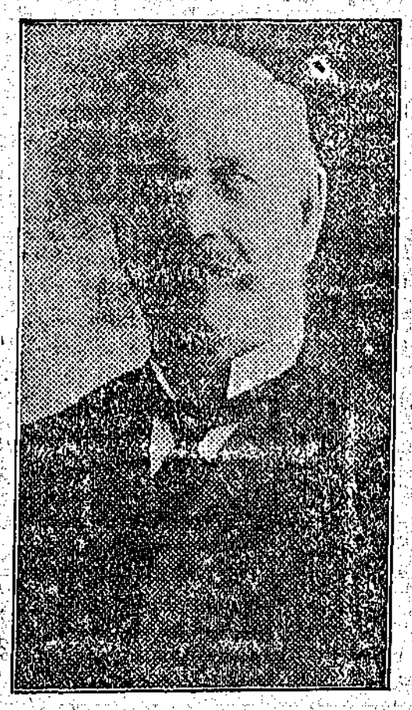
WHAT CANADIANS ARE DOING

HON. DAVID McPHERSON, M.L.A. Nova Scotia Government

Whether Nova Scotia produced Scotchmen or Scotchmen made Nova Scotia is a moot question and certainly hard to answer, but in the person of David McPherson "a Scotchman from Halifax" we have a happy compromise of the one being necessary to the other.

Born in 1832, after an education, that only the province by the sea can give, young McPherson went in for shipbuilding at a time when the clippers from Nova Scotia were to be seen in every sea, and consequently made money by his business shrewdness and straight dealing.

As every good citizen should, Mr McPherson took an interest in public affairs at a time of life when a man's services are of real value to the community. He has served as an Alder-



HON. DAVID McPHERSON

man for Halifax for fourteen years, Commissioner of Public Charities for three years, and Mayor of Halifax for one or two terms. This was all before he went into the larger sphere of Provincial politics, as member for Halifax county in 1897, and he has represented this division ever since. And when Premier Murray selected Mr. McPherson as one of his collegues in the Provincial Government, Nova Scotia knew he had made a good choice.

Such, in brief, is the record of the Nova Scotian of Scottish blood, who has served his city and his province well and now he, is full of years and honours he can look gratefully on the land that gave him birth.

Dr. MARY CRAWFORD Medical Inspector Winnipeg

Dr. MARY CRAWFORD

There are a number of women practising medicine in Western Canada. Dr. Mary Crawford of Winnipeg, who is at present abroad, is one of the best known of these. She is a medical inspector of schools in Winnipeg.

RIGHT HON. A. BONAR LAW Canadian Leader of Unionists Great Britain

One of the highest honours conferred upon a Canadian-born member of the British Parliament fell recently to Mr. Bonar Law who is not only Canadian born but whose sympathies have always been for the land of his birth The Right Hon. Andrew Bonar Law to give him his full title, was born in Kent Co., New Brunswick, in 1858, the son of Rev. James Law, M.A., a Presbyterian minister. He was educated partly in his native province and afterwards at the Glasgow High School. Mr. Law is a prominent iron merchant in Glasgow, chairman of the Scotch Pig-Iron Association, and ex-Chairman of the Glasgow Iron Trade Association. He entered Parliament in 1900, as representative of the Blackfriars division of Glasgow. He represented that constituency till 1906. A few months after his defeat in that year he was elected for Dulwich, for which constituency he sat until the last General Election, of 1910, when he left his safe seat there in order to contest North-West Manchester. He failed to wrest the seat from Sir George Kemp, the former member, but the Liberal majority was reduced from 783 to 445. In March, 1911, he was elected for Boothe division of Lancashire, by a majority of over 2,000. He was called to the Privy Council in June last. Mr. Bonar Law was from 1902 to 1906 Parliamentary Secretary to the Board of Trade, and in the last few years he has been conspicious as one of the most ardent advocates of Tariff Reform. He is a widower with several children.

MY LADY'S COLUMN.

GET RID OF SLOUCHING

This bad habit is Result of Negligence and If Taken Early can be Cured.

Slouching is nothing but negligence and displays a lack of self-control. Don't give way to it, but see if a little energy won't overcome it. It may seem but a trifle to you, but not to others. These will not be as lenient in judging your slouching habit, and not only will criticise it severely but may eventually form an entirely wrong opinion of you.

The stooping position of the back and shoulders is not only far from beautiful, but highly unsanitary, severely handicapping the respiration and preventing all the internal organs from performing their duties properly.

The habit of letting the shoulders droop and the back stoop may have been acquired by rapid growth, or by overzealous study, but whatever the cause it should be mended as speedily as possible.

Let the arms hang freely at the sides. Don't fold your hands in front of you, and train yourself to walk with free, long strides, instead of hopping or waddling, as so many women do, and, above all, see to it that the poise of your head is correct, well thrown back, instead of being a half a mile in advance of your body. Then it is easy to adjust the hat firmly and keep it so, and it will not be awry.

LATEST IN TRIMMINGS

Black velvet, with sash and embroidery.

Black velvet trimmings and an East Indian sash and motifs of colored embroidery are the strong features of a handsome tailored suit of black cloth.

The underskirt is of black velvet about eight inches of this rich fabric showing. A tuck two inches deep finishes the black cloth overskirt. The velvet appears in a deep collar which comes to the waistline of the coat and this collar in turn is trimmed with an inch width of the cloth.

Velvet and cloth cuffs are upon the sleeves. A black satin sash is finished with heavy fringe and the motifs of colored embroidery decorate the front of the coat.

For Brides.... and Others

A coun[illegible] advice to a young woman bent on matrimony: "When you marry him, love him; after you marry him, study him; if he is honest, honor him; if he is generous, appreciate him; when he is sad, cheer him; when he is cross, amuse him; when he is talkative, listen to him; when he is quarrelsome, ignore him; if he is slothful, spur him; if he is noble, praise him; if he is confidential, encourage him; if he is secretive, trust him; if he is jealous, cure him; if he cares naught for pleasure, coax him; if he favors society, accompany him; if he does you a favor, thank him; when he deserves it, kiss him; let him think how well you understand him, but never let him know that you 'manage' him."

To Renovate Blue Serge

A good renovating mixture for blue serge is composed of two ounces of spirits of wine and one ounce of liquid ammonia. Rub the serge with a small piece of cloth soaked in the mixture. Only a little of the renovator should be poured out at a time as it evaporates rather quickly.

The hearts of little children are easily gained, and their love is real and warm, and no true woman can become the object of it without feeling her own life made brighter. — Harriet Beecher Stowe.

Burmese Ingenuity

Eastern ingenuity is often diverted into curious directions. The Burmese use a junk on the Irrawaddy, so rigged and with sails so secured that it can run only before the wind. It is particularly adapted to local conditions. As roads were till comparatively recent times, unknown in Burma, river navigation was of particular importance as a means of communication. Uusually there is considerable difficulty in ascending a river. This is not so on the Irrawaddy, for the winds blow almost constantly dead against the current.

