

MAY 19, 1931

Central Guardian

MILTON—St. John's Church, Sunday, May 24. Morning Prayer, 11 a.m.; St. Mark's Rustico, 3 p.m.; St. John's Milton, 7.30 p.m. Preacher, Rev. George Westbrook, L. Th.

DONATION MUCH APPRECIATED—Mrs. L. C. Worthy, one of the prize winners in Prowse Bros. Ltd., Anniversary Cake Contest, has very kindly donated her lovely large cake to the Protestant Orphanage.

AT GYRO—The weekly dinner of the Gyro Club was held last evening at the Canadian National Hotel. Mr. W. E. Scantlebury gave an interesting illustrated lecture on his recent European tour. Mr. N. W. Lowther presided. The slides shown were made from photographs taken by Mr. and Mrs. Scantlebury. The lantern was operated by Mr. R. A. Pendleton. It was announced that the Gyro would supply cars for the visiting Rotarians during the Rotary Convention.

COME TO SEARLETTOWN HALL—Thursday, May 21st at 8.15 and see a Manhattan Honey-moon, presented by Albany Dramatic Club. Admission, 25c and 35c. Don't fail to hear a thrilling story. 4708-5-19-31

INSTITUTE MEETING—The members of Glenroy Women's Institute met at the home of Mrs. Joseph Barrett on May the sixth, for their monthly meeting with an attendance of eight members and five visitors present. President occupied the chair. Meeting opened with singing the Institute Ode. Roll call was responded to by paying a nickel. Minutes of the last meeting read and approved. Reports of committees were then given and reappointed. All correspondence relating to the Institute was read and discussed. After partaking of dainty refreshments served by the hostess assisted by Mrs. J. McLaughlin, and singing the National Anthem, the meeting was brought to a close. Next meeting to be at the home of Mrs. James McIntyre.

USEFUL BUT EXPENSIVE

Mulching growing vegetables with paper, tested at ten Experimental Stations, proved that most vegetable crops are improved by this system, which eliminates the necessity for cultivation. Such heat-loving plants as the cucumber, melon, pepper and tomato showed the most substantial increase in yield. According to the Director of the Experimental Farms System of the Department of Agriculture at Ottawa, the cost of the paper is high, making its economical use very doubtful in most cases. It is also pointed out that it is difficult to keep the paper from being blown about by the wind.

WILLS MAID SPACE IN OWN BURIAL PLOT

ST. LOUIS, May 17—Desire for the companionship of her maid—even in death—was seen in the will of Mrs. Amelia Roth filed in Probate Court here, which gave Miss Mary Balmer, her maid and companion for 31 years the right to be buried near her on the Roth family plot when she dies. The maid also will receive interest from a \$10,000 trust fund and enough of the Roth family furniture to furnish a home for herself.

United United Church

4.30—Mission Band—Regular Meeting—Opening mite boxes—social Hall. 7.30—Senior C. G. I. T.—Regular meeting—Social Hall. 8.00—Illustrated lecture (Russia) by Rev. Principal McKinnon, D. D.—Public invited—Offering for expenses—Hearts Memorial Hall.

BIRTHS

BREHAUT—At Lyndale, P. E. I., on May 12th, to Mr. and Mrs. Robert S. Brehaut, a son.

NASH—At the Prince Edward Island Hospital on the 17th inst., to Mr. and Mrs. Fred M. Nash of this city, a son.

MARRIAGES

PETERSON—CROSSMAN—At the Baptist parsonage, Charlottetown, May 10, 1931, by Dr. A. C. Vincent, Alex. Wadager Peterson, of Charlottetown, to Georgia Edith Crossman of Summerside.

DEATHS

O'BRIEN—In Cambridge, Mass., on May 12, 1931, Thomas O'Brien, aged 65 years, husband of Margaret A. O'Brien (nee MacDonald).

HAW—At Dundas, May 6, 1931, Peter Shaw, aged 71 years. The funeral took place from the United Church, Dundas, on May 8th, conducted by Rev. Mr. Constable.

