lks

Practice to See Health Habits: n Home and

y should be spoken nd the parents also of overworking the given to study, and n and sleep will otin such cases. In the very poor often of lack of sleep papers, sometimes in the country dis-ten suffer unnecesough the strain of chers, of course, inr pupils should do of homework, and nature of the study to master it should nged. In ho case given children at ith their time for The child's beds ventilated is a very the teacher should e instruction in this ure air is as necesin during sleep as ctivity. The air of vitiated by closing lighting the lamp or before the room is The lamp should il the room is enteror else the windows on. If contaminateathed during sleep. fects no less seroduced by breathing the waking hours it, will be dull and ot inclined to have id generally feeling this condition it is ble to teach them l remain a their

ated Rooms.

nould be kept airy d. The body will and properly clothves and babies can air and thrive on it why healthy adults d not do so also. also be taught to at the same time practice if consismakes for health, in revent constipation ills arising from of tone and loss of

il sleap, and the -door exercise tonourishing food, are a healthy active these supplied, the be expected gress at home and its general health

nly make it a praceir children develop health habits, and regard to the time lot of good will re-besides being kept een taught methodbe of benefit to it

s of religion is to effort to promote welfare of others. en people who actwere afraid there ugh of God to go residential accomare limited. This of hoarding-to get and try to keep it

it will spoil. sson of the manna

desert from heaven the journey to the Every morning supply for the day's long-sighted incorner the market. stock up against a avenly rain might would be a manna ined what they had and that the manna

nd stank." It was ying to foolish, selfn nature: "Don't *

der and don't be a or. Be a server.

I'll wager that four men who wear the agalow apron have rouble with them ey won't stay put. I the shoulders at ment. That's beesigned by a man. had made the pate slipped an apron g bag, and almost new what she was strated the advanin connection with she left the office 2) dozen, which she y herself.

rs of age, is presiompany in Los Anlimit to her apronbusiness appears to apply of materials.

years ago.

IN THE ARCTIC.

has broken out es of the fair north. report that danche spare moments , and that a great of ice, has been n Gulf, for a dance

"How Delicious"

is the opinion of all who have once tried

SALADA

If YOU have not tried it, send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto

BUSH FRUITS AND THEIR **CULTIVATION IN**

BY W. T. MACOUN, DOMINION HORTICULTURIST, AND M. B. DAVIS, B.S.A., ASSISTANT IN POMOLOGY.

during the winter months, in readand fruit growing, we have arranged to print official bulletine on different farming fruit-growing and other subjects. The first of a series on bush fruits appears below, and one will be continued serially each week until concluded.

A bulletin on Bush Fruits, No. 56, was published in 1907, but this has different parts of Canada.

The bush fruits treated of in this when used as wild fruit.

While the bush fruits are valuable all over Canada, they are particularalmost or quite to the Arctic Circle,

have been tried, and the results have cultivation recommended.

The Currant. in Canada as some other fruits, as few persons care for them when eaten water will not lie Furrous and canada as the good as that on the younger, it is best water will not lie. Furrows are opento depend on two and three year wood
by made into jelly and consumed by

water will not lie. Furrows are opento depend on two and three year wood
to bear the fruit. A little pruning on y a comparatively small proportion of the people. In the colder parts of Canada e. In the colder parts of Canada where other fruits cuttings are placel about six inches

do not succeed well the currant is apart on the smooth side of the furmore popular and is used much more generally. It is wholesome and reattention than it gets at the present may be opened with a spade.

Propagation.

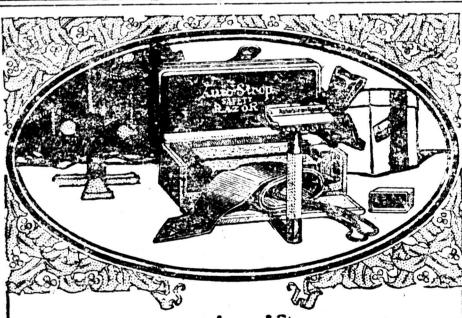
The usual method of propagating soil in order to get the best results. currants is by means of cuttings. The soil should also be cool as the These root very readily and good current is a moisture loving bush. The plants are obtained after one season's currant roots near the surface, hence growth. The best time to make theif the soil is hot and dry and crop will cuttings is in the autumn, as currants suffer. A rich well-drained clay

