MILK KEPT IN RUSTY CANS.

had .176 per cent. of acid.

iron of the can.

The Farmer and His Work

THE ACTION OF RENNET ON rows on to the corn field after the

BASEALL **FOOTBALL** MOTORING

C.L.S. vs. Wideawakes.

SPORTING NEWS.

``` CRICKET GOLF TENNIS

baseball match Wednesday expecting \$10,000 to bind the match between cago, for the same distance at the to see a fast game of ball, and they Burns and Lang, the Australian boxer. Olympic games held in Athens in ing the effect of different metals on three or four inches.

The C.L.S. have a good bunch in the fights for \$7,500 each. field, but their battery is not strong

enough.

third or fourth innings. In the fifth will have a chance of meeting some "Pete" Spratt made a drive out to of these clubs. left garden, but Gray secured it and Nanny Nesbitt thought he got to first, but McHugh had the ball waiting for him.

Wideawakes.

#### GIANTS vs. EXPRESS NINE.

The Y.M.C.A. Giants and the Express nine met last Friday in a five innings game of ball. The Express to Kinmount, a distance of 45 miles, nine were first to bat, and McMahon in the hot summer sun, is no mean who was first to bat, fanned. New- undertaking. Last Sunday Mr. Roy some then came up and reached first Penrose and a young friend named base, but was put out. McDonald Soward, Perry-st., set out on this was next, and he was out on first journey at 6.30 a.m. They arrived in

The Giants were up next and Fee rest of several hours, continued on fanned. Stacey and Workman reach- their way at 1.15 p.m. They arrived ed first, but Gray was put out, leaving in Kinmount at 4.30 o'clock and could Anderson to fan. In the second in- have made better time, although the nings O'Keefe made a pretty hit out roads were sandy in some places. to centre garden, but Stacey looked after it and O'Keefe was put out. The Y.M.C.A. Giants made several good plays, Stewart made a hit in this innings, but it was of no use to him. In the third and fourth innings the Express nine began t obat Stewart all over the field and several runs were secured in these innings, while the Y.M.C.A. did not secure any. In the fifth play became steadier, and the Express nine began to bat Stewhard, and the game closed with a strike out by Stewart.

league was held Monday. The game parently sound. was played between Oakwood and Valentia, and resulted in a victory for Valentia. W. Graham, of Lindsay, rainstorm, Keene's great horse Colin, umpired the game and Valentia scor- which was declared to be hopelessly ed 10 runs, Oakwood 4. In the first broken down two days ago, won the innings Oakwood scored one run, and \$25,000 Belmont Stakes at Belmont in the second innings Valentia scor- Park to-day. He was added at the scored seven, and in the seventh in horse receive such a salvo of applause nings Oakwood three. The line-up as after the race. Thursday the racwas as follows:

Valentia.

V. Suggitt, p. N. Hicks, c.

W. Found, 1st.

W. Thompson, 2nd. H. Thompson, 3rd.

J. Casey, ss.

W. Suggitt, 1.f.

F. Hood, c.f.

C. Found, r.f. Valentia-10. Oakwood.

M. Hicks, p. B. Jewell, c.

H. Perrin, 1st. F. Perrin, 2nd.

Thorndyke, 3rd.

H. Brown, ss. L. McGinnis, l.f.

McLeod, c.f. Campbell, r.f.

Oakwood-4.

#### SUNDAY BALL GAMES.

We understand that Chief Vincent has decided to "go after" boys who play ball on the Sabbath hereafter. It has been the custom of a number of lads to engage in games in retired portions of the town, and in future a close watch will be kept on the offenders.

#### NEW MANAGER.

Mr. C. B. Thompson has been elected manager of the Victor baseball

#### TENNIS.

The boys at the Collegiate are getting in some good practise at tennis this weather, and they will soon be players.

