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E. J. ROONEY'S

21-23 FRONT ST.

for

**Fresh
Vegetables**

SCOUR MILK IS HEALTHY.

The Use and Origin of Curdled Milk Older Than History.

Nothing is older than curdled milk or sour milk, and nothing seems newer than the application which has been made of it.

Civilized people are the only ones to drink milk fresh or boiled, while fermented milk is almost the only kind used outside the pale of civilization. The use and origin of curdled milk are older than history.

Later the Greeks and Romans also recognized the strengthening and tonic effects of sour milk, and they performed veritable cures with the special kind of curdled milk called "Anaximon."

In our times fermented milk is in common use as a daily diet in Eastern countries. In almost all these countries, besides being used as a food, sour milk has played and still plays a great part in empirical medicine.

Sour milk, after being recognized as a wholesome food possessing medicinal properties, has been proclaimed by some people as a remedy for prolonging human life.—Medical Journal.

French Thrift.

From time to time the English workman has the French peasant's thrift thrown in his face. The French peasant may not be able to dig worms in stones, books in the running brooks, but he can and does find food in everything. He and a large family could live on what an Englishman in the same position wastes. People, however, seem to forget that the habits of the Englishmen are determined by their climate.—Lary.

Lady Gamblers.

The number of suicides which have taken place lately among business men and speculators in America carries a warning note to women who, unfortunately, are many of them, bitten with the love of gambling. Nothing is so fatal or insidious as speculating in stocks and shares, and women, from their circumstances, are peculiarly liable to be misled and cheated.—London Graphic.

Restlessness.

Nerve restlessness is not a matter for which physicians are often consulted. It is, on the face of it, an important malady, but when it exists in sufficient intensity to form the subject of complaint, and to induce the sufferer to seek advice, it is usually found to be the superficial indication of a grave underlying condition.—Hospital.

The Haddock's Spots.

The haddock has a superstition

attached to it. On each side of the shoulders near the gills is a dark spot, fabled to be the impression made by the finger and thumb of St. Peter when he took it up and found the penny in its mouth to pay tribute to Caesar with.

An Expensive Plant.

The ivy plant which established itself in a crevice of the tower of St. John the Baptist church at Yardborough, Lincolnshire, England, undermined the foundation and lifted stones out of place until it cost over \$2,000 to make repairs.

Good Swimmers.

All German soldiers must learn to swim. Some of them are so expert that with their clothing on their heads and carrying guns and ammunition, they can swim several hundred yards.

A Lengthy Lawsuit.

A lawsuit which has been in progress since the year 1420 between the local authorities of Priemar, a suburb of Gotha, and certain mill owners, was amicably settled at Berlin after 478 years of litigation.

About Freckles.

Freckles may be hereditary. Cases of freckles all over the body are mentioned. Food is not supposed to cause them. Sun and wind makes some faces freckle.

Forests of England.

It is difficult in England to arouse an interest in the preservation of forests because of the universal substitution of coal for wood as fuel.

Exhausts the Soil.

The growth of a number of successive crops of the same plant has been lately found not only to exhaust the soil for that plant, but to develop an active poison for it.

American Oak Staves.

Spanish grape growers prefer American oak staves for barrels, claiming that no other wood is so good for the preservation of fruit.

The Lick Telescope.

The great Lick telescope will pick out a star so small that it would require 30,000 of them put together to be visible to the naked eye.

How We Breathe.

Every man respires or draws in his breath on average of twenty times a minute, or approximately 24,000 times a day.

The art of glove cutting requires great skill and in France some of the best workmen are paid \$100 a week.



lancet and tonic in homes and hospitals. Duffy's Pure Malt Whisky is the pure food and drug act of June 30, 1906.

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