Believing that all farmers and fruit | begin to grow very early in the growers are interested, especially spring, and once the buds have swollen they cannot be rooted successfully. ing official information on farming Wood of the current season's growth is used. This may be cut early in the autumn as soon as the wood has ripened, at Ottawa from the end of August to the middle of September being a good time. They should be cut in as long pieces as possible, to save time in the field, and put in a cool, moist cellar or buried in the sand. If the cuttings can be made lat once it is best to do so. These been exhausted for some time, and are made by cutting the wood into until the present bulletin was com- pieces each about eight to ten inches pleted the demand for information long, although an inch or two more or was met by circulars giving brief rec- less is not much consequence. The ommendations of methods of cultiva- base of the cutting should be made tion and short lists of best varieties. with a square cut below the last bud. It is hoped that the present bulletin There should be at least half an inch will be found sufficiently exhaustive of wood left above the top bud of each to meet the needs of fruit growers in cutting, as there should be a strong growth from the upper bud, and if the wood is cut too close it is liable bulletin are the currant, gooseberry, to be weakened. A sloping cut is raspberry, blackberry, dewberry, and best for the upper cut as it will shed loganberry, although there are other rain better, but this is not important. kinds of bush fruits native to Canada When made, the cuttings should be which are not yet cultivated to any planted at once, which is usually the extent which have a local importance best plan, or heeled in. If heeled in they should be tied in bundles and buried upside down in warm, welldrained soinl, with about three inches ly useful in those parts where the of soil over them. The object of buryclimate is too severe to grow the tree ing them upside down is that by this fruits successfully. The currant, method the bases of the cuttings will gooseberry and raspberry grow wild be nearer the surface where the soil is warmer and there is more air, and well supplied in the far north can be they will callous quicker than if they well suplied with either the native were further down. The cuttings fruit or with the hardiest of the cul- should callous in a few weeks, and vated sorts.

Many varieties have been tested at thought advisable. Cuttings may be The black currant bears most of its the different Experimental Farms dur- kept in good condition over winter by fruit on wood of the previous season's stant worry to me. About three ing the past thirty years, so that it is heeling in or burying in the sand in possible to make lists of best sorts a cool cellar, or after callousing unways have a plentiful supply of onebased on long experience in most der a few inches of soil outside they year old health wood. The red and cases. Experiments of various kinds may be left there over winter if cov- white currants produce their fruit on I tried it and kept at it for exactly ered with from four to five more been summarized in the methods of inches of soil to prevent their drying two or more years of age, hence it is has entirely removed all trace of the out. Good results are obtained with important in pruning red and white tumor, and were it not that they had the least trouble by planting the cuttings in nursery rows as soon as they

Soil.

Currants should be planted in rich



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NO matter what kind of a ing it apart; above all, he will razor a man uses now, he be apt to boast of the way in which the AutoStrop blade removes his tough, barbed-wire beard (and he's secretly proud of that, you know) without the slightest pull or irritation. Every day of his life he will have reason to be grateful for his AutoStrop Razor — a gracious and continual reminder

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On Razors, Strops, Elades, etc., hereafter manufactured by us we shall apply the trade mark "Valet" in addition to the trade mark "AutoStrop" as an additional indication that they are the senuine products of the AutoStrop Safety Razor Co., Limited, Toronto, Canada.

loam is the best for currents, al-though they will do well in most soils. If the soil is not as good as it might be it should receive a good dressing of manure before planting, which should be well worked into the soil, the latter being thoroughly pulverized before planting is done. A northern exposure is to be preferred, as in such a situation the surrants are not likely to suffer in a dry time. Planting.

The best time to plant currents is in the autumn. If planted in the spring they will probably have sprouted somewhat before planting, and on this account their growth the first season will be checked. Where the soil is in good condition currants, especially the black varieties, make strong growth, and the bushes reach a large size, hence it is better to give them plenty of space as they will do better and are easier picked than if crowded. Six by five feet is a good distance to plant. If planted closer, especially in good soil, the bushes become very crowded before it is time to renew the plantation. Strong oneyear old plants are the best, but twoyear old plants are better than poorly rooted yearlings. It is better to er than is necessary, than to plant too err an the sideof plantin, a little deepshallow. A good rule to follow is to set the plants at least an inch deeper than they were in the nursery. The soil should be well tramped about the young plants to prevent danger of it drying out. After planting the soil should be levelled and the surface loosened to help retain moisture.