#### THE RING.

'A good crowd of "fans" were at the heavy-weight pugilist, has deposited made by James D. Lightbody, of Chiwere not disappointed, for a good The fight is to take place at Sydney 1906 by 5 3-5 seconds. game was played. The feature of the in August. The syndicate also has evening was Workman's home run. the option of arranging two additional

a pretty good showing, but did not excellent condition, and the club is eligible than Shrubb would be. secure a run. The Wideawakes were larger than it ever was before. New Globe. next to bat and Hopkins fanned, Cin- members are being added each week, namon and Workman then made hits and the club will soon compare favand Nesbitt made an assist and orably with that of the clubs in larbrought in a run. T. Hopkins ger towns, and in the cities. Many failed to make connections with first. of the golfers are practicing every af-Williams then made an assist and ternoon, and it is hoped that the got out. In the second innings a players will soon be proficient enough forced run was made, Carew was on to meet other towns. It has been the third and Moynes and Grey on second custom in the past for a representaand third when Cinnamon came to tive-body of the Lindsay Club to play bat. Cinnamon was passed to first the members of the clubs in the near-

#### LACROSSE.

Lindsay is going to have a lacrosse In the sixth innings Carew made team in the town this season after all. a drive out to centre field and "Pete" Some time ago Lindsay received an Spratt secured it. The seventh in- invitation from Peterboro asking them nings was a series of loose plays for to join the Midland Lacrosse League the Wideawakes, "Bill" Cinnamon which was just then being organized taking it as a joke to see the C.L.S. The invitation came too sudden for reach third and get out. The eighth the local stick handlers, and the town and last innings was played a little was unrepresented at the organization better than the seventh, but the meeting in Peterboro. However, the Wideawakes didn't work hard owing lacrosse fever is now beginning to to the game being such a cinch for sweep over the town, and by the end of next week it is learned that Lind-The game was umpired satisfactorily say will have one of the finest interby "Dickie" Butler, although "Bill" mediate lacrosse teams in central Onlaughed at some of tario. Three good players, who have "Dickie's" decisions against the been on the lineup of one of Toronto's best teams, have signed, and all those The following is the score of the wishing to join should hand their names into Mr. G. A. Little. A meet-Wideawakes. 1 3 5 1 0 0 1 0-11 ing will be held some night this week C.L.S. .... 0 0 0 0 0 1 2-3 in the local Y.M.C.A. and the officers will be elected.

#### LONG BICYCLE TRIP.

Peterboro Examiner: A bicycle trip Bobcaygeon at 10.45 a.m., and after a

#### THE TURF.

W. J. Davis, (2.06 1-4) holder of the world's trotting race record for three consecutive heats, was sold Wedness. day at Reading, Mass., for \$1,200 to-

Paul Connolly, of Philadelphia. While this noted gelding' accomplished his remarkable feat at Columbus only three years ago, and is candidate for the \$50,000 American Trotting Derby next August, buyers were afraid of taking chances at bidding, as last season he was not raced on account of an ailing ankle. When Model School, June 23rd; High School condition of the cans in which it is tire at night, place these eggs in the The second game in the Mariposa shown on the sale ring he was ap entrance, June 24, 25 and 26. The stored and brought to the factory. corn field, staking them in order that

New York, May 30 .- In a blinding In the fourth, Valentia last moment, and never did the great ing world heard with deep regret that Colin had bowed both front tendons, but was in a measure prepared to see him under colors to-day. He won by a neck in a driving finish.

#### Ontario Motor League to Revive Old C.W.A. Signboard System.

Toronto, May 29.-The cycling days are recalled by the latest plan of the Ontario Motor League, adopted at a meeting of the directors yesterday. This is to appoint special hotels in different towns throughout the province which will be recommended by the league to its members. for their accommodation when on tour. The details of the scheme have not been worked out as yet, but it is probable that special signs will be issued to the hotels that are appointed, similar to the signs that were given out by the old C.W.A. The efforts of the league will be directed towards securing the best possible hotel ac-

commodation at reasonable prices. A special run for Toronto members of the league will be held to the Caldon Mountain Trout Club, Caledon, Ontario, on Saturday, June 13th. The Dowling, of Hamilton. annual outing for the orphans of the city will be held on Thursday, June

We've raised the dear old pennant

Above the old baseball town, And we should very dearly love To see the brilliant color of Those who can take it down.