Soy Beans

SOY BEANS AND THEIR UTILIZATION

J. B. Edmondson, Secretary, American Soy Bean Association, Clayton, Indiana.

The subject of soy beans is one that always challenges the interest of farmers. Probably no crop in America to-day is receiving more thought and attention than the soy bean, although it was practically unknown as a farm crop fifteen years ago. The newness of its development in this country and the wide scope of its usefulness are responsible for its rather sudden emergence into the limelight of public attention. The fact that the farmers of Ontario are showing an added interest in growing this remarkable crop suggests to me a trend in the direction of more profitable farming. I say this, not with the thought of passing judgment on your present system of farming, of which I do not have an intimate knowledge, but rather from the standpoint of a soy bean "crank" who believes that no agricultural practice is so good but that the addition of soy beans can make it better.

While Oriental peoples have been growing soy beans for untold generations, its history as an agricultural crop on this continent dates back only about twenty years. Only about 50,000 acres were being grown in the United States at that time. When farmers became interested in it and began to sense the agricultural possibilities of the crop, many new varieties were imported from the Orient by the government in an effort to obtain better and more adaptable strains; educational campaigns were started by the various extension departments among the farmers for the purpose of creating greater interest in soy beans; also prominent milling companies about this time became interested in the possibilities of turning to commercial uses the oil carried by the soy bean.

All these factors, working together, have resulted in a remarkable development of the soy bean industry in a few years' time. From about fifty thousand acres in 1912, the acreage of soy beans has increased annually at the rate of about twenty per cent., until last year there were over 5,000,000 acres grown in the United States. Present indications are that this increase will continue indefinitely.

Agriculture, both in your country and ours, has for the past few years been bearing up under a severe economic strain. The underlying causes for this condition are still the moot question of the day and are claiming the attention of our political leaders, both great and small. But, however, important other factors may be in explaining the situation, we feel certain that one of the contributing causes for the low profits and general discouragement on the farm is the gradual breaking down of the old and long accepted system of cropping that have been followed in the past.

I refer specifically to the diminishing part that the legumes are playing in the cropping systems. Careful farmers have been forced by experience to diversify their operations to the extent of including a legume in their rotation. They have long since recognized the futility of attempting to maintain the productivity of their soils in any other way; they have found that without legumes, the soil is denied the one opportunity to renew its strength, and without legumes, live stock, and all profitable and permanent agriculture, is impossible. These statements are not mere theory; they are hard, bare facts, gleaned by farmers through years of costly and bitter experience. Thousands of acres of once productive soils in the older farming sections of the United States are now barren and worn out; they serve as a mute protest against the ruthlessness of those cropping systems that do not take into account the reasonable demands of the soils.

Yet, in spite of these recognized truths, the legume acreage on American farms is diminishing at an alarming rate. The clovers have been depended on very largely to supply the legume requirements of the soil, and these are failing, more and more frequently as time passes owing to such causes as, unadapted seed, increasing acid soils, depletion of humus, and the tendency of farmers in recent years to grow cash crops, all of which crowd out the clover.

To meet the situation, the farmers have turned to soy beans with the thought of supplementing the clovers, rather than substituting for it this second legume. In the four-year rotation of corn, soy beans, wheat and clover, a balanced system of farming is introduced that meets in a unique manner both the soil and the live stock requirements of the farm. Thus, soy beans have proven a sort of balance wheel for the farming system and allows the whole enterprise to run along on an even keel, minimizing the chance of becoming too heavy or lopsided.

This, then, is the message that soy bean enthusiasts have been preaching to the farmers for a number of years, and I am bringing the same message to the farmers in this Province of Ontario, whose broad fertile acres look very much like those of Illinois, Iowa, or my own native State of Indiana. It is true, the corn borer seems to have settled for you, temporarily at least, the extent of your corn growing activities, but this has not spelled ruin to your agriculture—it has simply meant readjustment. Other crops are, and will be, substituted, and other farming enterprises will be developed in lieu of corn growing. My plea then, in this readjustment, is that you do not allow the non-leguminous more readily marketable crops to crowd the legumes out of your agriculture; this point can be especially emphasized since the soy bean can meet the situation so readily, it being a legume of rare soil building quality and at the same time producing a highly marketable crop.