Have a prosperous New Year by purchasing a set of Single or Double Harness from

B. J. GERNAEY

P.O. Box 45 Abbotsford, B. C.

LIVERY AND FEED STABLE

Having purchased the interest of Mr. D. McKenzie I am prepared to give the best of satisfaction as to prices and comfortable rigs. Stables open day night to do business.
I solicit your patronge.

H. McKENZIE, PROP.

INSURANCE LOANS

Abbotsford Homesites

If you are looking for a home or snappy investments in town lots, acreage or farm property see

J. W. McCALLUM

The Pioneer Real Estate Broker of Abbotsford

THE FALL FAIRS

The following are the dates of Fall Fairs;

FIRST CIRCUIT—	
Islands	Sept 18
Victoria	Sept 24 to 28
Nanaimo	Sept 17 to 19
Shawnigan	Sept 18
Cowichan	Sept 20 to 21
Comox	Oct. 1 to 2
N. and S. Saanich	Oct 4 to 5
Alberni	Sept 13
SECOND CIRCUIT—	
Kent	Sept 12 and 13
Mission	Sept 24 and 25
Coquitlam	Sept 21
Maple Ridge	Sept 25 and 26
Chilliwack	Sept 19 to 21
Matsqui	Sept 26 and 27
THIRD CIRCUIT—	
Nicola	Sept 25
Revelstoke	Sept 11 and 12
Kamloops	Sept 18 to 20
Arrow Lakes	Oct 4 and 5
Vernon	Sept 23 to 25
Armstrong	Oct 16 and 17
Kelowna	Sept 26 and 27
Salmon Arm	Sept 27 and 28
Summerland	Oct 30 and 31
FOURTH CIRCUIT—	
Vancouver	Aug 10 to 17
North Vancouver	Sept 7
Central Park	Sept 12 and 13
Delta	Sept 20 to 21
Surrey	Sept 24
Langley	Sept 25
Richmond	Sept 25 to 26
New Westminster	Oct 1 to 5
FIFTH CIRCUIT—	
Cranbrook	Sept 18 and 19
Nelson	Sept 23 to 25
Grand Forks	Sept. 26 to 27
Kaslo	Oct 15
Windermere	Sept 20 and 21
Trail	Sept 25 to 26
Greenwood	Sept 30
Golden	Sept 24 and 25
Bella Coola	Oct 30
New Denver	Oct 2

FARM AND FIELD

CHANGE YOUR SEED WHEAT

Many farmers make the mistake of sowing year after year a variety of wheat which yields several bushels less per acre under their conditions than some other variety would do under the same conditions. Often the only reason why a particular variety has become popular in certain localities is because when first introduced it gave an extra high yield, due more to exceptionally good treatment in a favorable season than high-yielding qualities of the variety. When a new variety is introduced in a community or on a farm it should always be grown in the same field and beside a well-known or standard variety. It is difficult to determine the possibility of any variety when comparing a field on one end of the farm with another on the other end, or what is still worse, comparing one man's field with that of his neighbor.

Dr. JAMES BARCLAY,
Preacher and soldier
A son of the manse and the soil

RHUBARB IN WINTER

Forcing rhubarb for winter use is so simple and inexpensive that any family having a few rhubarb roots may enjoy this luxury throughout the entire winter. A corner in the cellar or in the attic may be used, where a few roots may be set in a large box or on the floor itself. Pack the frozen roots close together filling in pan packing with earth to hold moisture. Cover the crows and keep them moist. Water slightly until the shoots appear when more water may be given. Unless the roots are neglected and allowed to decay after they have ceased bearing, there is no objectionable feature whatever connected with forcing in the house as very little artificial moisture is required and consequently no dampness or objectionable odors are given off. One of the pleasing features of the work is that after the forcing part is over the rhubarb may be matured at will. Forcing may begin at once or the roots can be kept in a dormant state for weeks as desired. If a plentiful supply of roots is at hand and the room for forcing is limited two crops may be grown in succession.

A Cause of Sickness

The primary cause of many internal complains of hogs is the fermentation set up in the hog tub, into which refuse, often quite unsuitable for food, may be thrown, and in which which refuse that may originally be suitable changes its character. It is difficult to avoid trouble of this kind, but there is need for some correction of the idea that anything, however offensive, may be safely fed to pigs, for many cases of serious illness have been traced to the hog tub.

One warning is specially called for —to beware of the presence of salt and soda in the swill. Both, in anything like large quantities, are poisonous to pigs, and this fact is not to be set aside because someone has given his pigs a little of either and found that no harm resulted. The swill in use in many places receives the remains on the dinner plates, on each of which there is probably some salt, the contents of the washing up pans, and other kitchen liquids in which soda and salt have been used, and the amount that may unwittingly be given to the pigs in this way is sufficient to cause sickness.

Potatoes in Alberta

That Alberta can grow potatoes equal to the famous British Columbia Ashcroft potatoes, is the opinion of Canadian Pacific Railway officials of the Dining and Sleeping Car Department. The Canadian Pacific Railway this season placed ten acres of potatoes on the Experimental Farm at Brooks, which are so excellent in quality and size that the entire output has been bought up by the Dining Car Department at a special price. That the country round Brooks is especially adapted to the growth of fine potatoes is now proven, and will be welcome news to the farmers on that district.

Silage Not Good for Horses

Owing to the large quantity of water in silage and relatively low nutritive value, silage is not adapted as a feed for working horses. Unlike the cow, the horse has a small stomach and feeds given it should be nutritious and not too bulky. For hard working horses silage should not be fed in any quantity; for horses that are idle a few pounds daily would help to make up for a shortage in coarse feed.

The Useful Mole

Moles are usually considered to be beneficial to the farmer, because they feed almost entirely upon the larvae of insects, grubs, etc., which they find in the ground. The injuries to garden plants, often laid at their door, may usually be traced to mice which use the runways of the mole. It is only when they work in flower beds, lawns, cold frames and hotbeds that moles cause serious annoyance. From the latter structures they can easily be excluded by the use of one-half inch mesh galvanized wire cloth.

Feed Value of Hay

One of the most important substances in any foodstuff is protein. All nutritive substances which contain nitrogen are classed under the general term of protein. Protein is composed of nitrogen, carbon, hydrogen, oxygen, sulphur and phosphorus. Protein is the substance which builds up the body. The muscles, tendons, ligaments, connective tissues, skin, hair, hoofs, part of the bone, and, in fact, every part of the body but fat, are made up of protein, together with mineral matter and water.

SEND ME YOUR BOOK

When a farmer opens his first bag of cement

he has taken a long step in the march of Progress, which leads to Prosperity.

After he uses that bag—if only for a hitching-block or a porch step—he has learned some profitable lessons.

He knows that it doesn't take an expert to use concrete successfully.

He knows that he has added a permanent improvement to his property, something that will last as long as the farm itself.

He knows that he has added convenience, and therefore profit, to his home.

He knows that it didn't cost him more, in money or time, than if he had used an inferior material and made a temporary improvement.

He knows that he wants to read the book,

"What the Farmer Can Do With Concrete"

to find out how he can apply these lessons to other places on his farm.