ready to play games with different aries for the Olympic games held at at Beaverton rain and hail fell in tor- fore and after it has come up is by friends in Lindsay and adjoining the London, Eng., Stadium this after- rents; and at Fenelon Falls lightn- no means common throughout the vicinity. noon, the 1,500 metres (1,639.5 yards) ing struck and demolished the chim- country. Some are afraid of tearing Mr. Bradburn stated that he was distance were Mr. and Mrs. Chas. COAD. - At Oakwood, on Monday Sydney, N.S.W., May 28.—The syn- run was won by H. A. Wilson, of the ney on Mr. Wm. Heard's hardware the corn out and doing more harm confident of being elected, and was Flewell, of Toronto, Mr. and Mrs. dicate which is arranging for the visit Hellamshire Harriers in 3 minutes, store.

to Australia of "Tommy" Burns, the 59 4-5 seconds. He beat the time

If the D. Beland, who competed in as follows: the Olympic trials at Montreal on Saturday is the proffessional sprinter who made his headquarters at Peter-In the first innings the C.L.S. made The local golf grounds are now in boro', not so long ago, he is no more

### Lindsay Will Have A Live Gun Club while the same link kept at the same temperature for the same

Many moons ago-perhaps twenty or sort, and dissolution came.

of rain a goodly number of town sports same time it may be quite possible their past associations. gathered in the Simpson house parlor to accept from patrons, milk which An effectual remedy, however, that proposed Club, and great unanimity were chosen:

President-Major Hodgins. Vice-President-J. V. McNaulty. Sec.-Treas—Aird Flavelle.

Field Officer-Fred. Greene. The officers were appointed a committee to draft a constitution and bylaws and have same ready to present at a full meeting of members and supporters, to be held at the Simpson house next Monday evening.

It was decided to fix the membership fee at the low figure of \$1 in order that all lovers of the gun may feel able to join and help the good work along. Few towns in Canada have better material for a Gun Club, or better shots, and it is felt strongly by the leading spirits in the movement that with proper organization and good working rules, trap shooting at clay pigeons will attract many lovers of the shotgun to the weekly

The question of suitable grounds will be discussed at the general meeting next Monday.

### Lindsay Schools Will Close Early This Year

DATE OF ENTRANCE EXAMINA-TIONS-NEW EXAMINATIONS TO BE TRIED.

The Collegiate Institute will close on the 19th of June, and will reopen on Thursday, September 3rd. The examinations begin on the 23rd of June, and end on the 16th of July. The dates for the examinations are fixed as follows: For entrance to than is generally supposed on the paper over the holes. Before you re-Normal School entrance examinations The amount of influence of the rusty you may be able to find them the and Jupnior Matriculation, July 29, iron of the can on the milk will de- next day. Before you have arisen the

tions extensively. What was the old can to which the milk is exposed." are anxiously waiting for the time to they should be discarded.

### The Installation of Archbishop McEvay

CEREMONY WILL TAKE PLACE IN ST. MICHAEL'S CATHEDRAL.

Toronto, May 29th.—The consecration and installation of Archbishop McAvay will take place in St. Michael's Cathedral here on Wednesday, June 17. Mgr. Sbarretti, the Papal whey will do the work preperly Delegate, will chant the pontifical that a fair trial may be given the high mass, and the ceremony of con- system. Heating to temperatures be secration will be taken by Bishop low 160 or 165 degrees and heating

there will be nearly, 200 priests.