"But," some one will say, "suppose all the farmers took you at your word and began growing soy beans, how could we ever dispose of them?" Well in the first place, farmers are not going to do that all at once; new movements do not grow in that manner; but, as a further answer to the question, let me predict that there will be a ready outlet for every soy bean that the farmers of both Canada and the United States can produce for an indefinite time. A soy bean surplus, happily, need not be one of our worries yet.

The question of how these soy beans may be utilized suggests one of the interesting and important developments of present day agriculture. There are three ways in which this can be done profitably, all of which seem practically unlimited in their scope. One is by the farmer feeding them back into his live stock; the second is the annual requirements for seeding purposes, and the third is by selling them to the oil mills for milling purposes.

First, let us see how the farmer himself can use soy beans. The high cost of protein has always been an item to be considered in balancing the winter rations for live stock, for it must ordinarily be purchased from outside sources. Since soy bean seed contains about thirty-seven per cent. protein and soy bean hay fourteen per cent., the possibility of growing their protein at home has made a tremendous appeal to farmers. Soy bean hay meets with universal favor wherever it is fed. Farmers have learned to prize it above all others, with the possible exception of alfalfa. In many feeding tests it has proven even superior to alfalfa hay for milk production. Its wonderful palatability and its high content of protein, together with its ability to grow on all sorts of soil without special treatment, make it both the poor man's and the rich man's hay. The mow filled with good quality soy bean hay means comfort and plenty to the live stock throughout the cold winter months, and there will always be a place for soy bean hay on the farm as long as there are live stock.

The feeding of soy bean to live stock as a supplement to the grain ration is being followed extensively. The protein supplied by cotton seed meal or linseed meal is usually the most expensive part of the ration, and soy beans, grown on more and more being depended on, and experiments have shown clearly that soy beans rank high as a supplement in the feeding of dairy cows, in cattle feeding, in lamb feeding, and to a limited extent in hog feeding. This general relationship between the soy bean crop and live stock is surely a happy one, since it opens up the way on many farms for the keeping of more live stock.

The second permanent source of demand for soy beans is for seeding purposes. There will always be an active call for high quality seed for this purpose. Many of our pioneer soy bean men began growing them when this was practically the only outlet for the crop, and to these men, co-operating with their experiment stations, must be given much credit for the educational work that has popularized the soy bean in so short a time. In this connection let me leave a suggestion to the enterprising farmers of this Province. In a short time there will undoubtedly be a pressing demand for good quality seed in this section, and the farmer who begins now to study the soy bean on his own farm with the view to gradually get into the seed producing game, will be starting a farm enterprise that will not only be interesting and enjoyable, but profitable as well.

But after the hay is all out, the live stock all fed and the seed put away for next year's seeding there will still be a world of soy beans left, and here is where the third great outlet for soy beans comes in, the one that makes the chances of surplus entirely negligible. I refer to the ever increasing demand of the oil mills for soy beans to process for commercial purposes. Beginning a few years ago in the cotton sections of the south, the compressing of soy beans was begun for the purpose of obtaining the oil, in much the same manner as cottonseed oil was obtained from the cotton seed. The soy bean oil proved to be of higher quality and of great value as a substitute for other high grade vegetable oils in the manufacture of various articles. It was not long until oil mills were installed in the soy bean growing areas farther north, and to-day there is an active market for all the beans that can be produced.

This remarkable commercial development of the industry has served to create a sound, stable market for soy beans; one of the essential factors in any productive enterprise. Farmers may now plan their soy bean crops with the full assurance that there will be a satisfactory market for the product at harvest time, a condition that was not true a few years ago. The confidence shown by business men in the future of the soy bean in building expensive compressing plants, has done much to dispel the doubts of the farmer in this new crop. Furthermore, the will to sign a contract with the growers six months before the crop is harvested, guaranteeing them a minimum price for their beans, has proven an effective means of inducing greater production.