This advertisement is to tell him that his copy of this profusely illustrated book is ready to be mailed as soon as he sends in his name and address. It makes no difference whether he has yet used that first bag of cement or not. If he hasn't, the book will tell him how to use it to the best advantage. And in any case it's

ABSOLUTELY FREE

A hundred and sixty pages of plain description, telling how other farmers have used concrete, with photographs to illustrate every paragraph in the text.

Just send your name and address on a postal, in a letter, or use the coupon, and the book will be sent by return mail.

Address
CANADA CEMENT CO., Ltd.
National Bank Building
MONTREAL

CANADA CEMENT COMPANY LIMITED PORTLAND CANADA CEMENT MONTREAL

Excavation Work Done. Lots cleared and graded
Harry Atherton. Terms if Desired. Apply this paper.

FOR SALE—Purebred S. C. White Leghorn Cockerels; also purebred barred Plymouth Cockerels. Apply S. M. TRETHEWEY, P. O. Box 21, Abbotsford, B.C.

Matsqui Hotel
MISSIONCITY, B.C.
This hotel makes a specialty of home-like comforts for Commercial Travellers. Comfortable sitting-room and best of hotel service Cuisine Unexcelled.
Rates: $1.50 to $2 per day
CHAS. E. DeWITT, Proprietor

WANTED

Reliable men with selling ability and some knowledge of the fruit business or Nursery Stock, to represent us in British Columbia as ocal and general agents.
Liberal inducements and permanent position for the right men.
Write for full particulars.
STONE & WELLINGTON
The Fonthill Nurseries.
(Established 1837)
TORONTO, - - Ontario

Food Value of Cheese

According to a circular issued by the United States Department of Agriculture we ought to eat more cheese. Cheese, it is stated, has twice the food value of fresh beef, and one pound of it is equal to two pounds of eggs or three pounds of fish. Experiments carried out by German scientists associated with the Department of Agriculture have led them to advocate strongly the eating of cheese. It proved of great benefit to the general health of the subject used in their experiments.

St. Ann's Poultry Farm

By scientific breeding we have developed two distinct and practically unrelated strains of our Snow S.C.W. White Leghorns. These have all been developed from our original two uurelated families of birds by the most careful selection and correct breeding.

We are ready to book any order, large or small.

E. & G. de la GIRODAY
Proprietors Abbotsford, B. C

The Kootenay Jam Co., Ltd.

MISSION CITY, B.C., FEBRUARY, 1912

Important Notice to Fruit Growers

The following are the prices which the Company will pay for fruit during the coming season:

Strawberries in crates (shipping berries)	6c per lb. with hulls
Strawberries in pails (for Jam)	6c per lb. without hulls
Raspberries in crates (shipping berries)	7c per lb.
Blackberries in crates	5 1-2 c per lb.
Black Currants in pails	8 1-2c per lb.
Red " in pails	5 1-2c per lb.
Gooseberries in pails	7 1-2c per lb.
Cherries in pails	4 1-2c per lb.
Rhubarb, cleaned, (both ends off)	$20.00 per ton
Rhubarb, not cleaned	$18.00 per ton

Above prices are all f. o. b. point of shipment.

It is requested that all applications for contracts, which are to be marked "FRUIT," are sent in to the Company at as early a date as possible in order that adequate arrangements for the season may be made.

NOTE: Prices on tree fruits, etc., will be published later. All crates will be returnable.

P.C

WANDERING JUDY
or
HER DEAR CANADA

by Marshall Saunders, Author of "Beautiful Joe"

(Copyright by Publishers Press Limited, Montreal.)

the Scottish girls in the school I attended, couldn't remember whether I came from Nova Scotia or Nova Zembla, and when I said I was from the continent of North America, they said, 'Why, you're not red or black.'"

"Just like the Scotch," observed Biddy. "Their pates are as thick as if made of their native granite."

Judy wheeled round on her, "And an Irish girl who was in the school said, 'I know what Nova Scotia is like. I have an uncle going out to Halifax with his regiment. He expects to shoot bears out of his bedroom windows when they come round at night for scraps.'"

"If Nova Scotians learn about other people, the other people ought to learn about them," said Jane sympathizingly.

"Now that I've freed my mind," continued Judy, "I'll step into the parlor car at Yarmouth, and gaze out the window as we glide quietly past the fine white houses of Yarmouth, with their green hedges. The town was settled mostly by retired captains who made fortunes in trading. We pass the river, and the marshes, several villages and saw-mills, and lots of lakes where one can go trout fishing, and soon we come to the district of Clare. We pull into a wood. Occasionally the train stops, and we hear the French name of a station—Saulnierville, Petit Ruisseau, Grosses Coques, Belleveau. You peer out at the big trees but see nothing. My dears, behind those trees is St. Mary's Bay, with a string of villages on its shores forty miles in length, and in those villages are thousands of French people, wearing the old costumes, brought from the Motherland hundreds of years ago."

"Truly, Judy?" asked Firefly.

"Solemnly and veraciously," said Judy with a serious gesture toward her distant home. "Troops of tourists go to Nova Scotia to see the spot where Evangeline is supposed to have lived, and they sweep through the woods, never dreaming that the descendants of the very French people mentioned in Longfellow's poem, are living and moving and having their being behind those trees."

"Why doesn't the railway run along the bay?" asked little Peanuts, who was shrewd and practical.

"If it were my railway, it would," said Judy warmly. "It isn't convenient to drive miles back to the Bay, when I go to visit the French people. Girls, you should see the villages with their churches, and schools, and convents, and the processions and the old Acadian burying ground, and above all hear the old ones' talk about the expulsion of the Acadians. Some of them remember hearing about it from the lips of their parents who were in it. I have seen the tears run down their cheeks as they talked—it seems such a living thing to them."

"This is a surprise to me," said Dixie. "I thought the French were all sent away from Nova Scotia."

"So they were," replied Judy, "in 1755, at the time of the expulsion, but very many of them came back. Here is a case girls, of loving one's adopted country better than the land of one's ancestors. So devoted to Nova Scotia were those Acadians, whose forefathers had come from old France in the time of Richelieu, that many deported ones, and many of their children, struggled back from the various places to which they had been sent. Some of them came on foot up through your Maine woods, Peanuts—suffering, starving, many dying, but the survivors persevered, and when they found, on reaching Nova Scotia, that their fertile lands were not open to them, they settled in different parts of the province that were allotted to them, many of them along this long St. Mary's Bay."

"I suppose the greedy Nova Scotians had jumped on the lands of the Acadians," said Biddy.

"No," replied Judy, "to their credit be it said, the lands lay unoccupied for several years, then they were settled mostly by New Englanders."

"Has Gabriel got out of the woods yet?" asked Firefly.

"Yes, and is trailing us through a happy valley, now in the golden autumn time, glorious with brilliant tints and low-hanging orchard boughs ruddy with glowing fruit."

"You haven't any orange groves, have you?" inquired Marigold rashly.