#### DAMAGED BY LIGHTNING. Thursday's electrical storm did con- Dairy Inspector, Western Ontario. siderable damage in the country round about. At Woodville, a man

cultivate quicker or to better advan-In the 24th annual report of Wis- tage than by the constant use of the consin Experimental Station some harrows on to the corn fields early, valuable work has been done regard- sown till it attains the height of the action of rennet in milk. The The harrowing should be done dur-

corn is sown. In no way can we

effect of rusty cans is summed up ing the centre of the day. The sun will then have wilted the corn so that Milk kept over night in very rusty it will be tough and will not break cans may require from 3 to 40 minutes off readily when struck by the harlonger to coagulate than milk that is rows, besides, the small weeds will kept at the same temperature, the meet their finish when disturbed dursame space of time in cans free from ing the bright sunlight. Get the rust. It was shown that milk placed harrows on to the corn fields early in a rusty pan for 8 hours at 88 F. re- and keep them there until the corn quired 25 minutes to coagulate and becomes too high. It is one of the contained .171 per cent. of acid, best and one of the easiest methods while the same milk kept at of cultivation.—Canadian Dairyman.

### length of time in a vessel free from EFFECTIVE REMEDY FOR CROWS.

rust coagulated in 19 minutes and | Each year as the season advances corn growers are to their wits end more-Lindsay could boast of a live The reason for a slow or retarded to stop the depredations caused by Gun Club, but it went the way of all action of rennet which cheese-makers the crows upon their corn. There are unprogressive concerns. Some of the often experience may possibly be at- many ways of combating these deson balls and Carew came home. by towns and cities, and it is hoped men at the head of it removed else- tributed to some extent at least upon troyers of young corn. Some keep Nothing sensational happened in the that within a few weeks the golfers where after a few years, they were the action of acid or iron at least them in check by means of scarecrows not replaced by others of the right upon the action of iron in rusty cans, of different kinds, ranging from string and not entirely to the amount of strung around the field, to bright col-From time to time of late years at- acid salts present in the milk as was ored rags, shining tin and dummy tempts have been made to re-organize formerly supposed. Milk with more representaitves of man. These are all the Club, but without success until than 2 per cent. of acid is considered more or less effective, depending upon last Thursday. Despite the downpour unfit to be made into cheese. At the the individuality of the crows and

to discuss matters connected with the really has developed more than 2 will meet all cases alike is the folper cent. acidity, but which cannot lowing: Procure from your druggist was shown. The following officers be revealed by the acidmeter because a few grains of strychnine. With the the acid is partly neutralized by the point of a small knife, break open the small end of a few fresh hen eggs This is an important matter. To place a portion of the strychnine in make the highest quality of cheese and mix the contents of the eggs with and butter it is necessary to have the strychnine by means of a toothall dairy utensils in good condition pick or other suitable instrument. and free from rust. The quality of carefully seal up the openings, with the milk depends a great deal more some wax, or paste pieces of white

### THE OL' HOME TOWN.

When the even' shade is fallin' at the endin' o' the day, An' a feller rests from labour, smoking at his pipe o' clay, There's nothin' does him so much good, be fortune up or down, As the little country paper from his

> Home Town.

It ain't a thing of beauty, an' it's print ain't always clean, But it straightens out his temper when a feller's feelin' mean, It takes the wrinkles off his face an' brushes off the frown, That little country paper from his

Home Town.

It tells of all the parties an' balls of Pumpkin Row, 'Bout who spent Sunday with who's girl and how th' crops'll grow, An' it keeps a feller poster 'bout who's up and who is down, That little country paper from his

Town.

Now, I like to read th dailies an the story papers too. An' at times the yallar novels an' some other trash-don't you? But when I want some readin that'll brush away a frown I want that little paper from my

Town.