The processing of the soy beans in simple terms the removal of the oil from the bean by compression. Through this operation two valuable products are released to the commercial world. These are soy bean oil and soy bean cake, both of which seem destined to play an increasing important role in the industrial field in the future. Let us consider for a moment the meal, which is obtained by grinding the soy bean cake that is left after the oil is pressed out. The meal contains 43% to 44% protein, and is one of the best protein supplements on the market for feeding live stock. It has a nutty flavor that makes it palatable for all classes of farm animals. The heaviest users of soy bean meal are big companies who mix commercial feeds for the dairy and other feeder trade, especially for eastern consumption. These companies require enormous quantities of high protein-carrying supplements, chief of which are cotton seed meal and linseed meal. Both of these, however, must be classed as by-products, and there is no chance of increasing their output, except by increasing the cotton and flax crops. As a matter of fact, there are no grounds for believing that the cotton acreage will be increased, and as for the flax acreage it seems to be actually decreasing each year. Yet in the face of this situation the demand for concentrates is becoming greater each year. So, seemingly, the only logical means of bolstering up this falling supply of protein is through the increased production of soy beans. That is the reason why the big feed mixing companies are becoming deeply interested in the future expansion of the soy bean industry in the United States.

Soy bean meal, on account of its high content of protein and very low starch content, has been given considerable attention by the medical world as a standard food for diabetic patients. There are great possibilities in this field, and further research will doubtless bring to light other important uses of soy bean flour in the diet of invalids and infants. Among the food products that can be manufactured from soy bean cake are nutritious breakfast foods: special diabetic foods, infant foods, macaroni, crackers, flour for bread, cakes and pastry, milk and milk products, soy sauce, confection, coffee substitutes, condensed milk and milk powders, malted milk, and chocolate malted milk products.

The protein in soy beans can be easily extracted, and when dried in a vacuum and ground, is used to make glues, for sizing paper, for water-proofing material and for plastics; also fountain pen barrels, combs, lighting fixtures, billiard balls and linoleums are made from the specially treated protein compound. Soy bean oil is an interesting product, because it is capable of so many and varied uses. It is used in large quantities in the paint and varnish business. When specially treated, soy bean oil can replace one-fourth of the linseed oil in making paints. In other paint-making operations it seems to be superior to linseed oil, especially in the making of enamels. For manufacturing linoleums and waterproofing cloth it readily replaces linseed oil. In making soft soap, soy bean oil can replace linseed oil and after certain treatment can replace cotton seed oil in the making of hard soaps.

There is little doubt but that soy bean oil will find an important place in the future, in the preparation of edible oils. After careful refinement, the oil is palatable and has a high food value. Emulsion butter can be made from this oil that is very nutritious and has all the appearances of real butter. Finally, let us figure out what a bushel of soy beans is actually worth from the standpoint of the industries. One bushel of soy beans under average conditions will produce from 8 to 9 pounds of oil, and 43 to 50 pounds of cake. The oil at the present time is worth around eight and a half cents per pound, and the cake, one and a half cents. This would

make the products from a bushel of beans worth around \$1.90. To get the net price that the oil mill could pay the farmer for this bushel of beans, the transportation cost to the mill, the milling and shrinkage costs, and the profit to the mill operator would have to be subtracted, the sum of which would ordinarily run from thirty to forty cents. This would leave for the grower a net price of around \$1.50 per bushel under present price conditions. This, together with the very marked improvement in the soil, and the increased yields of the other crops in the rotation offers the farmer a very fair source of profits.

As a last word, let me insist that the future of the soy bean in your country and mine is assured, and that a tremendous expansion is inevitable. There is no waste to the crop—everything is utilized. Every plant that grows, if properly inoculated, busies itself storing nitrogen in the soil, and building protein above the soil. Truly, it is a crop that reflects its virtues in every phase of farming, including the productivity of the soil, the well-being of the live stock, and the prosperity of the farmer himself.