Judy gave her a withering look. "The Annapolis Valley apple is the best apple in the world, and is exported everywhere. Crowned heads eat it."

"The California apple and the Oregon apple, and the Pacific Coast apple generally, is a fine apple," said Marigold doggedly.

"Oh, I had such an argument with a man out West about that," said Judy eagerly. "I had some Nova Scotia Gravensteins with me, and I said, 'Your British Columbia apple is a handsome apple, and its flavor is good, but where is the heavenly odor that perfumes the air—just smell these Nova Scotia Gravensteins.' The delicious scent floored him, and a lady to whom I gave one of my apples to divide with her husband, said she could not think of eating it, she was keeping it to perfume her house. And—"

All the girls cried out at her, "Get back to that train—remember Gabriel."

"Very well," said Judy meekly, "we glide along through this wide valley with the long, low mountains on either side—I never saw anything like it, not in England, nor Germany, nor France—"

"And it warms the cockles of my heart to hear you leave out old Ireland," interposed Biddy briskly.

"Nor old Ireland," continued Judy. "In spring, these orchards are billows of pink and white blossoms. Now, as I said before, they are resplendent with their autumnal load of apples. The roads in the valley are level and well-kept. We pass through one farming district after another, with town centres at intervals, and finally we see in the distance a grim old mountain frowning at the yellow waters of the Basin of Minas. We have come—

'Where Blomidon's blue crest looks
down upon the valley land,
And the waves of Fundy lap the gray
stones on the strand.'"

CHAPTER III.
Home, Sweet Home.

"At last we are in the Evangeline district, and near at hand, are the acres of marshes with the dykes thrown up by the spades of the patient Acadians. What misery to wrest that land from the sea, and then to lose it. Back of those marshes, are the fertile plains and uplands, and presently the train reaches Grand Pre, and sweeps over the site of the long Acadian village of ancient times. Nothing remains but a few stones, a cellar and old well, and some willows. Near by is an exquisitely lovely university town, situated on sloping ground that commands a magnificent view of the marshes and the bay, but it is thoroughly Nova Scotian. Now, girls, wouldn't you rather go to St. Mary's Bay and see the living French women with their black handkerchiefs over their heads, and the sturdy Frenchmen going about their work, than to linger in this lovely spot with its memory only, of ancient times?"

"I'd rather go to both," said Peanuts decidedly, "and I'm going to next summer."

"Trust a Puritan to take a four-square view of any proposition," said Firefly admiringly. "I wish some of my ancestors had been in that little ship-load of people that has dominated this continent. What was the stuff in them, anyway?"

"They trusted in the Lord," and Peanuts piously.

Firefly's face became redder than ever. "Fiddlesticks," she said irritably. "You're the most material little wretch that ever lived, Peanuts."

"I know I'm older than I look," said Peanuts sweetly, "but I wasn't on the Mayflower, and anyway, you interrupted me, Firefly. I was going to add that in addition to the Pilgrims trusting in Providence, they worked hard. Also, there's a difference between Pilgrims and Puritans."

"There isn't any Providence," said Firefly crossly. "We have got everything in ourselves."

"I haven't," said Peanuts briefly. "I have to get a little help from outside.

"I like new thought," said Marigold placidly. "It's lovely to lie in bed in the morning and not hurry about getting up, thinking 'all's well with the world.'"

The girls all laughed. Marigold had not the reputation of being a peacemaker as Jane had, yet she often threw some foreign matter between disputants. Her associates thought mostly, that she did this unintentionally. Judy, however, surveyed the big, well-made Californian girl with affectionate curiosity. There was more in Marigold than they gave her credit for. However, they were calling to her to go on, so she said:—

"After leaving the sweet and fragrant Evangeline land, one runs through a beautiful country, still fertile and covered with farms and villages. Soon, however, one strikes into the woods. We are hurrying toward the southern shore of the Province, where fine bays and harbors abound, where tourists come in shoals in summer, and where our fishermen and traders reap a boundiful harvest from the sea."

"You're not very far from the sea anywhere in Nova Scotia, are you?," inquired Firefly.

"Never more than thirty miles," replied Judy.

"What a lot of web-feet you must be," inserted Biddy, as Judy opened her mouth to go on.

"We are mostly ducks," said Judy. "Well, there is some farming done on the south shore in addition to the fishing. There are also trading and lumbering. Just now there is under consideration an addition to our pulp and paper mills. A huge plant is to be erected on the banks of one of our famous rivers emptying into the port of old Rossignol, now Liverpool, which is as New England a town as you could find from Maine to Rhode Island. Now listen well, as I tell you that the very finest of these harbors on this shore was called by the Indians Chebucto, Chief Haven. Gabriel draws us quickly to it—"

"Would you have one engine all the way?" inquired Peanuts.

Judy laughed. "Right you are, girlie. We changed at a lovely town smothered in hills, called Kentville. It is Basil now that takes us out of the woods to the shores of a big harbor, twenty miles round. This is the inner harbor of Chebucto, and all round its shores are summer cottages. As we are drawn round its western shore, we see that this harbor, which is called Bedford Basin, contracts into narrows, then expands into glorious old Chebucto proper, now Halifax harbor, which comes curving in from the sea, making this the most beautiful spot on earth—"

A hubbub arose in which one could distinguish, "Except Indiana,' 'except North Carolina,' 'except Maine,' 'except California,' 'except Ireland,' 'except New Hampshire.'"

Mara was not exclaiming. "Shout New York," whispered Firefly, nudging her with her elbow, and Judy, who was listening to the noise with the utmost complacency, smiled as she heard from the Jewish girl a calm and belated "Except New York."

When each girl had returned to her darning or repairing, Judy said energetically, "Heaven bless your hearts for gravitating toward your own dearest spots on earth—

'Breathes there a girl with soul so
dead,
Who never to herself hath said,
This is my own, my native land.'"

"Do get on," said the impatient Firefly, "and turn your face west. You've been travelling due east ever since you started."

"Would you have had me take a long trip like that, without going home first to say good-bye to my family and my beloved city?"

"By no means," returned Firefly, "provided your adieux are not too long drawn out."

"Any citizen of Massachusetts ought to be willing to tarry in Halifax," said Judy, "considering that the founding of the city was inspired by New Englanders."

"I once heard my brother tell another man to go to Halifax," said Peanuts slyly.

"Many are called, but few chosen," said Judy. "My parents were both. Now girls, have you any idea what this lovely place is like?"

"As for me, I thought it was on the Bay of Fundy," said Biddy maliciously, "with tides sixty feet high."

Judy groaned. "I've heard that before."

"I know something about Halifax," Dixie broke in. "It sympathized with the South during the war, and lots of our people went up there, and liked it so well that they never came back."

"Shall I tell you a story about the war?" asked Judy.

"Oh, please," cried Dixie, and Judy began.

