

WOODSTOCK, N. B., MARCH 7, 1906.

Honey as a Food.

Honey, which is described as "one of nature's best foods," is the subject of a report by the Ontario department of agriculture. In this it is pointed out that it is only within the past few centuries that sugar has become known and only within the last generation that refined sugars have become so low in price that they may be commonly used in the poorest families. Formerly honey was the principal sweet, and it was highly valued 3,000 years before the first sugar refinery was built. "It would add greatly to the health of the present generation," it is declared, "if honey could be at least partially restored to its former place as a common article of diet."

Excessive use of sugar brings in its train a long list of ills. When sugar is taken into the stomach it cannot be assimilated until first changed by digestion into grape sugar. Only too often the overtaxed stomach fails properly to perform this digestion, and then come sour stomach and various phases of indigestion and dyspepsia. In the laboratory of the hive the honey has been fully prepared by the bees for prompt assimilation without taxing either stomach or the kidney, so that in eating honey the digestive machinery is saved work and health is maintained.

Moreover, the same report says that in many cases it will be a real economy to lessen the butter bill by letting honey in part take its place. One pound of honey will go as far as a pound of butter, and if both articles be of the same quality the honey will cost the less. Honey is strongly recommended for children, while for persons of all ages a pleasant and wholesome drink is called 'German honey tea.' This is made by pouring a teaspoonful of hot water on from one to two teaspoonfuls of honey."

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Scott and English History.

On the other side we have Walter Scott. When he is named we think of the incomparable writer of fiction rather than that of the poet. Yet surely the writer of Marmion, of the introduction to Marmion, and of the lyrical pieces interspersed in the tales, deserves a place, and a high place, among poets. Is not Marmion a noble piece and the most truly epic thing in our language, besides being most interesting as a tale? Scott is claimed politically and ecclesiastically by the party of reaction. It is said that he turned the eyes of his generation back from the sceptical and revolutionary present to the reverent and chivalrous past. He has ever been cited as the harbinger of Ritualism. The romance, of which he was the wizard, certainly instils love of the past. So far he did belong to the reaction. But his motive was never political or ecclesiastical. Of ecclesiasticism there was nothing about him. He delighted in ruined abbeys, but a boon companion was to him "worth all the Bernardan brood who ever wore frock or hood." A Tory, and an ardent Tory, he was. An intense patriot he was in the struggle, with revolutionary France and her emperor.

A worshipper of monarchy he was, devout enough to adore George IV., but he was above all things a great artist, perfectly impartial in his choice of subjects for his art. Welcome alike to him were Tory and Whig, Cavalier and Roundhead, Jacobite and Co. venanter, if they could furnish him with character. Happily for his readers, he never preaches, as some novelists do; yet we learn from him historical toleration and breadth of view, while we are always imbuing the sentiments of a genial, high-minded, and altogether noble gentleman.—From English Poetry and English History, by Professor Goldwin Smith, in February Canadian Magazine.

"Weak Heart"

Palpitation and irregular action of the heart are due largely to a thin, watery condition of the blood. The heart and nerves refuse to perform their proper work for want of support. Pale, weak, or anemic people should use "PSYCHINE" and avoid heart troubles. "PSYCHINE" makes rich blood, tones the system, regulates the heart action and restores vitality. All weak people should have a bottle handy in case of sudden heart troubles.

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Raising Turkey's.

Do not neglect the preparation for a good crop of turkeys the coming season. Remove and sell to market all the toms and hens you would not breed from. Do not keep them on the place another hour. Be absolutely certain that you have strong, vigorous turkey hens mated to strong, healthy toms that are well removed from blood relationship with the hens. Look out for blackhead; do not tolerate any breeding stock that has been infested with it.

For market purposes you cannot hatch the broods too early, provided you can care for them. Open sheds with dry gravel floors are ideal places for brooders early in the spring. The chicks need the ground and plenty of fresh air, but must be protected from the cold and damp. The sheds should have glass fronts which can be removed during warm days when the sun shines.

Incubators and brooders are great inventions for hatching and rearing early broods, but remember the hens need an occasional rest from laying. When they grow broody during the heated term, allow them to rest a short time on the nest, even though you do not permit them to hatch and rear a brood.

The way to succeed with poultry is to have all of one kind, true to the variety. Do not have a promiscuous lot of eggs. A promiscuous lot of eggs sell at the lowest prices on the market; eggs all of one color, quality, and shape sell for the highest prices. There is little difference in the value of eggs having the white shell or the brown shell; it is the regularity and finish that make the price.

