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DR. CRAIG SAYS PASTEURIZATION OF MILK IS ESSENTIAL TO HEALTH AND PRESERVATION OF CHILD LIFE

(Halifax Chronicle.)
"Pasteurization of milk is one of the essential factors in the protection of the public and particularly for the preservation of child life. The communities which neglect to enforce such proven measures for the protection of their citizens should be held criminally responsible," declared Dr. D. A. Craig, Associate Director American College of Surgeons, and at one time associated in Red Cross, work in Halifax, when speaking before the Commercial Club in the Green Lantern yesterday.
Dr. Craig, who is a very effective speaker, one who drives very forcibly toward his object, graphically portraying his arguments in most effective word presentation, was speaking on the theme of scientific medical knowledge having long passed the stage of theories, and become practicable. "It is known that bacteria destroy human life, and we now know how to destroy bacteria. No community was safe until milk was so taken care of that bacteria in it was destroyed, and there is scarcely a city of any size on this whole continent of America where there is no provision for the proper care and pasteurization of the milk supply," said Dr. Craig.

Find Out Authorities.
During the course of his address Dr. Craig took occasion to refer to the recent campaign in Halifax for the pasteurization of milk. "There were authorities quoted by those opposing pasteurization," said Dr. Craig, "and I advise you to find out who those authorities were, what they know about this subject, or if such authorities were not misquoted."

There were pictures used in the campaign by those opposing the pasteurization of milk, he said, which were supposed to show children suffering from rickets caused by the use of pasteurized milk. These pictures, it was said, were taken from a book published by Dr. J. K. Kellogg, of Battle Creek, Michigan. But reference to Dr. Kellogg's book would show the same pictures under the caption, "Rickets, the result of wrong feeding," with no reference to pasteurized milk. Dr. Kellogg gives credit for this picture to Dr. L. Emmett Holt, of New York, and from the same book of Dr. Holt, published in 1897 from which Dr. Kellogg takes the picture, the eminent New York authority on children's diseases says:

"No sufficient evidence has yet been adduced to establish the fact that milk so heated (pasteurized) has lost any of its essential nutritive qualities or that children fed exclusively upon it exhibit signs of either of the two most marked disorders of nutrition, rickets or scurvy."

Dr. Craig's Address.
Dr. Craig said in part: "There was no mystery or superstition about scientific medicine. It was based on truth and facts and not upon theories and opinions." We know absolutely that a large number of our diseases are caused by bacteria; no one except a misguided fanatic can deny this for the proof is absolute. For many years scientific medicine has been attempting to find not only the cause of disease but also the measures that might be used for the protection of the human race, whether it be through methods of cure or methods of prevention."

One of the most important developments has been the destruction of bacterial or germ life by means of heating, the most striking example of which is to be found in a large way in pasteurized milk. Pasteurizing does not mean boiling milk, but rather heating it to a temperature which is destructive of bacterial life.

Milk is a very receptive medium for the growth of bacteria and the richer it is in butter-fat, the better growth of septic bacteria will be produced, once they get into it, said Dr. Craig. "Who can tell when the careless milker in a dairy is going to expectorate on his hands as he milks, or sneeze or cough and thus scatter a spray with millions of bacteria from his mouth and nose directly into the milk-pail? We would require to have an inspector by the side of every cow and even then we could never be sure that the milk in the dairy was not a contaminated product. Perhaps we would have to have another inspector to watch the inspector."

Dr. Craig then cited instances which had come under his personal knowledge.

In one of our large western cities quite recently there was an epidemic of septic sore throat. There were some 360 cases and 22 deaths. This epidemic was directly and unquestionably traced to two of the leading dairies supplying milk to the city. The milk from these dairies was not pasteurized. Shortly after this first epidemic

an outbreak of typhoid occurred in which there were 25 cases and five deaths. This was also traced to dairies supplying unpasteurized milk to the citizens of that city. Twenty-seven citizens of a progressive city are today lying in their graves because of the fact that they were not protected by pasteurization."

"Very recently in a certain city of my intimate acquaintance there was a slight automobile accident. One of the men who was shaken up in the accident was examined by a well known surgeon immediately afterward. In the course of the examination the surgeon noticed that the man had a large discharging abscess on the palm of his hand. The abscess was opened and dressed. The man said that his hand felt very much better after the dressing and that he felt he could go to work the next morning. When the doctor asked him what he did, he said that he was a milker in a dairy. Need one say any more to an intelligent people?" asked Dr. Craig. "Can you imagine the condition of the milk coming from the dairy where that employee was milking. That milk was going into the homes and being largely consumed by children."

"I have no patience whatsoever with those who for political, fanatical personal or financial reasons, would stand in the way of those methods which can be used for the protection and the preservation of the lives of our citizens," declared the speaker.

"Pasteurization of milk, however, must not be made and excuse for carelessness in other respects; but it was one of the essential factors in the protection of the public and particularly for the preservation of child life. "Communities which neglect to enforce such proven measures for the protection of their citizens should be held criminally responsible."