"One dark night, the captain of a notorious Confederate cruiser lying in Halifax Harbor, walked the deck in great perplexity. He had got a cargo of lovely things to take down South, but several northern ships had tracked him, and lay at the mouth of the harbor, like so many cats, waiting for one unfortunate mouse. How was he to get out? Finally he said, 'We'll try the Eastern Passage,' which is a narrow lane of dangerous water behind a long island at the harbor's mouth. Only fishermen had ever used it, but the captain's case was desperate. Strange to say, he got through, and in the morning, the northern captains rubbed their eyes to see whether they were dreaming. The 'Tallahassee' had vanished."

"Judy, are your sympathies with the South in that iniquitous war?" inquired little Peanuts severely.

Judy sprang from her seat. "I hate war, I abominate it. Don't I belong to the New York Peace Society?"

"You've frightened the cat most to death, and got off the track of your story again," observed Firefly irritably. "I thought we might get you to the prairie some time tonight."

Judy, holding out her arms to Bluenose, who crept dubiously back to her, sank into her seat, and turned a listening ear to Dixie who was deliberately taking Peanuts to task for speaking disrespectfully of the South.

"Upon my word," said Firefly, as she held a needle up to the light to thread it, "I never saw such girls to fly to pieces. Any stray remark thrown into our midst, acts like a bombshell."

"That's the charm of the Pilgrim Circle," said Marigold calmly. "All day long we are with strangers, and obliged to be reserved and conventional. There's nothing I enjoy like our semi-quarrels and teasing times here. It's just like a family circle."

"May I ask what kind of a family circle you have been used to?" inquired Biddy smartly.

"There now—hear her take me up," laughed Marigold. "Well, if you quarrel with people or tease them, it shows you take an interest in them—what's the matter with Judy?"

"She called me a whitewashed Yankee!" exclaimed Judy, pointing an accusing finger at the youthful Peanuts.

"So you are," said the tiny girl, slipping a thread between her sharp white teeth, and biting it off with a snap, while she rolled tantalizing eyes at Judy. "You are a Republican at heart, and yet you like that old fortress city of Halifax, and you sing, 'God Save the King' as loud as ever you can."

Judy's face became suddenly transfigured. "So I do sing 'God Save the King' anywhere and everywhere I choose, for England has been like a mother to Canada, and we have now on the throne the best monarch we have ever had, but here in New England, the home of my forefathers, I can join with you in singing, 'Land of the Pilgrims' Pride,' and I can pray at all times, 'God bless the United States of America.'"

"But God bless just a little more, the fine young Dominion of Canada," said Peanuts wickedly, "n'est-ce pas, Judy?"

"My love toward humanity begins in my home," said Judy seriously, "first my family, then my town, then my province, then my Dominion, then our Empire, then the United States, then the world—'God bless everybody,' say I, 'and let there be no more wars nor rumors of war.'"

"Why, she's an internationalist," cried Firefly.

"If you are done rhapsodizing," said Marigold calmly, "will you tell us what you did when you found yourself in the bosom of your family?"

"Couldn't get into it," said Judy, making a wry face. "Drove up to a dark house—the family had just left unexpectedly for Europe, to spend the winter. I had crossed their telegram."

"You Nova Scotians run over the face of the earth like centipedes," remarked Biddy. "Don't you ever stay where you are put?"

Judy looked thoughtful. "I wonder whether I have the flow of language to make you understand. Do you remember that poor, would-be teacher at the oral examination, who when they asked him to name the capital of Massachusetts, said, 'I know but I haven't the flow of language to express it? Biddy, will you pass me that book please? See, here is a map of Nova Scotia. What do you notice about it?"

"I notice that it looks like a badly made royal rag doll," said Biddy, "which has lost one arm labelled Prince Edward Island, and is holding tight on to the mainland with the one that's left."

"Firefly, what do you see?" asked Judy eagerly.

The western girl's clever face was drawn intently together. "I notice," she said, "that it is small and isolated, and has a jagged coast line bearing out your assertion that it possesses fine bays and harbors."

"A thousand miles of them," said Judy. "Now children, dear, any small country that is prosperous, isolated, and has a sturdy stock, becomes what?"

"Self-reliant, home-abiding, and original," said Firefly quickly, "until

(Continued)

FARM AND FIELD

THE DAIRY COW

The dairy cow holds a unique place in the civilized world. In her relation to man she stands out superior to all other domestic animals. How necessary to the comfort and well-being of the human race are her products! She contributes largely to the food of the poor and the rich, the young and the old, the inhabitants of the cities and the rural districts. Her product is what nature has designed for the young, both of man and the domestic animals. And for all ages it is the least expensive of foods, the most healthful and the most desirable.

No meal would be complete without the product of the cow in some form. She has been termed the "Godmother of the human family." Her importance is tersely expressed in the following quotation: "There is nothing aside from the milk of human kindness so necessary to the comfort of any family as the milk of a good cow. It is like oil poured upon the waters of life; it is a perfect food for the baby; it is an excellent beverage for the children; it furnishes cream for the coffee, butter for the bread, and cheese for the lunch. It shortens the pie crust, and raises the johnny-cake; even the cat and dog cry for it."

With the farmer it goes still further. It raises the calf, it feeds the pig, it pleases the colt, and it delights the children. Yes, and if he will only give her a fair chance, the cow will clothe the children, buy comforts for the wife, pay the taxes and help lift the mortgage.

175

CLARK'S

Gents' Furnishings, Boots and Shoes

Leave Your order for

Spring and Summer Suits

Prices $18 to $35

Fit and Workmanship Guaranteed.

See our Spring and Summer Hats and Caps.

GEO. C. CLARK, Abbotsford, B.C.

COMMERCIAL HOTEL

J McELROY & Co.

LIQUORS, WINES AND CIGARS OF THE BEST QUALITY

Cor. Essendene Ave. and Oscar St., CITY

ABBOTSFORD HOTEL

ABBOTSFORD, B. C

Strictly first-class in every respect. The bar is stocked with the best of wines, liquor and cigars,

RATES, $1.50 TO $2.00 PER DAY

PECKHAM & HUTTON PROPRIETORS

A. M. KING

BUTCHER

Pork, Mutton, Beef, Veal, Pork Sausages, Weinies and Balogna always on hand. Fish every Thursday

G. W. GRIMMETT

Eyesight Specalist

Manufacturing Optician

Does the Finest Optical Work. Medical men and others pay tribute to his skill.

793 Granville St. Vancouver

Henderson & Taylor

(Associate Members Can. Soc. C. E.)

Civil Engineers

R. A. HENDERSON

B. C. LAND SURVEYOR

Office, next P. O. P. O. Box 11

The best on the market

40 Acres, all cleared excepting 6 acres. Five room house, almost new, 50 x 50ft barn. 20 acres of prairie, 20 acres of bench. Bench land all fenced.

Price $100 per acre.

$1,500 Cash, balance 1 and 2 year.

SEE SUMNER

FARM AND FIELD

ARTIFICIAL WOOD FROM STRAW

The trade commissioner for Leeds and Hull, writing to Trade and Commerce Report, states that attention has recently been drawn to experiments which have been carried out in connection with a process for the manufacture of artificial wood from straw or dry grass. At the outset it is proposed to utilize the process for the manufacture of matches, for which it is claimed to show considerable economy as compared with the cost of the methods and materials at present employed.