In this great agricultural Province of Ontario soy beans should challenge the active interest of the farmers, especially at this particular time. Through close co-operation with their experimental stations in the selection of adapted varieties; in the adoption of correct inoculation, cultural, and harvesting methods; and in the working out of the local problem of disposal, the farmers of Ontario may well include this versatile crop in their rotations.

Gardening

VARIETY IN VEGETABLES

In the Old Country where people have been dwelling in a more or less civilized state for centuries, the art of living has been developed to a fine art. There they must have variety and in the matter of vegetables just a few lines will not do. Perhaps it is because we have been so rushed in getting our land settled here that we have neglected this side of life. As a matter of fact one cannot blame the average rather sparse vegetable garden in Canada on the climate because we certainly could grow variety if we studied our selection of these good things to eat in the same way that we pore over our list of flowers. We should not be content with our lettuce for only a few weeks in the season. True there are some things which come out very early in the spring or late in the fall which they have in England that will not thrive in all parts of Canada but on the other hand our climate, generally speaking, is more suited to the production of the highest quality vegetables than any other in the world. If there is any doubt simply note the really wonderful samples of potatoes, cabbage, carrots, spinach and even the more tender squash which are grown in the Feace River District or Northern Ontario every year. Our season is not long, but our summer days are not it is this extra daylight which brings things on with a rush when once growth starts. And that is the very condition we must have for good vegetables, the quicker they are, the more tender they are. The matter of variety is just as much a selection of one within the group that is getting an early, medium and late maturing kind, as it is of growing a whole string of absolutely different things. For instance we should not confine ourselves to simply a short row of leaf lettuce. This must be eaten while it is young and tender and then just as we have developed a taste it is all done. We can string out the crop over the whole season if we make, say three plantings of three different types. There will be the leaf lettuce first, then the head and later on during the hot weather the Cos, which comes up to a conical head and is practically self bleaching. Last year the writer had this last named variety which had this last named delicacy coming on until frost in the fall. We can supplement our salad material with cress, it grows quickly on any land and comes on early, green onions, sown at ten day intervals until the first of July so that they will be ready in succession, endives and mustard. By using three types of spinach we can extend the season for this crop by several weeks. We should include in the cabbage group, both the red and white and also cauliflower, Brussel Sprouts and Broccoli. Using an early, medium and late pea, we will have feasts of this, one of the best of all things, for at least a month. In the same way corn, beans, young beets and carrots may be extended in season. Something out of the ordinary will be added by planting Broad Beans, egg plants, melons, leeks small tibia, squash and a host of other things we have passed over in previous years simply because we never considered that there was the same scope and variety growing in our vegetables as there was in the

Better Good Steak By Giving It Fire Flavor—Broil It

Essential Salts Retained In Meat Seared By Open Fire The Burnt Taste Is Distinctive, And Has Reputation Worth Earning.

We have evolved many new ways of cooking meats since the days of the spit and the Dutch oven—but not one of them has surpassed—and few have equalled—the results of exposing a fine piece of tender meat to the direct heat from the flame or its equivalent. Broiling and roasting have remained the choicest of treatments for the choicest of our meats. Roasting is general enough in the appreciation it receives but too many meats are fried that might much better follow the good road to excellence that lies along the broiling route.

Broiling is unsurpassed as a method of cooking tender steaks, the flavor, delicacy and digestibility being superior to steak cooked in any other way. Minced or Hamburg steak may also be broiled with equal satisfaction. A reasonably thick steak is far better eating than a thin one, so that for a small family it is better to buy a fair-sized steak and broil parts of it at different times, rather than to choose a thin one.

In broiling, the meat is cooked by exposure to direct heat or hot coals, flame or red-hot electrical heating units. The edges of the meat may be cut in several places to prevent curling as it contracts from the heat. The meat is placed on a hot broiler which has been rubbed with a small piece of fat, and quickly seared on one side and then on the other, keeping it about one inch from the flame. When seared on both sides the flame is lowered or the distance from the heat, increased, and the meat completely cooked on one side before being turned. It is ready to turn when the side away from the heat has a raised appearance and little jets of steam escape. Turning the steak during cooking dries it out more and impairs the flavor. When cooked, serve on hot platter with a little butter, pepper and salt.

