

VALUE OF THE APPLE.

It is Used as Food and is Beneficial to Health.

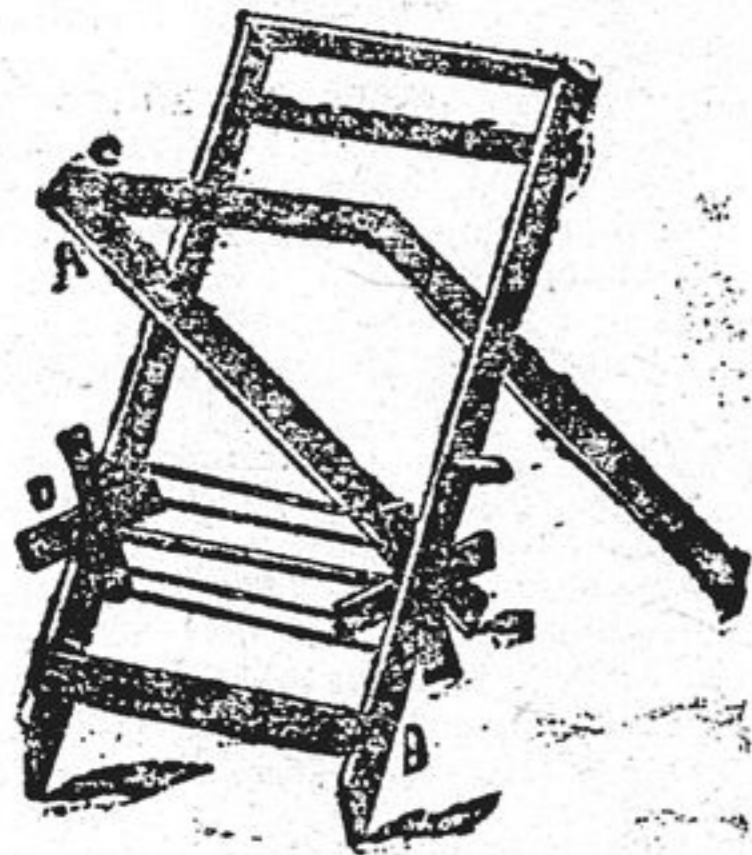
A correspondent who desires to know what particular virtue lies concealed under the rind of the apple is informed on high medical authority that chemically, the apple is composed of vegetable fiber, albumen, sugar, gum, chlorophyl, malic acid, gallic acid, lime and much water. Furthermore, says the Philadelphia Record, the German analysts say that the apple contains a larger percentage of phosphorus than any other fruit or vegetable. This phosphorus is admirably adapted for renewing the essential nervous matter, lecithin, of the brain and spinal cord.

It is perhaps for the same reason rudely understood that old Scandinavian traditions represent the apple as the fruit of the gods, who, when they felt themselves to be growing feeble and infirm, resorted to this fruit for renewing their powers of mind and body. Also the acids of the apple are of signal use for men of sedentary habits, whose livers are sluggish in action, those acids serving to eliminate from the body noxious matter which, if retained, would make the brain heavy and dull and bring about jaundice or skin eruptions and other allied troubles. Some such an experience must have led to our custom of taking apple sauce with roast pork, rich goose and like dishes. The malic acid of ripe apples, either raw or cooked, will neutralize any excess of chalky matter engendered by eating too much meat.

It is also the fact that such fresh fruits as the apple, the pear and the plum, when taken ripe and without sugar, diminish acidity of the stomach rather than provoke it. The vegetable juices and acids are converted into alkaline carbonates, which tend to counteract acidity.

A Home-Made Hose Reel.

Where hose is used in watering lawns or garden, the handling and storing of from fifty to two hundred feet of it is no easy task. With this reel the task is greatly simplified. The standards A and B are made of four inch stuff, braced by cross pieces at



C. The reel, D, is made in the shape of a barb wire spool. It is fastened to the standard, A, so that it will roll either way, easily taking on or letting off the hose. The length of the pieces (A) should be regulated according to the amount of hose it is to hold.

J. L. Irwin.

Value of Gr. in Making Pork.

The director of the Montana experiment station compares the value of different grain foods for pork as follows:

By a combination of grain and leguminous pastures pigs can be grown to a weight of 150 pounds at a cost of two cents a pound. Alfalfa, clover, peas, wheat and barley make the best of pig feed. Alfalfa or clover pasture, with a little grain in summer, affords conditions for the cheapest growth and the greatest profit.

Pigs fed on barley or barley and wheat at present market prices will pay for all food consumed when pork is three and one-half cents a pound.

The pea, combined with grain, is well adapted to the wants of the growing animal, and will give the greatest gains on the smallest amount of feed.

The lot, fed equal parts of barley, wheat and peas, made a gain of one pound in weight for 4.55 pounds of food when the pigs were between the weights of 117.8 and 209.8.

Pigs make the greatest gains and at a less cost of gain before they reach 200 to 210 pounds in weight.

The quality of pork produced from wheat, barley and peas in the various combinations used is firm and well adapted for the production of hams and bacon, the fat and lean of the meat being well distributed.

Feeding the Dairy Cow.

