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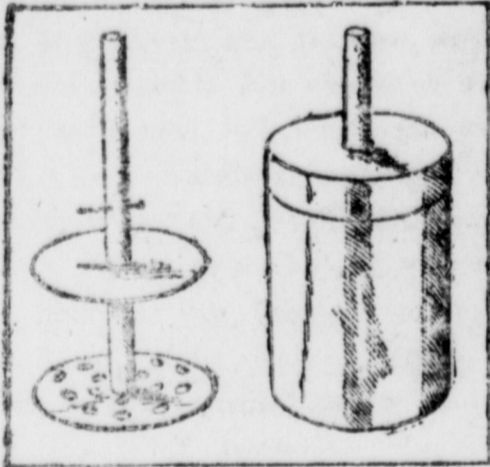
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HOME-MADE EGG BEATER SAVES EGGS COSTS NOTHING

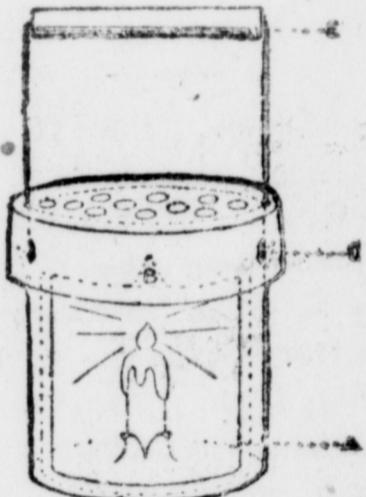


Here's a "high-cost-of-living" egg beater! Take an old yeast powder can, punch a hole in the top to admit a small rod of wood. On one end of the rod fasten a tin disk with a lot of holes cut in it. Slip another disk over the rod. About half way up the rod drive a nail so that the sliding disk cannot work but half way up. Then put your eggs in the can, put in your rod and cover the can. The beating is done by working the rod up and down in the can. And it will beat eggs quickly and efficiently without splattering the eggs all over the place.

USE FOR KITCHEN SCRAP

No Expense Attached to the Making of This Utensil

A candle lantern is a good thing to have on hand for use in the cellar. A discarded corn can furnishes the base of the lantern. Cut a square piece from one side where the balinglass or mica sheet can be inserted. This can be fastened on the outside by a strip



A wire twisted all around the can at the top and bottom. Or a heavier piece of wire can be shaped to fit the inside and hold the mica in place. The handle from the washbasin is used as the handle for the lantern and the bottom of an old tomato can, which is larger and will fit over the corn can, serves as the top. To hold the handle in place you can either cut a couple of cross slits in the bottom of the lantern and bend the points thus made upward, or drive a nail through the bottom and stick the handle on this.

Farm Sanitation

It would be difficult, writes a community builder, to make every farmer father believe that lack of sanitary equipment for his household and neglect of his barnyard caused sickness and deaths in his family. It may be impossible to convince him that the death of his wife at an early age was a result of too much pumping, churning and washing by hand; but they are really so closely related as cause and effect that one might almost declare that only the wilfully blind will or can fail to see their relation.

For Motor Touring

Considerable head work can be avoided on the road if the tires are treated occasionally with a little kerosene and graphite. Aluminum paint is also good to prevent the head of the tire from rusting in the rim. It is a difficult matter to remove the casing from a rim when it has become rusted.

Scientists in both France and Germany are seriously trying to ascertain if there is any value in the division road for locating underground water.

TOURING THE WEST BEAUTY AND DANGER

Fraser River Canyon—Niagara Gorge Multiplied in Marvellous Scenery —A Racy Description

An easterner, touring British Columbia, writes: Greenhorns going west and not familiar with the infinite capacity of British Columbia to tilt itself on end, think that Sicamous is the beginning of normal country. It ought to be, for at that placid junction both the Rockies and the Selkirks have been passed. The geography text books say merely that the rest of the Province is diversified by hills. It is an understatement. Sicamous lies on an arm of Shuswap Lake—a name not to be pronounced safely except by prohibitionists. For 30 or 40 miles onward there are reaches of level land, but always on the opposite side of the lake there are bold and arrogant hills which in any other land would be called mountains.

Like the Old Country

The guide book says the scenery is reminiscent of Scotland and Scottish poets have intimated that Caledonia is wild and impressive. You can draw your own conclusions. Soon the most westerly arm of Shuswap narrows and becomes the Thompson River, blue clear and in a continuous hurry. The hills rise higher and higher until they form the Thompson River canyon—perhaps 2,000 feet deep, and shaped like a huge V. There are really two parts of hills on each side of the V. Close to the river and upwards for perhaps 500 feet are immense deposits of gravel and white clay, much of it reminiscent of the clay formations at Scarborough Heights, Ontario. Above that again are rock hills, some naked, some covered sparsely with spruce and all of a reddish tint much more purely in appearance than the peaks of the ranges we have passed. The task of building a railway on the slanting side of a gravel pit 100 miles long is not as easy as picking potato bugs. The danger of disastrous slides may be understood, but by careful and artful aids of this sort, the engineers have triumphed.