Cuts most suitable for broiling or pan broiling come from the loin. They are the tenderloin, or fillet, and the various loin cuts known as club, wing T-bone, porterhouse, sirloin, etc. Round steak is sometimes broiled, but as certain of the muscles in the round are comparatively tough, this round, unless minced, is better adapted to cooking by other methods. The following table will give the approximate time required to broil or pan broil steaks, rare to medium. The exact time required depends on the thickness of the steak, the amount of heat employed, and the degree of cooking desired. It is difficult to broil steak well-done without drying and hardening the outside, but if more thorough cooking is desired the cooking may be completed in the oven.

Time Table

For steaks 1 inch thick, rare to medium, 8 to 10 minutes.

For steaks 1 1/2 inches thick, rare to medium, 10 to 15 minutes.

For steaks 2 inches thick, rare to medium, 18 to 25 minutes.

Pan Broiling

Pan broiling is cooking meat in a very hot pan or skillet without any fat, or with only a mere coating of fat rubbed over the surface of the pan. If the pan is hot enough when the meat is put in, it will not stick. Any surplus fat which collects in the pan during cooking should be poured off. When steak is seared on one side, turn and sear the other; then reduce heat and cook till done. Never pierce steak with knife or fork when cooking, as this permits the juices to escape. The time required for pan broiling is the same as for broiling.

Pan Frying

Pan frying is what is commonly referred to as frying, but is actually sauteing. The beef is cooked in a frying pan, or skillet, a small amount of fat being used. This method is adopted in the cooking of cuts which are deficient in fat, or which require longer cooking than is practicable in broiling. It is also the method used for cooking croquettes, Hamburger for cooking, etc. If the pan is covered this method is practically identical with braising, as the beef is then, to some extent, cooked in moist heat.

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Western Guardian

THE POPULAR THREE ACT COMEDY DRAMA "Dearies" will be presented by Summerside talent on Thursday, May 21st at 8 o'clock in Borden Hall Admission 35 cents and 25 cents. 471-5-19-31

FINED FIVE DOLLARS AND COSTS

An assault case came before Mr. D. O. Stewart, acting Stipendiary Magistrate on Monday in the Summerside Police Court. The accused was found guilty and fined \$5 and costs. A case of negligent driving was dismissed.—S.

SADLY BEREAVED

The death occurred in the Prince County Hospital last Saturday night of Mrs. George Arsenault of Summerside. The deceased was taken suddenly ill at her home at noon and was removed to the hospital where she passed away a few hours later. She was 44 years of age. Besides her husband ten children are left to mourn. The sympathy of the community is extended to them in their sudden bereavement. The funeral took place on Monday morning at nine o'clock at St. Paul's Church and Cemetery S.

RETURNED SOLDIERS' DOCTOR

The appointment of Capt. R. H. Kennedy, M. D., C. M., Alberton, P. E. Island, as medical doctor to returned soldiers has been announced from Ottawa. Dr. Kennedy who enjoys a large practice in O'Leary, Alberton and surrounding country, is to be congratulated on his appointment as well as the returned men of West Prince in securing a doctor of his ability and standing in the medical profession and they may feel sure he will present all cases which comes under his notice to the proper authorities in a fair and impartial manner.

Mr. and Mrs. Fred C. Sherrin

and Captain J. S. Sherrin of Charlottetown spent the weekend in Summerside.

Mr. Jones, Junior, of Moncton

flew over to the Island a few days ago and is visiting Mr. Jack Squarebriggs of Miscouche. Mr. Jones has many friends there, his father, Mr. Clarence Jones having lived in Summerside some years ago.—S.