We have heard it said that ducks will neither grow, fatten, nor lay well unless they are somewhat stunted in their food. They should never have more than is readily eaten up. No fowl of any kind should be overfed when a good egg product is desired. No fowl will grow fast or fatten that is underfed. But proper feeding for producing weight are two different matters.—[Country Gentleman.

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The King.

The yellow press, taking its cue from Reynolds's newspaper, a scurrilous and disloyal infidel sheet, has been full of alarmist stories about the King's health. The King is certainly lame through having broken the tendon of his heel, and that will be bad for his health as preventing him taking the large amount of open air exercise to which he has been accustomed. But he seems to be in his usual health so far, as he is reported to be attending functions and dinners as usual. Certainly anything that threatened the King's usefulness would be ground for universal apprehension. His career as monarch has been in the highest degree beneficent, not to Britain only, but to Europe. He has given the nations an example of what a constitutional monarch should be. He is a master of kingcraft to which he served a long apprenticeship as Prince of Wales. His position gave him exceptional advantages for viewing the great international drama of the latter half of the nineteenth and the beginning of the twentieth centuries, and of knowing by intimate contact all the great minds engaged in shaping the destinies of the nations during the most wonderful period in modern history. His wisdom and the beneficence of his influence have been felt and acknowledged by all people. It has been well said that no man living could so well fill the position he occupies, and all the world bears witness to his practical good sense, made all the more conspicuous in contrast with the eccentricities of his German nephew.—Montreal Witness.



A DIPLOMA

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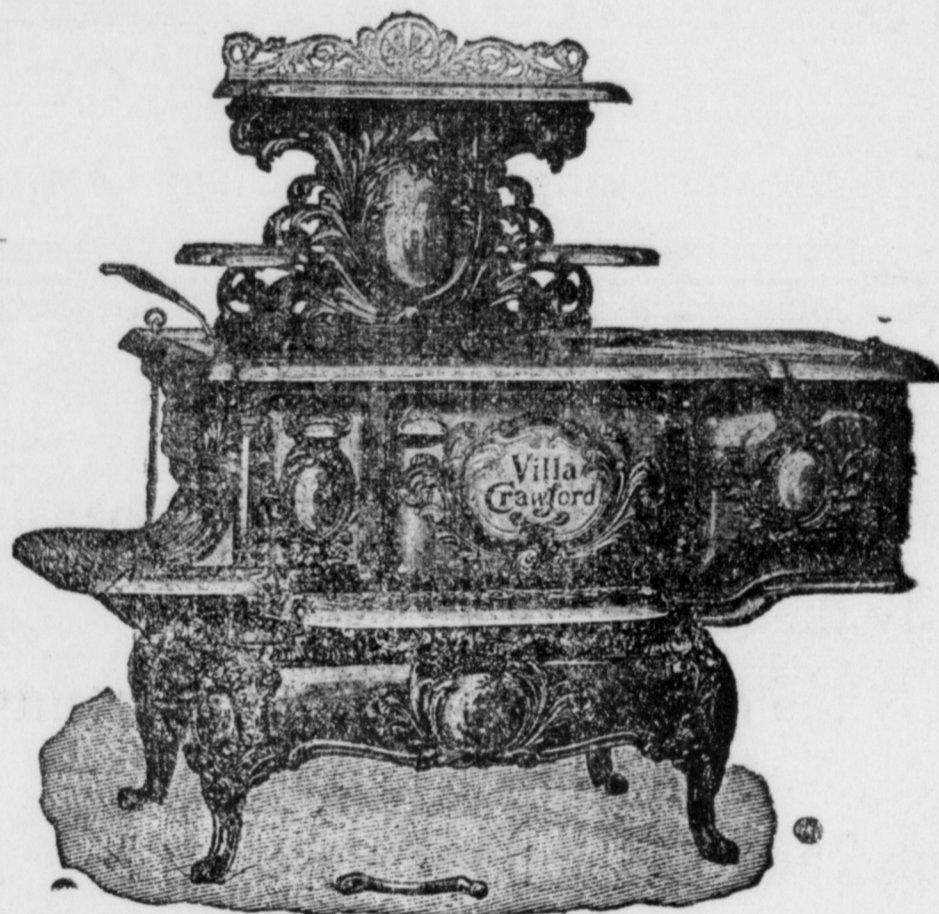
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