and Schlorship Matriculation, July 2. pend largely on the temperature, the next morning, the crows will be on The Education Department have length of time kept in the can, and hand in the corn fields, and will readchanged the names of the examina- the amount of rusty surface of the lily partake of the dainty that you

School entrance; and what was the made war on rusty cans from a sani- emies, the crows, stark and stiff upon Junior Teachers is now Normal School | tary standpoint. It is impossible to entrance. The pupils are busy "pluz- keep them clean and the above paraging" for their exams now, and they graph gives another strong reason why

come that will test their knowledge. In taking up last year the questi The Public Schools will close on of pasteurizing the whey the writer the 26th of June, though the term will felt that this would be one of the practically cease on the 23rd of June | means to the end of preventing to as the two upper forms leave school some extent at least of cans becomon that date for their examinations. ing rusty. When whey is heated During the last three days of public | properly and the tanks kept clean it school examinations will be held for should go home in the cans compromotion from one class to another. paratively sweet, and in that case will not take the tin off nearly so quickly as when the whey is returned unheated and sour. I still maintain TWO that all the whey which is returned in milk cans should be from tanks which are kept perfectly clean and the whey pasteurized in order to keep it sweet. The pasteurizing the whey, however, does not mean that the tanks do not require any further cleaning. They will require cleaning just the same, but will be found very

much easier to clean and keep clean. It is hoped that the large number of factories that have adopted this year the system of pasteurizing the two or three days a week only will A number of addresses will be read not give proper results. The heatafter the mass, and it is expected that | ing must be done at the proper temall the Archbishops and Bishops of perature, 160 to 165 degrees, and done Canada and many from the United every day at the proper time and that States will be present. In addition is before the whey has started to take on any more acid than what had at dipping and the tanks must be kept clean.-Frank Herne, Chief

#### HARROWING CORN.

than good should they put the har- sure of a big majority.

have provided. Make an early trip District Teachers, is now the Model The Dairy Inspectors have always to the field and you will find your ener up the eggs that remain in order that stock may not be poisoned. writer has tried this remedy and knows whereof he speaks. It is an effective one, besides it is a great satisfaction to be able to walk out in the fields and quietly pick up the crows that before were so exasperating.

## Enthusiastic Meetings in Galway

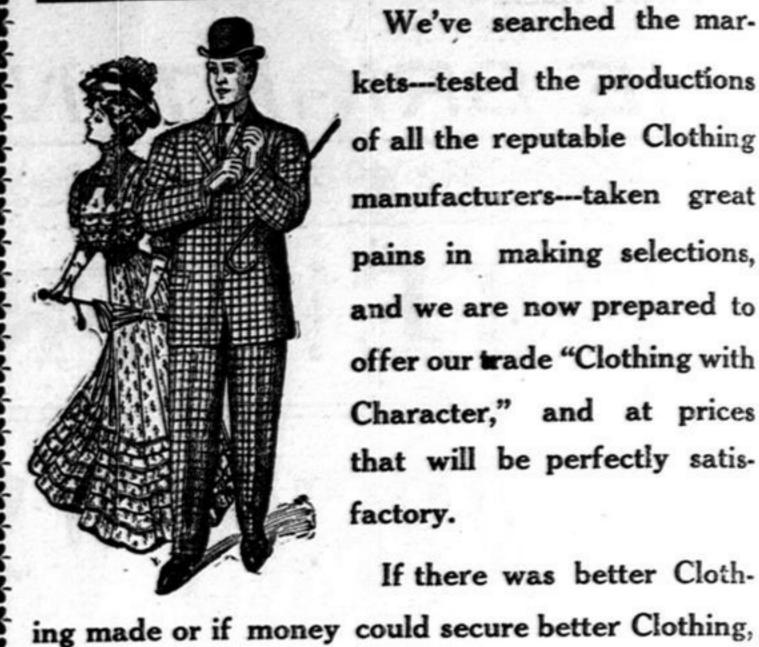
PETERBORO POLITICIANS PASS THROUGH TOWN SATUR-DAY MORNING.

arriver in town Saturday morning and all in their affliction. registered at the Simpson house. These Union Creek, Galway.

and above the ground.

Mr. Burnham is the popular editor health. London, May 30.—In the prelimin- was hit by a bolt and badly stunned; The practice of harrowing corn be of the Peterboro Review and has many

THE DAYLIGHT STORE.



We've searched the markets--tested the productions of all the reputable Clothing manufacturers---taken great pains in making selections, and we are now prepared to offer our trade "Clothing with Character," and at prices that will be perfectly satisfactory.

If there was better Cloth-

we would have it.

### The Best is None Too Good For Our Trade.

If you want a Suit at \$8.50, 10.00, 12.00, 15.00 or 18.00. If you want a Spring Overcoat at \$10.00, 12.00 13.00, 15.00 or 18.00 If you want a new pair of Trouse rs at \$1.50, 1.75, 2.00, 2.50, 3.00, 3.50, 4.00.