Niagara Gorge Multiplied

Then comes the high moment when the Thompson joins the Fraser River. The hills are mountains now, stark precipitous sweeping to an incredible height and clothed, where there is footing, with an infinity of spruces. Multiply the Niagara gorge by ten—perhaps sometimes by 20, and you may have a dim notion of this stupendous chasm. The river is not clear. Glacial mud makes it a dull pea green and it boils so constantly in its narrow path that it has no time to clarify itself. In the train, perhaps 200 feet above the river, one frequently must lean closely towards the window to see the top of the opposite bank. Not infrequently this bank lifts itself into a peak with traces of snow in the utmost crevices. For 130 miles this canyon yawns before the traveller, and, if he be timid, gives him nervous prostration. If he be wise he merely admires and looks, looks and admires until the hinder hinges of the neck grow rusty and give warning by ominous creaks. Even when the track leaves the margin of the Fraser and strikes across country to Vancouver the mountains do not cease. In the city, when one looks about, it is plain that these same mountains have chased one into town and now wait languidly across the bay until the time shall come for chasing one eastward again.

ART OF MAKING FRIENDS

Often you come across people who complain that they have but few friends. The matter is easy enough to explain, for, as some one has well said: "The only way to have a friend is to be one." For friendship cannot possibly be a one-sided matter. Just as it takes two to make a bargain or a quarrel, so does it take the same number to make a friendship.

What really does happen is this: Two people meet, and gradually they find points of congeniality, gradually each does little favors for the other, gradually a feeling of affection takes root in each heart. Neither one is thinking of what can be gained from the acquaintance; rather, each is thinking and planning to give instead of take. In other words, both are trying to be a friend unselfishly. And, lo, it is the very thing which makes their friendship.

Every Day a Sabbath

Every day in the week is a Sabbath for some one. The Greeks observe Monday; the Persians, Tuesday; the Assyrians, Wednesday; the Egyptians, Thursday; the Turks, Friday; the Hebrews and several Christian sects, Saturday; and the remainder of the Christians, Sunday.

Flowers Most Fragrant

Flowers are more fragrant when the sun is not shining on them, according to a French scientist, because the oils that produce the perfume are forced out by the water pressure in the plant cells, and this is diminished by sunlight.

"Utility" in fowls does not mean "mongrelism" any more than "thorough-bred" means "stands 3-by-1." Sweet corn requires from 54 to 115 days from planting to reach the edible stage, depending on variety.

In the Balance

"In acute disease or sudden injury the steady, constant drinkers' chances of recovery are diminished 50 per cent."—Professor Gilbert Barling, F.R.C.S., Vice-Chancellor of Birmingham University.

IT was at the bedside of a very sick man. The physicians gravely watched the struggle between Life and Death. All depended upon the heart. Could it cope with the crisis? Life hung by a thread. The thread snapped. The newspapers said he died of pneumonia, and so he did. But the physicians remarked, "Too bad he used alcohol, or he could have passed the crisis."

Yet this man was no drunkard—just a moderate drinker; he could "take it or leave it alone just as he liked" and all the rest of it; was a highly respected citizen, and a staunch supporter of "British Liberty" (to have his drop when he wanted it).

Here's the tremendous significance of his case: He always voted true to his convictions. Moderate drinkers form a large proportion of the vote upon which the Traffic depends for existence. In fact, in many communities the moderate drinkers hold the "balance of power."

Help to Enforce Prohibition

When, after the war, the people vote for or against permanent Prohibition the moderate drinker may turn the scale as he wills.

Prohibition is on trial. The moderate drinker of the class mentioned is needed in the fight for vigorous enforcement—the means to permanent victory—and who is more likely to be indifferent? Would that all the moderate drinkers in New Brunswick could thoroughly realize the seriousness of even slight acquaintance with John Barleycorn. Prohibition would be assured forever!

In the name of common sense why will intelligent men vote for such a curse! Think of thousands of good citizens being the Traffic's main political support by voting "wet."

Will the moderate drinkers take the responsibility of killing Prohibition after the war? We think decidedly not. But we want their help now—to enforce the laws and thus make freedom a certainty.

Use your influence with every moderate drinker you know. Help to enforce Prohibition.



The Red Cross Nurse says to you:—

"Alcohol, by lowering resistance, nine times out of ten, makes it just so much harder for the patient to recover."

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Under the Shadow of Vimy Ridge

BRITISH HEADQUARTERS IN FRANCE, May 29—Via London—(From a staff correspondent of the Associated Press)—The old adage of "all work and no play" has its application in war as well as in peace. The baseball season on the western front is in full swing. Under the very shadow of Vimy Ridge a great game was played yesterday afternoon before an all-khaki audience on a bit of the battle field on which the shell holes had been filled in and a rough grandstand erected for the officers and other spectators, including General Horne, commanding the first British army, who has become an enthusiastic fan.

The game was between teams representing two Canadian brigades. As a matter of fact all the teams in what may be called the "World War League" are now composed of representatives of the numerous Canadian bodies and all the players are anxiously awaiting the arrival of the American forces to arrange for an inter-league series.

The Second Canadian Brigade beat the third by the score of 7 to 1. The second brigade had a great left handed pitcher whose delivery the third brigade batters could not solve at all.

The game was remarkably free from errors, considering the battlefield dimmond on which it was played. All the equipment had been brought overseas, including the base bags.

As a sideshow it was possible from the grandstand to see an occasional German shell dropping half a mile or so away. Airplanes were booming overhead, but assuming them to be friendly no one looked their way except when a flyball happened to be hit.

The games are played twice a week in this strangest of all baseball leagues.

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