What crops to raise for the dairy cow is a question that interests every Kansas dairyman. And it is equally important to know how to feed these feeds to the cows so as to obtain the best results. The milk yield of the State, per cow, is not more than one-half what it should be with proper feeding. Not every cow can be made to yield profitably either, as has been shown by the herd of common cows which the Kansas Agriculture College now has. Some will produce milk cheaply, while others with the very best of care and feed can not be made to produce milk at a profit. To a young and inexperienced person two cows may look alike. One might be a profitable dairy cow and the other not profitable. They are individuals of their classes and each class has characteristics which training enables a person to see. The farmer must be educated in the selection of cows before he can possess the most profitable dairy herd. It is easy enough to learn and Kansas has the opportunity offered in her dairy school and through her dairy papers.—Student's Herald, Agricultural College.

MR. BURENS OF AMERICA

Was the Author and Tam o' Shantraire Was the Name of One of the Poems.

"This incident happened to me in the capital of the Grand Duchy of Luxemburg," says Sutherland Edwards in his "Personal Recollections." "I had just entered a hotel, when the proprietor came up to me and said: 'From the cut of your shirt collar and the tie of your cravat, I imagine you, sir, to be an Englishman.' 'You are right,' I replied.

"I have a daughter. She is intelligent, docile, and has been educated at one of our best convents."

"Is she rich and beautiful?" I felt inclined to ask, for the tone adopted by the father seemed to be that of light comedy. I contented myself, however, with saying, "Your story interests me."

"An unprincipled professor," continued the father, "taking advantage of my child's innocence—"

"Oh, heavens!" I exclaimed. "Has, under pretense of instructing her in English, taught her what I believe to be Irish."

"You frighten me." "And now, said the afflicted parent, 'you will perhaps allow me to introduce her to you, and you will kindly tell me, I hope, what strange tongue she has acquired.'"

"Permission accordingly was given, and I was introduced to my host's pretty and interesting daughter, who, in reply to my question, told me that the book was by 'a Mr. Burens, and was in verse."

"The doggerel of some new American humorist," I said to myself. "What a pity to give it to such a girl!"

"What are the poems about? Can you tell me the name of any one of them?" I asked.

"'Tam o' Shantraire,' she replied."

A Humourist

Among the passengers in a well filled parlor car coming from Cleveland to Detroit was a lumber salesman from this end of the route. He is tall, and has a deep voice, piercing eyes, a strong face and the general appearance associated with a professional man. Near him sat a pale gentleman, who moaned, moved restlessly in his seat and was unmistakably sick.

"What's the matter?" abruptly asked the salesman.

"I feel very ill."

"Fshaw! You don't have to tell me that. Let me feel your pulse. I'm a doctor. Put out your tongue. Indigestion. I'll fix you in five minutes." He hurried to the water tank, poured out a big straw colored dose and hurried back. "Swallow this."

"But it's whiskey. I never touch the stuff."

"Drink it or you won't live ten miles, fast as we're going."

Down it went, and shortly the two were laughing and talking as though neither had ever felt a pain.

"Did I understand that you were a doctor?" timidly from a young matron who carried a kicking, howling olive branch in her arms.

"Yes, ma'am." And he never flinched. "Baby not well. Whew! What a temper!" as his keen eyes informed him that the youngster was a miniature Hercules. "He's sound as a dollar, madam. Must be a pin. If it's not, spank him."

She came back to report that his first diagnosis was the correct one and wanted to pay. So did the man, but the "doctor" turned aside and acted indignantly. "When I'm away from home I only practice for the good of humanity. Need a second dose, my man?"—Detroit Free Press.

His Majesty the King.

There was a great excitement near the Majestic building. A constantly growing crowd of humanity surged around an object in the centre. The sidewalk was completely blocked, and even the autocratic scorcher was compelled to change his mad course to avoid collision with the street enthusiasts, whose voices rose and fell on the breeze like an advancing host halting an uncrowned ruler.

"Neither victim of the bicycle, I s'pose," said the man who loses many valuable moments during the day trying to cross the streets in safety.

"Or the street car," supplemented another, and they added their information seeking presence to the throng.

A policeman finally came along and dispersed the mob. And the cause of it all stood posing on a curbstone pedestal like a conquering hero of old. His cold, proud eye surveying the officer with contempt, and he seemed ready to receive any bouquets that might be thrown at him. The crowd jeered the policeman, and the curbstone divinity bowed to the renewed plaudits of the multitude.

He was a baseball player.—Detroit Free Press.

Bargain Counter Voting.

The woman candidate faced the mean man who wished to sell his vote.

"No, sir!" she said, "I will not give you \$1 for your vote. It is not worth it."

"Take it for 50 cents, lady," said the mean man.

"Why didn't you say that before? And can you vote twice for \$1.57?"

WE ARE NOW READY

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500. WORTH OF HERBAGEUM

will make 1 1/4 tons of skim milk equal to 1 1/4 milk for calves.

Herbageum prevents Scours and makes valuable food of whey.

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SOCIETIES.

K NIGHTS OF TANTED MACCABEES
Diamond Tent No. 208. Meets in the True Blue hall in McArthur's Block on the first and third Tuesday in each month.