If you want a School Suit for boy, \$2.50, 3.00, 3.50, 4.00 and 5.00.

#### Come Here for the Best

We will give you Clothing that will not make us ashamed to look you square in the face the next time we meet you. We'll give you Clothing that will cause you to think well of us and make this your clothing store.

### One and the Same Price for Everybody.

If you want a Clothing Store to tie to and bank on, we ask your patronage.

## LANG & MAHER,

Clothiers and Furnishers to Men Who Know. Peterboro and Lindsay. East of Benson House.

The specific specific

## OBITUARY NOTICES

JAMES FARRELL, OPS.

The funeral took place on Saturday of James Farrell, one of the oldest residents of the township of Ops. The deceased was born in County Cork, Ireland, and came to this country when a young man. He was Reeve of Ops in 1874. He leaves one son and five daughters to mourn his loss.

#### HANNAH CLARRY JOLIFFE.

Hannah Clarry, wife of Wm. Joliffe, passed away at the residence of her father, Mr. J. Clarry, last Friday. The deceased had been ailing for about two years and had been married one and a half years.

About three weeks ago she was removed to the Ross Memorial Hospital suffering from pneumonia. She was there a day when the doctor pronounc ed her disease as consumption, and she was then removed to the residence of her father in the south ward. She was then put in a tent and remained BRYANS-In the East Ward. there till she died.

The deceased leaves behind her a husband, father, mother and five brothers. She was an adherent of the English church. The funeral will leave the family residence for the Riverside cemetery this afternoon at

#### MRS. W. H. HAMMOND.

The unexpected demise of the wife of our former Waterworks Superintendent, Mr. W. H. Hammond, which occurred on Sunday last, is deeply re-Mr. T. E. Bradburn, M.P.P., and gretted by a wide circle of friends by candidate for the local House for whom the deceased was greatly be-West Peterboro, accompanied by Mr. loved for her many estimable quali- MILLAR .- In Lindsay, on May 27th J. H. Burnham, B.A., the Dominion ties. The bereaved husband and candidate for the same constituency, little daughter have the sympathy of

Mrs. Hammond's maiden name was two Peterboro politicians have been Araminta Dusty, daughter of Mr. holding meetings at Swamp Lake and Charles Dusty, a former well-known citizen of Uxbridge. Coming here Mr. Burnham, when seen this 12 years ago, she quickly made morning by a Free Press representa- friends, whose esteem she retained tive, stated that the meetings at both until the end. Her love for her little places were well attended. At Union daughter, Alma Victoria, born two Creek, the meeting was held in the years after coming here, was absorbschool house and in the C.M.B.A. ing, and when her health gave way hall at Swamp Lake. Mr. Burnham about two years ago, necessitating a stated that the people in that vicinity long stay in Peterboro hospital, her are perfectly satisfied with the Whit- solicitude for the child is believed to ney administration, and are also sat- have lessened her chances of final reisfied with the Whitney system of ad- covery. Up until a week previous to ministering colonization roads. The her death the family physician, Dr. Whitney Government, he claims, has Wood, had strong hopes that the comgiven the settler everything in, on ing of summer weather would mean an increase of strength and renewed

Interment took place at Riverside cemetery on Tuesday. Among the relatives and friends present from a Ben. Flewell, Mrs. Roundtree, and

Mr. Joseph Reeves, of Uxbridge; Mr. M. B. Williams and Mrs. Hammon of Cobourg.

#### Merry Wedding Bells.

HIGGS-SHELSON.

A pretty but quiet wedding took place last Thursday at the hime Mrs. Shelson, Kent street, when Rev. C. H. Marsh united in marriage Herbert Higgs and Josephine Shelson Only the immediate relations of the bride and groom were present. and Mrs. Higgs left that morning on the 9.15 G. T. R. train for the honeymoon, which includes a visit is Toronto and other cities.

Get off the centre of the stage, Come step aside;

The spotlight soon will flicker of The gay June bride.

