

A DOZEN DON'TS

They Will Save the Life of Many a Plower.

Don't fail to have a garden in't think it is not worth while s you cannot spend lavishly.

coughtful planning and regular care mileh wonders. Don't buy cheap seeds, bulbs nots from unreliable sources. Philahis and Jersey nurserymen are

m't buy your plants before thoroughly digging, turning and fertilizing the soil,

Don't set cannas, geraniums, iris, roses and other sun-lovers in shady corners. Don't set ferns, lilles, pansies, bego

nias, fuchsias, rhododendrons and Easter spireas in the blazing sun. They like wet feet. Don't neglect to buy a long handled

spading-fork for cultivation of soil. It possesses the magic of a fairy godmother's hand. Don't have the kind of a garden

best described as "a little of every-Grow fewer varieties and have senarate colors in masses. Don't forget that masses of white between masses of vivid colors bring

armony and also charm to the garden at night. Don't cur down yellowing foliage of primroses, bleeding-hearts, peonies,

lupines and gladiolus after flowering. You would seriously affect the next year's bloom. Don't allow faded flowers to rob

your plants of vitality, nor weeds to rob the soil Don't allow every member of your

nily to meddle with your garden. Judicious help is one thing, but too many cooks, you know! Finally. don't throw every ounce of pep and ambition into the first few weeks, but spread it over the entire season.

Minard's Liniment Cures Burns, Etc.

************ Sauce for the Meats

It makes all the difference in the world whether or not the right sauce is served with the mest. Certain sauces just seem to belong with certain meats, and to know which they are and how to make them properly should be in the repertory of every good cook.

HORSERADISH SAUCE

Horseradish sauce adds such zest to boiled beef that not to serve them together seems to some people a culinary crime. To make this piquant companiment, whip four tablespoonfuls of heavy cream to a stiff froth and add to it three tablespoonfuls of good, freshiy-grated horseredish, one tablespoonful of vinegar, salt and a dash of cayenne. A little dry mus-tard may be added if liked. MINT SAUCE

To make mint sauce, the natural secompaniment to roast lamb, dissolve a teaspoonful of sugar in half a cup of vinegar, stir into it a quarter of a cup of mint leaves, chopped as finely as possible, and set it on the back of the stove for 20 or 30 minutes to steep. Don't let it get too hot. APPLE SAUCE Rosst pork calls for apple sauce

always. Everyone has her favorite recipe for this. It is especially good, cooked well, put through a sieve, flavored with nutmeg and served ice old. One old cook always makes it this way: She pares her apples, cuts them into eighths, sweetens to taste, pours some water over them, puts them into a casserole and bakes them very slowly until they are a rich reddish hrown A BREAD SAUCE

Of course, there is nothing better



December to April

lvers serve with their "groundinglish recipe for this stuce Put a plut of milk into the doub boiler and heat, then add a half-c of fine breadcrumbs and an onion is which you have stuck a half-dos cloves, and cost it for half an ho ove the onion se salt and pepper, and add two tableconfuls of butter. Have ready other half-cup of breadcrumbs These must be coarser and nice d in a tablespoonful of butte Pour the sauce over the chicken and sprinkle the browned crumbs over it.

TOMATO FOR VEAL To make tomato sauce for veal cutlets cook half a can of tomatoes with spoonful of minced onion and a blade of mace. Blend two table-spoonfuls of cooking fat with two of flour, and add the tomato, strained, to this. Season to taste with paprika. If a little more elaborate sauce is wanted, add a tiny pinch of soda to it, and then four tablespoonfuls of thick cream.

Married Twelve Times.

What may be the marriage record of the United States is held by S. J. Killow, aged 74, of Walnut Ridge, veteran of the Civil War, who recently was married for the 12th time. And, although married 11 times previously, he lise reared only two

the Germs of

By Acting To-Day You Can Quickly Cure Catarrh and Avoid Bronchitis, Perhaps Consumption.

Most Agreeable and Surest Cure. it Catarrhozone, Which Cures Every Curable Case

Catarrhozone proves especially good in those chronic cases where mucous drops down the throat; siekens the stomach, and pollutes the breath. When the nostrils are stuffed, only a ew breaths through the inhaler are needed to clear the passages, and where there is coughing and sore bronchial tubes, the scothing, healing properties of Catarrhozone act almost

Once you stop taking medicine into the stomach and get the healing oils and pure balsams of Catarrhozone at work you can be sure of quick and asting cure for nose colds_catarrh. weak lungs, bronchitis, and speaker's

sore throat The complete \$1.00 Outfit of Catarrhozone is sufficient for two months' treatment, and is guaranteed. Smaller size, 50c, at all dealers, or the Catarrhozone Co., Kingston, Ont.