WINSLOE SOUTH SCHOOL

The following is the report of Winsloe South School for the month of April. GRADE IX—1 Addie Taylor 2 Marie Grant. GRADE VIII—1 Olive Rodd 2 Verne Rodd 3 Myrtle Taylor. GRADE VI—1 Doris Sellar and Perley Taylor, equal 2 Emerson Ford 3 Vivian Duffett. GRADE IV—1 Wilfred Hamby 2 Letha Horne 3 Allen Good. GRADE II—1 Helen MacGregor 2 Verne Turner 3 Edna Eganly. GRADE I—A—1 Clarence Ford 2 Vera MacGregor 3 Lillian Plimond. GRADE I—B—1 Ava Prowse 2 Phyllis Auld 3 Marjorie MacGregor. Emma Jane MacGregor—Teacher.

CATCHING FISH BY ELECTRICITY

ROSSELL, N. M., May 17—Tons of carp, shad, buffalo and other undesirable species of fish are being taken from lakes and streams of southwestern New Mexico by the use of electricity. Long wires to which are attached copper plates at intervals of several feet, are placed in the particular waters where these fish are known to congregate and 110 volts of electricity then are applied. The shad are stunned and may easily be taken from the water.

WHY FAT MEN STAY FAT

"The trouble with me, and I guess this applies to 99 out of every 100 men who are putting on weight, I didn't have the energy or 'pep' to keep it off. Lost all interest in any healthy activity and just lazed around accomplishing nothing. The old pounds, until I got that 'Kruschen feeling.' Start taking Kruschen Salts—that's the common-sense way to reduce—but don't take them with the idea that they possess reducing qualities in themselves. This is what they do—they clean out the impurities in your blood by keeping the bowels, kidneys and liver in splendid working shape, and fill you with vigor and tireless energy. As a result, instead of planting yourself in an easy chair every free moment and letting flabby fat accumulate, you find an urge for activity that keeps you moving around doing the things you've always wanted to do and needed to do to keep you in good condition. Kruschen Salts are the up-to-date Fountain of Youth. Take one-half teaspoon in a glass of hot water to-morrow morning and every morning—be careful of the foods you eat—take regular moderate exercise—then watch the pounds slide off.

PARIS LETTER

(By Samuel Dashiell, United Press Staff Correspondent)

PARIS, May 18.—(U.P.)—Complete revision of all school histories, geographies, and reference books so that they will condemn wars and revolutions instead of glorify fratricide has been asked of the French Government by the Institute of Popular History and Geographical Studies whose headquarters is in Paris.

The Institute has circulated a manifesto in the shape of a resolution, which it will submit to all governments, particularly those participating in the League of Nations and will point out that the psychology of war is engendered in the adolescent mind of vain-glorious and chauvinistic history books which rarely admit any virtue, either arms or politics, on the part of any other country and which invariably eulogize all patriots, generals and statesmen in the highest terms of heroic praise.

The Crime of War

The Institute believes that school books should describe the horrors of war, rather than the romantic and melodramatic features of intercontinental or international conflict, and that in all books, war should invariably be referred to with something of admitted shame and with constant reflections on the fact that such wars were really frightful crimes committed by barbarous men.

The resolution observes that the governments now belonging to the League of Nations, and even others, could not refuse to ignore such an appeal, and that if sufficient interest is aroused among the reading public and among parents of young children, and ideas in the old history books could be modified without an abrupt or violent change or undue shock to national pride.

The resolution concludes, "Peace will never be definitely established until the day comes when national will abstain from presenting in school books certain facts concerning war which are admired equally with the works of savants, writers, artists, financiers and business men, in a word, those who construct rather than destroy.

International Fraternity

"Peace will not be definitely assured until that day comes when schools will cease to impregnate the minds of children with the spirit of chauvinism, and until the school teach instead that love of one's country must serve as the basis of international fraternity.

"The Institute does not ignore that such changes will meet with serious difficulties, and in view of such, proposes to convene before the end of the current year an international Congress of men qualified especially to indicate the first steps to be taken and the method of attracting the interested attention of each government.

"It must be apparent to influential leaders in each country that their most sacred duty is to presently subordinate everything to this supremely urgent task, to deliver humanity from the malediction of Cain, and to obliterate fratricidal wars.

"In this work the school must assume the most important role, and aid the governments to introduce this change of mind."

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