The straw is passed longitudinally through a pair of crushing rolls, and then between a pair of cylindrical cutters which divide the flattened straw into strips. The surfaces of the cutters are deeply serrated and are placed together so that the groove of one cuter receives the raised ring of the other. The straw supplied with an adhesive, is fed to a travelling band, and is enclosed on top and underneath with layers of paper. The layer of straw and paper is passed through a pair of rolls under pressure and then between a pair of endless chains, one upper and one lower, the links of which form metal mounds, and are constructed with longitudinal grooves, the edges of which meet opposite one another. The moulds are heated, and are pressed together for a sufficient time to enable the agglutinant to harden. After passing between the chains, the straw and paper issue in the form of a layer of round splints, which after being cut into the requisite length for matches are dipped into the ignitable composition.

Don't Use Old Cream for Butter

In spite of the various agencies at work in improving the quality of butter, as nearly as we can analyze the present situation, there is as much poor butter produced now as ever. The reason for this state of affairs is that the real source of all this trouble has scarcely been tauched as yet. We refer to the age of the cream, which does more damage to the butter industry than all other agencies combined. We can improve the raw milk supply, better the factory conditions and increase the skill of the butter maker as much as we please, but as long as old cream will be accepted at creameries, just so long will the quality of butter be poor.

Cream is like an egg. Both are infected with putrefactive bacteria and both will begin putrefying from the moment they are produced when kept under the temperature conditions under which they are usually kept and handled. Now, the damage these bacteria do in cream held a day or two, amounts to more than the millions of dollars expended annually in reducing their number by improving sanitary conditions and by teaching butter makers the best methods of controlling them during manufacturing process.

Be a manufacturer, by converting the grain and hay grown upon your farm into finished products. Don't sell hay and grain from your land, it is poor farming and will make both you and your land poor.

FARM AND FIELD

GOOD FRIEND DYNAMITE

For Clearing Stumps or Boulders, and Preparing Land for Fruit Trees, Dynamite Leads.

Dynamite, still the terror of the uninitiated, and supposed by them to be useful only in the frightful havoc of war, or else in big blasting operations under the management of experts, is at last finding its greatest purpose in the humble arts of peace. But it has been discovered that it has a most wholesome service in blowing out the stumps and boulders that burden his land, as well as digging his ditches for irrigation, draining swamps, and transforming these wastes into the most productive soil in his property, and actually ploughing his ground and cultivating his orchards.

Dynamite does all these things, and furthermore it brings under control of the farmer land that he couldn't possibly reclaim otherwise. For instance, the swamp land on the average farm cannot be drained by ordinary methods except at the almost prohibitive cost of constructing elaborate ditches and drainage systems, and even this is not practicable unless there is a natural descent to carry off the water. Even afterward, the land is often so full of brush and trees that there is further great expense before it is finally ready for cultivation.

But along comes the man that knows how, sticks a few innocent looking dynamite cartridge into auger holes below the water, blows the everlasting stuffing out of the hardpan on which the water floats, and behold! the water sinks out of sight, and the land is ready for clearing. Or else if this is not sufficient, he plants his cartridges in a row running away from the swamp, touches them off, and he has a ditch that will accommodate a good-sized creek and this at about one fourth the cost under ordinary methods.

One of the rather curious effects of using dynamite to make the holes for planting fruit trees is that these trees bear far more quickly and prolifically than those put into holes dug with shovels. The dynamite loosens the soil for a considerable radius round the hole, permitting the tender young roots to expand at will into fertile, damp soil far below the surface.

AUSTRALIA WANTS RECIPROCITY

San Francisco, Cal. — Mr. Neil Nielsen, a member of the Australian Parliament, empowered by his government to negotiate the primaries of a reciprocity treaty with the United States, has arrived here and will proceed to Washington.

Other missions will engage Mr. Nielsen while in this country. One of them is to study the irrigation in the Western States.

"Australia feels the need of stimulation of trade with the United States," said Mr. Nielsen. "We have wool and hardwoods and other things that this country needs, and which will furnish a basis of ocean reciprocal traffic."

Mangels Increase Milk Production

Mangels have been called the sheet anchor of the dairyman — but as an all-round farm feed, they are invaluable. Unlike turnips and rape they do not flavor the milk. "The man who raises an abundance of mangel-wurzel beets," it has been stated, "is wholly independent of times and seasons and green feed, for he has got the best milk-producing feed for all seasons ne could have. Cows never seem to tire of beets." Another merit of the mangel crop is that it does not reach its primest condition until the turnip supply is exhausted, usually in August. Every year is witnessing an increasing area under this crop, but even so, there are not even enough mangels raised to supply the demand. Every farmer who has stock to winter should put in a patch that will yield enough of these succulent roots to tide him over till grass time.

Brewers' Grains for Cows

Owing to the excessive quantity of water in wet brewers' grains they would have to be fed near to the brewery as the cost of transportation would be too high to haul them far at a profit. Unless fed with care they lead to very foul conditions in the stable, the moisture dripping down through the mangers and fouling in every corner. Also unless fed in a short time they will become putrid.

There is nothing in wet brewers' grains, however, that is poisonous or deleterious provided they are fed when fresh and in watertight boxes. Supplied in reasonable quantities and fed with hay or other coarse fodder there is no better feed for dairy cows.

Dr. HELEN MACMURCHY, Toronto

Women to-day are so much in force in the different professions that the stronger sex have to look to their oars if they don't want to be beaten in the race of life, and Canadian women are not behind their sisters of other nations, particularly in medicine and probably one of the best exponents of her professio nis Dr. Helen MacMurchy of Toronto.

Dr. Helen MacMurchy was born in Toronto. Her father, Archibald MacMurchy, LL.D., was for many years Principal of the Toronto Grammar School, afterwards known as the Jarvis Street Collegiate Institute. Dr. Helen MacMurchy taught for a number of years in the Jarvis Street Collegiate Institute, taking her medical course while she was teaching. She is a graduate in medicine of the Women's Medical College, Toronto, and of the University of Toronto. She took post graduate work in Philadelphia and at Johns Hopkins University and has contributed articles to The Lancet, the British Medical Journal, etc. Dr. MacMurchy is in general practice in Toronto, and has done as well, much work with regard to public health, especially in infant mortality, medical inspection of schools, and the care of the feeble-minded. She was appointed Commissioner of the Feeble-Minded by the Ontario Government in 1906. She is a member of the International Council of School Hygiene, having been appointed at its Paris meeting in 1910, and she is also a member of the Council of the American School Hygiene association.

There are times when you don't have to be an acrobat to take a tumble to yourself.

Millet as Feed.

Millet hay containing large amounts of seed is more than two-thirds as rich in protein as wheat bran, contains practically equal quantities of carbohydrates, says a report of the Illinois Farmers' Institute, and exactly the same amount of fat. Timothy hay on the other hand contains less than half the amount of protein, about the same amount of carbohydrates and less than half the amount of fat. One half the amount of millet hay therefore, is required to supply a sufficient amount of nutrients.