TRENCH CHIVALRY.

Gassed Tommy Gave Blanket to a Yank.

"Yank, I'm only twenty-eight, but I'm an old man," said an English Tommy just before we turned into our sleeping rolls on the coidest night that I had experienced. And his awful cough, the result of being gassed early in the war, when they had no masks, added fatal testimony to his

All night long he coughed. About midnight I awoke shivering. From his coughing I knew that he was awake. I said: "Tommy, I never was so cold in my life," and then in a few minutes I was asleen again. An hour later I was again wakened

by his violent coughing. To my surprice I seemed to be warm and wondered if the wind had, suddenly changed, but from its constant whistling I knew it had not. I reached out and felt two extra blankets on me. I suspected whence they had come by that violent coughing. I got up and carried them back to

where he lay, saying: "Tommy, did you put these blankets on me?" replied: "Yes, Yank, you said you were cold.",
"But what about you?" "Oh, me? I'm used to it."

"Well, all I got to say is, thank you;

but if you ever do that trick again I'll throw you out of the window in the snow and let you freeze to death." And then I put them back on his shivering, gassed body.-William' L. Stidger in Associated Men. Minard's Liniment for sale everywhere

Horrors!

You must have seen some perfectly dreadful sights at the front," remarked Miss Faintleigh. "I heard a lieutenant tell of a shell bursting among a group of twenty Germana. Weil. I saw a worse sight than that," sighed the sergeant. "I was once in an O Pip looking down en the enemy trenches, and by and by up comes a boche working party of bout a hundred and starts to work behin dtheir fire trench, right out in the open. Well, I knows the position to the length of my lanyard, so ! signals the heavies to let 'em have it and they promptly drops a couple of nine-inch shells plump in the middle of the bunch-" "Oh," gasped Mice Faintleigh, "how horrible! But know it was your duty. Go on. The rest is almost too awful 'to tell," continued the sergeant, "and I hope I'll never see the like again."
"Were they all killed?" "Not even scratched. Both them shells was

Toronto Fat Stock Show Entries for farmers' carried cattle

class close Sept. 16th.

The fat stock abow will be held on Dec. 11th and 18th at the Union Stock yards, Toponto, Entries for other classes close Nov. Write the surplies Union Stock

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Winnipeg, October 20-21-22

ODDITIES OF KNOWLEDGE

ed in factories where work is done on gold. In fact, in many such factories a dark suit of clothes is absolutely demanded, and even a light waistcoat may lose a man a job. The reason for this is that any stray grains of gold that may got on the clothing can easily be caught.

tothes were worn. That such a rule was enforced a That such a rule was enforced among gold workers one man learned recently when a Behemian gold beater applied to him for a helping hand. The Behemian said that he had not been in this country long, that he had had a chance to obtain a good job at his trade, but that the place had been refused him because he turned up with a light coat and waistcoat on, and they were the only clothes he had.

The man whom he approached was struck by the story and offered to help him out if it proved true. He went to a factory with him and found out that the man could have the job if he presented himself within an hour clad in the proper clothes. So a suit of the desired kind was obtained for him and sure enough he got the job.

ough he got the job.
"You may think this is strange," said the forement of the factory, "but it means quite a lot to us. Every man's clothing is carefully examined when he leaves the piace at night and the gold is brushed off whenever we see any on his clothing. It is impossible to heven tiny grains on a dark backgroubut in the case of a mixed or a li but in the case of a mixed or a light suit we might easily lose quite an amount of gold, and gold isn't anything you want to lose even in small quantities."

NATURE'S SWEET.