The Milk Problem.
"If this city were to leave open a drain in the street and you and I were to fall into that drain and become injured we could justly collect legal damages from the municipality," continues Dr. Craig making a local application of his theme. "Should not the city which leaves open sources of infection, sources of communicable disease—whether it be in a contaminated milk supply or in a contaminated water supply—to be held equally responsible?"

There are a great many details that could be entered into—the establishment of a municipal pasteurization station and other questions—but the whole problem of whether or no milk should be pasteurized was a problem which has long been settled by the most outstanding health authorities of the world. "It is one concerning which there should be no controversy in any well regulated and up-to-date community. There is scarcely a city of any size on this whole continent of America where there is not provision for the proper care and pasteurization of the milk supply."

When an attempt is made to quote authorities as opposed to pasteurization, it would be well to enquire as to whether the information quoted was reliable. "Every outstanding health authority or health organization today is strongly in favor of pasteurization, Dr. Charles J. Hastings Medical Health Officer of Toronto, a man of long experience and excellent judgment, has said—"It is inconceivable, in the light of modern knowledge how any intelligent individual can be opposed to the pasteurization of milk."

PICKLED BEANS.

Gather string beans and put in an earthen crock in layers with a handful of salt between each layer. Put a plate over beans and on this place a weight. A brine widd form and cover the plate. Before using beans rinse well, parboil and then cook.

WOMEN FLIERS IN BRITAIN AIDED BY AIR MINISTRY

London, Sept. 4—Flying as a profession has been recognized by the British government as being well within the capabilities of women and a club already has been formed to carry out the Air Ministry's scheme for a light airplane organization for London with members of the fair sex. In connection with the opening recently of the Stag Lane Airdrome at Edgware, near London, by the London Aero Club, of which six flying members are women, a move has been made with the object of training women pilots for possible enrollment in an air force for protecting the capital from enemy raiders in the vent of war with near by powers.

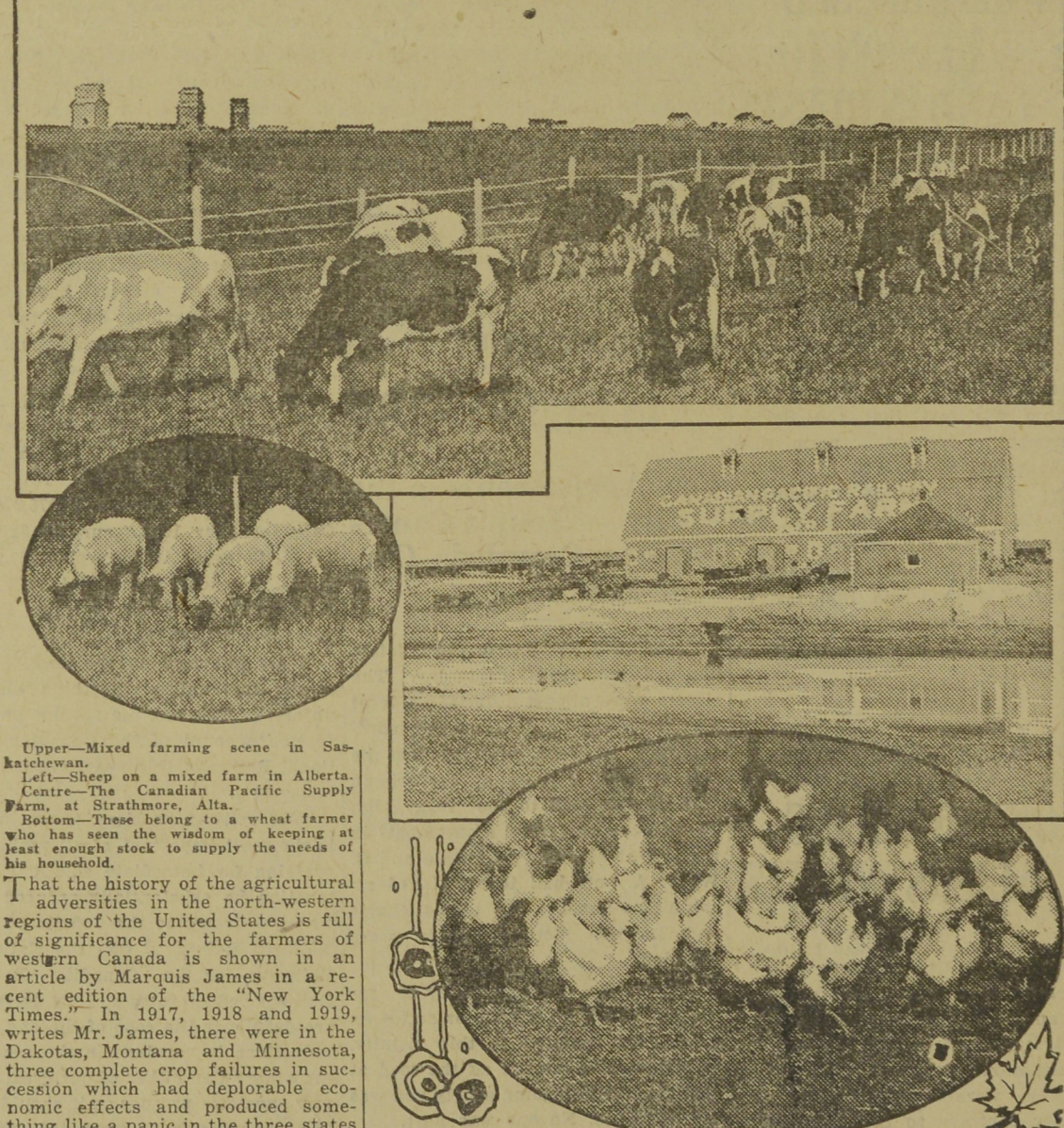
The Air Ministry has agreed to provide the club with £2,000 worth of equipment and a grant of £1,000 for upkeep, and has promised more money as it is needed. It also will give £10 for every certified woman pilot trained by the club.