Be Progressive

Go in for good roads, good schools and good churches; chip in and put a shoulder to the wheel in support of everything and every movement that will benefit your neighborhood and county; be a working member of farmers' organizations; and help in every way you can to develop agriculture and promote honest and efficient government, progress and prosperity — in fine, adds a "Homestead" writer, be a progressive of the progressives of the militant, but level-headed sort.

knowledge hath two pillars—learning and discretion. The greatest scholar, without his two eyes of discretion and honesty, is like blind Samson—apt to do no good, yet able to do much. — T. Adams.

Cat's Remarkable Journey

A cat has travelled recently from Kingston, Surrey, England, to its former home at Glastonbury, in Somersetshire, a distance of 133 miles. In April last the animal, described as half-Persian in breed, was sent from Glastonbury to the matron of the Kingston Nursing Home. It was sent in a packing case, drilled with air-holes, and obviously the animal had no opportunity of marking the points of its journey. Soon after its arrival at Kingston the cat was lost, and no trace of it could be found. The matron of the nursing home has now received a letter from Glastonbury stating that it has found its way back to its old home. It arrived emaciated and footsore, and apparently had walked the whole of the 133 miles.

SOCIAL AND PERSONAL

There should be wider plank crossing on both the C. P. R. and the B. C. E. R. on Essendene Avenue.

Young man are you in love? You had better change your medicine.

The next Board of Trade meeting will be held on Monday, March 4th at 8 p.m.

Mrs. William Campbell left this week for Australia on a visit.

Mr. S. Brooke left on Wednesday morning for Victoria where he will spend a few days.

Mr. H. C. Fraser of Salmon Arm was in town on Tuesday.

Mr. W. Rutherford of Britannia Beach was in town this week.

Mr. J. O. Trethewey of Hanceville is on a visit to his brother Mr. A. Trethewey.

It is rumored that the bank at Aldergrove will move elsewhere.

Mr. E. W. Stade o fChilliwack was in town on Thursday looking for a business site to start a general store.

Miss Moore returned from spending a few days with friends in Vancouver, on Tuesday.

It is rumored that Authier Bros. sold their store to local capitalists who intend starting out on a large scale.

The provincial government has placed some $17,000,000 in the estimates this year for public works throughout the province. It is to be hoped that Abbotsford will get the two crossings on Essendene Avenue out of the wreck.

"Have you paid your Revenue Tax?" is the most up-to-date song sung to the tune of "Some One is Waiting For You, Dear."

Campbell, the Abbotsford Watchmaker, does first-class watch repairing. All work guaranteed and prompt work assured. Office in Clark's Shoe Store.

Abbotsford is a quiet example of the difference between steady growth and forced growth, by real estate boosting.

The new "drop curtain" in the Opera House will soon be completed. There are one or two spaces left for advertising so hurry up and seize the opportunity.

Mr James Sims paid a visit to Abbotsford on Wednesday.

Mr. Lindsay Russel frequently pays flying visits to the town. It is rumored that Mr. Russell will open an office again as the greater volume of his business is in the district. This is but another instance of the town's magnetic power.

Mr. and Mrs. H. A. Howe returned home from California on Sunday

Mr. E. M. Brown returned home Tuesday from Spokane and Seattle.

Miss Taylor who has been visiting Mr. and Mrs. Hill-Tout returned to her home in Nanaimo this week.

Mr. and Mrs. H. Alanson and family who were visiting friends in Vancouver returned home on Monday.

Mr. John McCallum from Vancouver spent Sunday with his parents here.

Mrs. Edson and her little daughter spent the week end with friends in New Westminster.

Try the **Abbotsford Bakery**
for everything good to eat.
Wholesale and Retail
Abbotsford, Bakery ALBERT LEE, PROP.

CORRESPONDENCE

(Continued from Page One)

of writing to the papers and I crave the indulgence of the editor for taking up so much space but would just like to repeat right here that we earnestly deserve a large attendance at our meetings and extend a cordial welcome to ALL voters to come. Any person who is not on the voters' list who is entitled to a vote, or any voter wishing to be transferred from any district in this riding, if he will please communicate with the secretary or myself, we will be pleased to fill up the necessary papers.

I just wish to say that I have not consulted any of the committee in writing this letter, but honestly believe I have expressed their opinions as well as my own.

Yours truly,
JAS. A. McGOWAN,
President, Abbotsford Conservative Association.

Mrs. (Dr.) Swift returned home after a short visit with friends in Vancouver.

The Presbyterian Ladies' Aid met on Wednesday in the home of Mrs. J. Elliott.

The W. C. T. U. met in the Presbyterian church on Monday.

Mr. and Mrs. Copeland will reside in the west end as soon as their new residence is completed.

Mr. Stanley Kravoski, blacksmith moved to his new home in the West End, lately built by Mr. Everett.

It is a delight to see so many new houses building at so many points in our hopeful town. See Abbotsford grow.

Rev. E. Pow of Mission City, will exchange pulpits with Rev. J. L. Campbell on Sabbath first—February 25th.

Read the Kootenay Jam Company's ad. in this issue and see if it won't pay you to raise some of the fruit this concern uses.

Intoxication by Tea

Tea drinking in moderation is of great value, and is not the least likely to do any damage. It is, however, perfectly certain that its constant use establishes a craving, and although it has been claimed that its regular use is not followed by depression it is really doubtful whether secret drinking amongst women may not be encouraged by the excess of it. Its abuse is certainly followed by chronic intoxication. Sufferers from this ailment do not reel about the streets like people in alcohol, but muscular tremour, irregular heart action, breathlessness, nervousness, headache neuralgia, ringing of the ears, and constipation accompanied by severe mental and nervous depression may result. Many confess to drinking three or four pints a day, and it is not to be wondered at if they suffer therefrom.

To Use Up Tough Meat.

It sometimes happens that cold meat is hard and dry, especially if the joint has been overcooked. It may be turned into a nice dish for family consumption in this way:—Pass it through your mincer with a slice or two of onion. Season to taste, and add a little powdered herb. Butter a pie dish; put a thin layer of bread crumbs into it; then a layer of meat, with a few pieces of suet or butter. Proceed with more crumbs, meat, and so on, till the dish is full, letting the top layer be of bread crumbs. Pour in a little gravy, stock or water, and bake, with the dish covered, for about 45 minutes. Uncover the dish, and brown the surface.

Simple Indigestion Cure

The following simple prescription is the most generally useful substance in ordinary cases of painful dyspepsia:—Carbonate of Bismuth and Bicarbonate of Soda of each ten grains, Tincture of Nux Vomica five drops, Tincture of Ginger ten drops, Chloroform Water half an ounce, to be taken half an hour before each meal.

LOVELY TO BE SEEN, HEARD, LIKED

Wise Philosopher Comes from the East with a big Bunch of What-Not-to-Do's If One Wishes to Be in Well-Liked Class.