Honey, which is now a luxury, was in old times a necessary, for it was then the principal sweetener of food. Sugar was not introduced until the latter days of the Roman Empire, and was first oddly described as an Indian sait that was as sweet as honey. The numerous references to honey in the Bible are due to its being the common sweetener used.

by the people. Honey from the comb is considered to be the most luxurious form of this dele able sweet, and many persons eat the wax with the honey. That is a foelish wax with the honey. That is a foolish thing to do, however—as foolish as it would be to eat the paper that butter is wrapped up in, or the bag that contains sugar. The wax in the honeycomb is in no way nutritious, and is decidedly

indigestible. The proper way to eat honey in the comb is to place a piece of the comb on ene's plate, with the cells in a vertical position, and press one's knife firmly upon it, so that all the honey runs out. Eat the honey and leave the wax. The bees do not care for blossoming flowers, as the poets imagine. They are

St. Isidore, P. Q., Aug. 18, 1894. Minard's Liniment Co., Limited. Gentlemen.-I have frequently

MINARD'S LINIMENT and also prescribe it for my patients always with the most gratifying results, and I consider it the best all-round Liniment extant.

Vours truly. DR. JOS. AUG. SIROIS.

practical, utilitarian creatures, and prefor the period just before fructification. They dearly love clover, but most kinds of fruit blossoms and some kinds of of fruit blossoms and some and of forest trees are very useful to them. The flavor and the quality of honey vary with the planta upon which the bee feeds. Heather honey is naturally popular in Scotland, and the famous Narbonne to flavor to resembly. honey owes its flavor to rosemary. Oc-casionally the bee is injudicious, how-ever, and choose injurious herbs. The soldiers of Xenophon, after eating the honey of Trebizond, became either mad-or drunk. The effect was owing to the bees having eaten a poisonous asalea.

HOT BOXES.

Serious delays and accidents to trains are often due to overheated bearings, or, as they are known in ratiroad partance, A "hot box" is the result of rank care-

lessness on the part of employees in not keeping a good vigil for the condition of the car wheels, or rather the care of the journals of the trucks under the car where the "hot box" is found. A "hot box" is a sign that the safety first rule is not practiced by some care department

There is no excuse for a "hot box" after a car is sent out if the train is carefully looked over at each terminal. Primarily, a "hot box" is caused by poor waste and an insufficient "greasing" at the time it should have been done, and s liable to cause a wreck, and a wreck on most railroads is a serious thing in-deed from all standpoints.

The farmer who buys a new buggy has a pretty good idea of what a "hot box" means, and the ways to prevent it. He sees to it that the spindle is well greased so it will not get hot. He watches it closely, and does not take any chances on the wheels running hot. If they did the wheels would stick, and if the farmer persisted in driving ahead, he would soon have a had spindle and a bad wheel. However, the results would be so ser-

ious as they would be in the case train of cars proceeding at a speed or 2 miles an hour. It is no wonder men lose patience when they find

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STEERING BY SIXTH SENSO Scientists in Denmark are puzzled by Nerwegian, one Emil Knudsen, who, though blindfolded and carefully watch-

ense." Knudsen is a man of middle age. When through many experiments by one of leading nerve specialists of Europe, he could guide himself anywhere without using his eyes, and a steamer was chartered to put him to a surpreme test. Knudsen had no knowledge of the harbor. He requested/that a person knowing the channels should hold two finger-tips against the side of his head. Professor Fridenreich consented to this, and him-self pressed two finger-tips against Knud-seh's temples.

The man handled the wheel without a

sign of nervousness or uncertainty. It, was impossible for him to see, yet he took more than a dozen sharp corners and followed a zigzag course throughout. the scientists who witnessed the denstration said that Knudsen possess

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly. especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. They are an absolutely safe medicine, being guaranteed by a government analyst to contain no opiate or narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medibox from The Dr. Williams Medicine Co., Brockville, Ont.

THE BURNING STARS

What Set Them On Fire? Ask Astronomers.

One of the biggest puzzles of astronomy is just that. Why are the stars on fire, and what started them to burning? Our sun, which is a smaller star, offers a near-art-hand example

A theory suggested is that the phenomenon is due to collisions. If two cold heavenly bodies ran into each other, the energy of their impact (traveling many miles per second) would be converted into heat transforming them into masses of flaming

But there is a whole lot of empty room in the heavens, and such collistons must presumably be. rare. How, at all events, could there enough of them to account for all the billions of them to account for all which is a burning sun? Another theory is that each

wos originally a mass of hot gas. But if so, what made the gas hot? Is it to be supposed that the drawing together of particles of matter (solid or gaseous) toward a common centre engendered heat enough to set the whole on fire, thus evolving a suits. young sun? Nobody knows what the nebulae.

which cover vast areas of the heavens as with a filmy lacework, are composed of. They may be clouds of meteoric matter. Whatever they are, it is through that they represent the raw material out of which suns are eventually fashioned. Yet another, and quite the newest.

theory is that radio-active substances contained in the material of forming suns given rise to the heat that starts them to hurning. Our own sun is a very old star, al

most decrepit. One evidence of this is afforded by the dark spots that constantly appear on its surface. As a symptom these spots correspond to the wrinkles on the face of an aged person.