CHANSON D'AMOUR.

Oh, Olive's smile is sweeter
Than yours, it seems to me.
Rachel is much neater,
She wears things prettily.
Anita's eyes are deeper brown—
Her complexion's real, I'll bet
While yours I know you bought
up town—
I love you.

Oh, Helen is a better chum
A loyal, true square shooter;
She's cheery, bright and never
glum—
I think Lenore is cuter
And so it goes (and e'er shall go
Until, perchance, I die)
So many fairer girls I know
I'm inclined to wonder why
I love you.

"The Bread Basket of the Country".



Upper—Mixed farming scene in Saskatchewan.
Left—Sheep on a mixed farm in Alberta.
Centre—The Canadian Pacific Supply Farm, at Strathmore, Alta.
Bottom—These belong to a wheat farmer who has seen the wisdom of keeping at least enough stock to supply the needs of his household.

That the history of the agricultural adversities in the north-western regions of the United States is full of significance for the farmers of western Canada is shown in an article by Marquis James in a recent edition of the "New York Times." In 1917, 1918 and 1919, writes Mr. James, there were in the Dakotas, Montana and Minnesota, three complete crop failures in succession which had deplorable economic effects and produced something like a panic in the three states primarily concerned. But, continues the writer, this misfortune had one desirable result in that it pointed out to the farmers themselves and to the country at large the value of mixed farming, as compared to the one crop methods which had obtained up to that time. The depression demonstrated the necessity for a change in farming methods and in adopting a policy of more extensive and intensive general or diversified farming. Mr. James believes that the North-western States solved their problems. For a time, says Mr. James, prior to the large successive failures, the wheat growers enjoyed a period of uninterrupted prosperity. They were wheat-growers, but not all of them were farmers. In an official survey by callings of the inhabitants of the bench country, one finds in one township, cobblers, bookkeepers, actresses, a school-teacher, Y.M.C.A. secretaries, dentists, motormen and soda-water dispensers—not pursuing their regular vocations, but farming, or, perhaps, it is better to say, growing wheat. They were making money, too, because from 1912 to 1916 there was a phenomenal rainfall in that western section and the

wheat yields were astonishing. People thought this would last for ever. They even thought the rainfall would last. The story one hears in so many new countries was repeated and believed that the "break-up" and cultivation of the native sod works a permanent increase in the precipitation. Government weather records fail to support this contention. But this and many other things were lost sight of in the heyday of the boom in the United States' Middle West. Land values soared. Everybody had money. Credit was too free. Over expansion followed. Then descended the three crop failures in a row—1917, 1918 and 1919. The previously ample rainfall dropped off and the 100-day farming methods were not equal to the occasion. The country was in a desperate fix. Banks had to lend more money after each failure to enable the farmer to put in another crop in the hope that the proceedings would cover earlier, as well as current loans. The crop of 1920 also failed. Thousands of settlers left and one bank in every three in Montana failed.

The same situation existed in modified form over the Dakotas and Minnesota, but the older localities had reserves to fall back on. It is easy to be wise after the event and the moral to the above is that there has been a turnover not only in farming methods but in farmers. The 100-day wheat farmer—the dentists and soda clerks—have largely given place to agriculturists of the 365-day a year variety. Wheat is still the main money crop, but it is grown scientifically. Land is summer-fallowed and worked before and after planting. Wheat acreages are everywhere diminishing and crops are rotated and diversified. Rye, millet, alfalfa and flax have been introduced; dairy and beef herds established; poultry, bees and vegetable gardens cultivated. Thus, when wheat fails, as it sometimes must, there is something else to fall back upon. This lesson has not been lost in Canada. Farmers of the Canadian West who are succeeding are in most cases doing so because they have learned the sound economic value of diversified farming as compared to the one-crop method.