Don't apologise! Don't shout! Don't hesitate! Don't attitudinise! Don't speak in a high key! Don't pace the platform! Don't distort your words! Don't exceed your time-limit! Don't indulge in personalities! Don't emphasise everything! Don't praise yourself! Don't tell a long story! Don't sway your body! Don't be "funny!" Don't fatigue your audience! Don't speak through closed teeth! Don't drink while speaking! Don't fumble with your clothes! Don't be sarcastic! Don't "hem" and haw!" Don't stand like a statue! Don't clear your throat! Don't declaim! Don't speak rapidly! Don't antagonise! Don't fidget! Don't over-gesticulate! Don't wander from your subject! Don't be awkward! Don't address the ceiling! Don't be monotonous! Don't put your hands on your hips! Don't rise on your toes! Don't forget to sit down when you have finished!

In brief, stand up so that you can be seen! Speak up so that you can be heard! Shut up so that you will be liked!

Building Up the West

The town of Coronation was born with the proverbial golden spoon in its mouth, and is promised a brilliant career, for though not yet out of its swaddling clothes, it has already attained the dignity of a divisional point on the Canadian Pacific Railway, with three branch lines projected from its centre. The site of the town is a commanding one and the country is visible round about for miles in all directions. Ample divisional yards have been provided for railway purposes, and with an eye to future development the railway company has reserved a block for school purposes, another block for municipal buildings, and a large area for a public park. The two principal streets are Royal avenue and Windsor street, and are each one hundred feet wide.

Coronation town was so named by the Canadian Pacific people, and prior to the sale of lots a few weeks ago, the site had no particularly big mark on the map of Canada. Coronation, in fact, was not more than nominally in existence until the date of the sale, though a few enterprising merchants had erected temporary shops and huts on lots which they intended to bid for at the sale, but which they had not yet secured. Most of the men in possession evidently were successful in getting legitimate title to their holdings, for only one man is spoken of as having to vacate after the sale, and he furnished one of the surprising scenes of an eventful day by hitching up ten teams of horses to his double-fronted hardware store and moving the structure intact on to his new lot.

On the evening before the sale the first passenger train, filled with purchasers from all points of the continent, arrived in Coronation just two hours after the arrival of the track. Few of the travellers, however, were aware of the fact that they were practically travelling over new steel as fast as it was being laid down, and it was not until the morning following that the scene of the track-laying machine at work a scant mile ahead of their train was revealed to the astonished gaze of the passengers.

Perhaps the most commendable piece of enterprise of a remarkable community, however, was the issuing of a newspaper, the Coronation News Review, on the day of the sale. The paper appeared early in the afternoon and contained a full report of the sale proceedings during the morning.

To-Day.

We shall do so much in the years to come
But what have we done to-day?
We shall give our gold in a princely sum,
But what did we give to-day?
We shall lift the heart and dry the tear,
We shall plant a hope in the place of fear,
We shall speak with words of love and cheer,
But what have we done to-day?

Wife (displaying her new bonnet)—"This is the very latest fashion, John."
Husband (sighing)—"I wish it were but I know it isn't. There'll be another out next month."

BUGGIES
3 light market wagons
2 open road wagons
1 rubber tire buggy
These goods must positively be sold in the next two weeks.
We have in stock a fine selection of Cedar Doors, 2 ft. 6 in. x 6 ft. 6 in. To clear our price is $2 each.
H. ALANSON
Hardware and Furniture

"ANDY" BRODER, of Dundas

Mr. Andrew Broder first saw the light of day at Franklin Centre, Que., on 18 April 1845, and was educated at Malone, N.B., and Huntingdon Academy, Que., subsequently transferring to the Dundas district where he has since continued to coax a fairly comfortable living from the land, being, indeed, recognised as one of the particularly intelligent members of that section of humanity which sticks by the original working programme of Father Adam of ancient and historic fame. With a natural business aptitude, full of the humor that never gives offence, sporting a delightful Irish brogue, and with that fondness for politics which is accredited to every second member of Erin's big family, Mr. Broder is one of the really popular men in his district, and indeed over many miles both near and far.

For a time he acted as Collector of Customs at Morrisburg, Ont., but resigned in 1896 to take a seat in the Commons where he has been noted as a speaker with few equals, quiet, but incisive in style with wonderfully appealing perorations. Mr. Broder is married and has three sons and one daughter.

As portraying one phase of a preeminently "straight" sample of the human family, — not too often met with — the story is worth re-telling of how Mr. Broder, on one occasion, set himself a very stiff task in order that only a clean name could be associated with his family. Some of Mr. Broder's relatives died and left debts. These debts preyed upon the mind of Andrew in his young days. "The name of Broder will be clean," he said to himself. "These debts will be paid." He sacrificed everything to that end, the hard-earned pence which he managed to save brought down the debt but slowly. He could have made success for himself had the money which he paid away been utilized as capital with which to further his own progress, but Andrew put away the temptation from him, and in due time was able to point to a clean family slate.

E. M. MACDONALD, K.C.

Mr. Edward M. Macdonald, K.C., has been in politics for many years, and is also one of the leading lawyers of the Maritime Provinces. Born at Pictou, Nova Scotia, August 16, 1865, educated at the Academy there and at Dalhousie University with a legal career in contemplation, Mr. Macdonald began to carve out a promising career at a comparatively early stage of his life. Along towards his thirtieth year he began to exhibit evidences of an inward desire to occupy a parliamentary chair, and took the field as candidate for his native constituency. His first three attempts were, however, unsuccessful. He was beaten for the Nova Scotia Legislature in 1894, and in 1896 and 1900 was defeated in running for the House of Commons, his successful opponent on both these occasions being Sir Charles Hibbert Tupper. He secured a seat in the Legislature, however, and resigned it in 1904, when he was elected a member of the Commons. For years he has been strong and influential as a public man, and as a lawyer has formed most important connections.

Painting, Sign Writing
General repair work
J. E. PARTON
Abbotsford - B. C
Good Storage Room for Furniture.

ABBOTSFORD
Feed & Grain Store
Don't forget
WHEAT - $2.00 A sack
We buy Poultry
J. J. SPARROW, PROP.

CARRIAGE PAINTER
Geo. Zeigler
Carriage, House and Sign Painter
Call and get prices.
All work guaranteed
Abbotsford - B. C.

HARRON BROS.
Embalmers and Funeral Directors
Vancouver, Office and chapel—1034 Granville St., Phone 3486
North Vancouver, Office and

WANTED—A good ambitious boy to get subscriptions for us in his spare time. Write for particulars, McLeans Magazine, 347 Pender Street, Vancouver, B. C.

LADY WANTED
To introduce HOUSE AND HOME (the Woman's Magazine). Make $10 to $20 weekly. No money required. Sample copy on request. Give references. Address Circulation Manager HOUSE and HOME 347 Pender St., West, Vancouver.

Electric Light
For the Residence, Store or Office.
Electric Power
For Factories and Industrial Plants
Convenience Comfort Economy
Attention will be given to all applications for service from our lines.
Address all enquiries to
Light and Power Department
Holden Block, Vancouver.
British Columbia Electric Railway Ltd