Suns, like people, are born, grow on and die. If we would view a star that is nearly dead, we have only to contemplate the so-called "dark companion" of Sirius. It is so faint as to be barely distinguishable by the telescope, though twenty times the size of our own orb of day.

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Sir:—Please send me two bottles of your mixture. I enclose ten cents to cover cost of packing and mailing. Do this to-day as for a limited time saly I make this offer.

NAME:

Algoi (in Medusa's Head), and 830,000 miles in diameter. Like Sirius and its comrades, the two re-

called Al-ghul (grave-robbing fiend) by early Arabian astronowas anciently regarded as malefic or baleful. It is a pure white star that once in every six-one hours fades out to a fraction of its normal brightness. For nearly five hours it fades, and then, remaining unchanged for twenty minutes, soon regains its splender. This is due to interference by the dark companion. which shuts off three-fourths of its light.

The star Castor (in Castor Pollux) reveals itself to the telescope as a pair of mighty suns, and the bigger of the two revolves about a third gigantic orb that is wholly dark-a curious reversal of the arrangements between our sun and the

Astronomers every now and then make discovery of a previously unknown dark star. In some cases they may be seen by the light reflected other instances their presence is unmistakably indicated by perturbations of the latter. But is seems entirely reasonable to presume that extinguished suns are plentiful in the illimitable void of space. Like them, our own solar orb will eventually burn itself out and vanish from the view of star-gazers who look out upon the night skies from distant parts of the Milky Way.

Minard's Liniment Retteves Neuralgia

The Flight of Birds. The course of flight is a distinguish-

ing characteristic of many birds. The grouse rises gradually while flying in straight course; the woodcock rises to a height of several feet or even yards, then files straight away; the cuckoo's flight is also in a straight line, but peculiarly arrow-like, being graceful and silent, the long slender tail and body of the bird still further suggesting an arrow. A number of the birds, notably the brown thrasaer and the song sparrow, progress in short flights, as from bush to bush, with a queer eccentric or bobbing motion, as if their flapping tails were a great hindrance. A Wilson snipe flies in a zigzag line, a goldfinch in long undulations or bounds. All of these and many other ways of flying can be indicated by dotted lines, in the notebook supplemented by such words as 'sailing," "rapid," "slow," "heavy" or 'graceful" flight and "rapid." "slow." "silent' or "clattering" wing beats; the wings of the grouse hum, those of the woodcock and the mourning dove

Leight of Ignorance.

A fond parent noticed his youngest. a boy, in a very animated conference with a number of other boys and a Young woman and that evening inquired of the boy what all the excitement was about. "That was my teacher." said the boy, 'and we were trying to explain the ball game to her. She couldn't understand a durned thing. I don't just undrstand how she ever got to be a school teacher.'

Every Girl Who Earns Her Living, Read This

Very complex in her physical relations to life, disease early seizes upon the woman who works, and she must therefore guard jealously anything that would tend to destroy her vitality or health. Probably nothing is of more ser-

vice than Dr. Hamilton's Pills, and every girl and woman can employ this grand remedy with gratifying re-As a system tonic and blood renovator, no treatment gives such re-

suits. For maintaining good digestion and healthy appetite, it is impossible to equal Dr. Hamilton's Pills.

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Fruit Punch.

These are the days for fruit punches. An unusually good fruit punch is concocted as follows:

Mix and sweeten the juice of one iozen Icmons and one dozen oranges, using about one-half a pound of sugar. Put one-half a pineapple, fresh or eanned through the meat chopper, slice two bananas, and add to lemon and orange juice, with a half pound of cherries if desired

This mixture may be set in a cool place until the punch is wanted. When ready to serve the beverage, add ten pounds of ice and the contents of four bottles of ginger ale.

Minard's Liniment Cures Dandruff.

Muggins Closefist is never satisfied unless he kills tow birds with one stone. Buggins And even then he isn't satisfied unless he gets the stone

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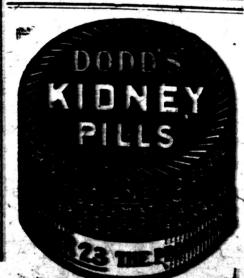
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