#### BIRTHS.

Thursday, May 28th, 1908, to Mr. and Mrs. H. Bryans, a daughter. HOLLAND-On Thursday, May 28th 1908, to Mr. and Mrs. Holland Genlag street, a daughter.

May 28th, 1908, to Mr. and Mrs. R. Knight, a daughter. BARR .- At the Cottage Hospital Wellesley-st., on Tuesday, May 26th

KNIGHT .- At Lindsay, on Thursday

the wife of Rev. R. Fordyce Barr Whitby, of a daughter. SULLIVAN. - At Lindsay, on Wed nesday, May 27th, to Mr. and Mr.

Sullivan, a daughter. to Mr. and Mrs. I. Millar, a daugh

SHYNE-On June 1st, to Mr. and Mrs. Dennis Shyne, of North Ops, COUGHLIN-In West Ops, on May

19th, the wife of Michael Coughli

PARKER -On the 27th, in Bobcay geon, the wife of Chas. Parker, of daughter.

RICE.—On the 27th, in Bobcaygeon the wife of J. M. Rice, V.S., of twill daughters.

#### DEATHS.

DIED-In Lindsay, on Thursday May 28th, 1908, James Farrell, ages 83 years.

KNIGHT .-- At Lindsay, on Thursday May 28th, Edith Snelling, infat daughter of Mr. and Mrs, L. B Knight.

RICE.-On the 27th, in Bobcaygeot infant daughter of J. M. Rice.

Elizabeth Ann Coad, wife of Georg J. Coad.

THURSDAY, JUNE

Matters and Topics Presented an

A HATCHING

In Germany they ha tom when the stork chimney and brings to gladden the parent gin on her first birthtrousseau. Her goo gives a carved hatchin this goes gradually th ding and for table us and odd bits of ching she will take to her Canadian and Americ ginning to see the va man custom, and the is now a fixture it Grandmother begins a and when the little git old she will have a t name engraved on e

from the mother com Now, these things of money, but as the on birthdays, no one are a burden. How sible than the trinket ly given as birthday the daughter is twell and silver pieces are you say, she never t she will want a home in it she will want h longings. Canadian as a rule, provide Something is bought to-morrow.

aunts and uncles may

spoons, the knives

Mothers, start a ht your daughters if you a lasting service, and future comfort.

THREE DRINKS F Some day when t shows a sullen determ

and you desire verandah a particular to the chance visitor palm leaf fan, a ging a scant cupful of & into a glass pitcher, on it the juice of six it has dissolved, stig stalks of mint in the ing slightly some of between the thumb t add a cupful of pound

put in two bottles of out at once. Banana cup is a that can be prepared kept on tap. Rub t banana; through a add the grated rind and the juice of one orange, pour over the boiling water and pu for several hours. V stir well together, s

add a wine-glass of s cracked ice, and serv A grateful drink fo hot day is iced col flavor. One quart of two cups of sugar & together for ten min to cool, and pour i add to each cup one orange syrup and the cream, half whipped ange syrup by puttia sugar, allowing it to hours, then strain of

#### not sound promising is splendid. . . . THINGS WORTH

combination of orang

ABOUT VEGI It is believed by v purely vegetable dit amiable, good-nature veloping the finer of the user, and that ex ers become the oppos selfish, etc., etc.

Whether this is know that fresh vege ciated in the early s essential change f winter viands and greater part of our d Almost every veget ticular use in the hu Dame Nature provid iety to keep us in f tion, if we will live

Tomatoes act direct Onions, garlic, lee stimulate the circula saliva and gastric ju digestion. Peas, beans and l

with her laws, and

the most nutritious of taining as much carb more muscle forming Lettuce and celery upon the nerves; the ing; the latter a ton The free use of p

year round, as it can winter use equally as

barb, is considered and will prevent the which is often appear to tone up the system common and inexpe

really not appreciate ity of house-wives. ate as to have it gr den, it is generally amounts for pies eat and the remainder waste, when it migh variety of appetizin

expensive fruit.