CHAR. WISE, Com.
C. W. BURGOYNE, R. K.

CANADIAN ORDER OF ODDFELLOWS
Trent Valley Lodge No. 71. Meets in the Orange hall on Francis street west on the first and third Mondays in each month.

ALEX. MCGEE, N. G.
J. T. THOMPSON JR., Sec.

O. L. No. 996. MEET IN THE ORANGE
L. hall on Francis St. West on the second Tuesday in every month.

J. T. THOMPSON JR., W. M.
J. F. VANCE, Rec.-S.

INDEPENDENT ORDER OF FORESTERS.
Court Phoenix No. 182. Meet on the last Monday of each month, in the True Blue hall in McArthur's Block.

D. GOULD, Chief Ranger.
THOS. AUSTIN, R. S.

CANADIAN ORDER OF FORESTERS,
Fenelon Falls Lodge No. 626. Meets in the Orange Hall on Francis street west on the first Thursday of each month.

F. SMITHRAM, Chief Ranger,
W. D. STACY, Sec.

CANADIAN HOME CIRCLES. FENE
LON Falls Circle No. 127, meets in the True Blue hall in McArthur's Block the first Wednesday in every month.

P. C. BURGESS, Leader.
R. B. VESTER, Secretary.

A. F. AND A. M., G. R. C. THE SPRY
Lodge No. 406. Meets on the first Wednesday of each month, on or before the full of the moon, in the lodge room in Cunningham's Block.

F. A. McDIARMID, W. M.
E. FITZGERALD, Secretary.

CHURCHES.

BAPTIST CHURCH—QUEEN ST. REV.
Benj. Davies, Minister. Preaching services every Sunday at 10.30 a. m. and 7 p. m. Bible Class and Sunday School at 2.30 p. m. Praise and prayer service on Thursday at 8 p. m.

METHODIST CHURCH—COLBORNE
Street—Rev. John Garbutt, Pastor. Sunday service at 10.30 a. m. and 7 p. m. Sabbath School at 2.30 p. m. Epworth League of Christian Endeavor, Tuesday evening at 8 o'clock. Prayer meeting on Thursday evening at 7.30.

ST. ANDREW'S CHURCH—COLBORNE
Street—Rev. R. C. H. Sinclair, Pastor. Services every Sunday at 10.30 a. m. and 7 p. m. Sunday School every Sunday at 2.30 p. m. Christian Endeavor meeting every Tuesday at 8 p. m. Prayer meeting every Thursday at 7.30 p. m.

SALVATION ARMY—BARRACKS ON
Bond St. West—Captain and Mrs. Banks. Service every Wednesday, Thursday and Saturday evenings at 8 p. m., and on Sundays at 11 a. m., 3 p. m. and 7.30 p. m.

ST. ALOYSIUS R. C. CHURCH—LOUISA
Street—Rev. Father O'Leary, Pastor. Services every alternate Sunday at 10.30 a. m. Sunday School every Sunday at 2 p. m.

ST. JAMES' CHURCH, BOND ST. EAST
Rev. A. S. Dickinson, Rector. Sunday service: Matins 10.30 a. m., evensong 7 p. m. Celebration of Holy Communion first Sunday of every month at 10.30 a. m. and third Sunday of every month at 8 a. m. Sunday School 2.30 p. m. Thursday every week as follows: Catechising of children at 7 p. m., evensong at 7.30 p. m., choir practice at 8.15 p. m.

Seats free in all churches. Everybody invited to attend. Strangers cordially welcomed.

MISCELLANEOUS.

PUBLIC LIBRARY—MRS. M. E. CALDER
Librarian. Reading Room open daily Sunday excepted, from 10 o'clock a. m. till 10 o'clock p. m. Books exchanged on Tuesdays, Thursdays and Saturdays from 2 p. m. to 4 p. m., and in the evening from 7 to 9.

POST-OFFICE—F. J. KERR, POSTMASTER.
Open daily, Sundays excepted from 7.30 a. m. to 7 p. m. Mail going south closes at 7.35 a. m. Mail going north closes at 11.25 a. m. Letters for registration must be posted half an hour previous to the time for closing the mails.

NEWSPAPER LAW.

1. A postmaster is required to give notice by letter (returning the paper does not answer the law), when a subscriber does not take his paper out of the office and state the reasons for its not being taken. Any neglect to do so makes the postmaster responsible to the publisher for payment.
2. If any person orders his paper discontinued he must pay all arrearages, or the publisher may continue to send it until payment is made, and collect the whole amount, whether it is taken from the office or not. There can be no legal discontinuance until the payment is made.
3. Any person who takes a paper from the post-office, whether directed to his name or another, or whether he has subscribed or not, is responsible for the pay.
4. If a subscriber orders his paper to be stopped at a certain time, and the publisher continues to send, the subscriber is bound to pay for it if he takes it out of the post-office. This proceeds upon the ground that a man must pay for what he uses.
5. The courts have decided that refusing to take newspapers and periodicals from the post-office, or removing and leaving them unclaimed for, is prima facie evidence of intentional fraud.