

Pleasant Preparations.

HALL'S WINES.

The value of iron in the diet is well known, and when this is taken into the system through the medium of a good beverage wine it is assimilated under almost perfect conditions. Such a wine is Hall's Keystone Burgundy, which is vintaged from grapes grown on soil largely composed of iron and limestone, with the result that a naturally ferruginous wine is produced. This wine is entirely unmedicated, is a most pleasant dinner beverage, and in quality compares favourably with much costlier wines. The price is 2s. a flagon, 1s. 6d. a bottle, or 10d. a half-bottle. A valuable preparation also is Hall's Keystone Beef Wine, which is a combination of old port, Liebig's Extract of Meat, and a definite quantity of the finest extract of malt. It is most useful in the case of invalids who cannot digest ordinary food, being, in fact, an easily assimilated fluid food having both strength-giving and flesh-forming qualities. These wines are sold by most licensed grocers, chemists, and wine merchants: It is important to notice that the name of Stephen Smith and Co., the proprietors of these wines, is written across the labels; as in the case of most good things, imitations are on the market, and it goes without saying that the imitation is not of the same value as the original.

CHELTINE.

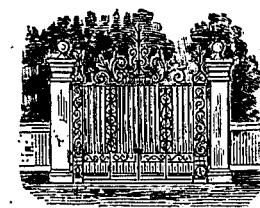
The feeding of diabetic patients is always a matter of difficulty, many of the preparations designed for their use being so unpalatable that it is difficult for a nurse to persuade the patient to take a sufficient quantity. This cannot be said of the Cheltine Food Specialities, which are most appetising as well as highly nutritious. The principle followed in their preparation is not to exclude the starch of the cereals used, but to treat it during the processes of manufacture so that in the body of the diabetic it should behave differently from ordinary starch in its conversion from food into tissue, and so serve its normal purpose instead of being excreted as starch. Experience proves that diabetics materially improve upon a Cheltine diet.

The most popular of these specialities is the diabetic food, which is a granulated powder which can be prepared in a variety of ways. The brown and white bread, price 1s. a loaf, are also much in demand, and flour for baking at home can also be procured, by the use of which considerable saving to the consumer may be effected. A variety of biscuits and rusks are also supplied, which make a very welcome change to the limited diet of the diabetic.

Cheltine Foods, Limited, Cheltine Works, Cheltenham, are the manufacturers of these various preparations.

Outside the Gates.

WOMEN.



The Premier of the Commonwealth of Australia, Sir E. Barton, received a deputation last week from the National Union of Women's Suffrage Societies. Among those who formed the deputation were Lady Frances Balfour, Lady Henry Somerset, Mrs. Garrett Fawcett, and Lady M'Laren. Sir E. Barton has expressed the hope that women will vote for the next Parliament of the Commonwealth. Already they exercise, and with great discretion, the Parliamentary franchise in several of the Australian Colonies.

Swanley Horticultural College was *en fête* last Friday when the prizes were awarded by Sir John Cockburn. The report stated that several improvements had been made during the past year. A new range of glass-houses was completed, students' plots have steadily improved, and North Field has been laid out as a private vegetable garden, as distinct from the market gardens and the plantations. A list of lady students was given who had obtained engagements as head gardeners, private gardeners, and as instructors of gardening. One lady had been appointed to the Royal Botanic Gardens, Glasnevin, Dublin, and the Gardeners Company had given the honorary freedom of their Company to five students who had won the scholarship of the Royal Horticultural Society. Sir Joshua Fitch, who presided, opened the proceedings by congratulating the Governors of the Horticultural College on the steady progress which the institution was making. One remarkable feature was the increase in the number of female students. During the reign of the late Queen various employments had been opened to ladies from which not so very long ago they were absolutely excluded. He was in favour of everything which opened honourable and lucrative occupations to women, and there was none for which they were more suited than gardening, and those who received proper education and training in that institution had no difficulty in obtaining employment. Gardening was a healthy and delightful occupation, and he strongly recommended all the students present to read Bacon's charming essay on Gardens.

Sir John Cockburn said he felt highly honoured by being requested to distribute the prizes on that occasion. Some of them might regard his presence there as an indication of the colonial invasion. He recommended them in their turn to invade the colonies, and assured them that any of those who had obtained a knowledge of gardening in that college would receive a cordial welcome in Australia. He then presented the prizes. Miss W. M. Buttenshaw obtained the silver gilt medal given by the Royal Horticultural Society, and twenty-one other students were awarded first-class certificates. Miss Ardington received the silver medal of the college for the highest average of merit in the diploma examination; Mr. Jacob a certificate for bee-keeping as a first-class expert; and Mr. Gilmore, an old student, carried off a number of prizes for fruit, vegetables, roses, and

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