Cultivation. As the current, to do well, must have a good supply of moisture, culbe fairly deep in the middle of the should be quite shallow, as many of the roots are quite near the surface.

Fertilizers. Currants are heavy croppers if the soil is kept rich, hence, to maintain an abundant and regular supply of fruit of good size, annual applications or top dressings of manure, preferably well rotted, should be given. When only a light aplication of manthree hundred pounds per acre of cost of the grain was slightly reduced. muriate of potash should be very bene-ficial. Wood ashes also make a good fertilizer with barnyard manure. There is little danger of giving the currant plantation too much fertilizer. Unfortunately it is usually the other rants should be fertilized every year. Pruning.

The black and red currants bear most of their fruit on wood of different ages, hence the pruning of one currants to have a liberal supply of wood two years and older, but as the fruit on the very old wood is not so for this testimonial and you can use it may be necessary at the end of the first season after planting in order to begin to get the bush into shape. From six to eight main stems, or even less, with their side branches will, when properly distributed, bear a good crop freshing fruit and deserves much more number are to be planted a trench of fruit. Future pruning should be done with the aim of having from six to eight main branches each season and a few others coming on to take their places. By judicious annual pruning the bush can be kept sufficiently open to admit light and sunshine. A good rule is to not have any of the branches more than three limit the wood will be healthier, stronger growth will be made and the fruit will be the better.

When to Renew the Plantation. A currant plantation will bear a for, but if it is neglected the bushes lose their vigor in a few years. The grower will have to decide when to renew the plantation by the appearance of the bushes, but as a currant plantation can be renewed at comparatively little labor it is best to have new bushes coming on before the old ones show signs of weakness. At least six good crops may be removed with fair treatment, and ten or more can be abtained if the bushes are in rich soil and well care for. Where one has only a few bushes for home use they may be reinvigorated by cutting each of them down to the ground in alternate years, and thus obtaining a fresh supply of vigorous young

Black Currants

There are not so many black currants grown in Canada as red, but there is af steady demand for them, and it is believed there will be an increasing demand as they become better appreciated. The black currant makes excellent jelly, and the merits of black current jam have long been known.

Red and White Currants. The red currant makes excellent jelly, and its popularity is largely due to that fact. A large quantity of red current jelly is made every year in Canada. Red currants are used to a lesser extent for pies and as jam, and are also eaten row with sugar. As a fruit for eating out of hand the red currant is not very popular, but there are few fruits so refreshing and if it had less acidity more red currants would be eaten that way. The white currants are better liked for eating off the bush than the red as they are not so acid. The Moore Ruby and Early Scarlet are two red varieties, however, which are milder than most others, and for this reason are better adapted for eating raw than most. The red current does not vary as much in quality as the black.

Red currants will remain in condition on the bushes for some time after ripening, hence do not have to be picked as promptly as the black. (Continued next week).



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vious experience. Full

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Yeast Bake Book,

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E.W.GILLETT CO.LTD.

RICE POLISH.

It is not generally known that the rice grain of commerce, with its smooth, pearly lustre, has been artificially polished to give it this appearance, it being believed, rightly or wrongly, that the unpolished cereal tivation should be begun soon after would not command so high a price. planting, and the surface soil kept The powder or flour removed from loose during the summer. While the the grain in this process is called plants are young the cultivation may "rice polish" and possesses certain valuable properties. It contains less rows, but when the roots begin to fat and protein than rice bran, but a extend across the rows, cultivation higher percentage of starch. It is sometimes used as a stuffing material in the manufacture of sausage. A considerable amount of the polish made in this country used to be exported to Germany, where it was made into buttons.

Rice polish, when substituted for part of the cottonseed meal in a ration for steers, at the Agricultural Experiment Station, resulted in inure is given, the addition of two or creasing the rate of gain, while the

Rural Route No. 1. Mascouche, Quebec, Oct. 15, 1919. The Minard's Liniment People, Sirs-I feel that I should be doing a wrong if I neglected to write you. way, this fruit being often very much I have had four tumors growing on pure pine balsams, reaches all the neglected. When in full bearing cur- my head for years. I had them cut germs and destroys the disease. off by a surgeon about fiften years Every case of Catarrh, Bronchitis ago, but they grew again till about and Sore Throat can be cured by three months ago I had one as large Catarrhozone. The dollar outfit lasts and shaped like a lady's thimble on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a con- Kingston, Ont. spurs which develop from the wood two months, with the result that it

> as you see fit. (Signed) FRED C. ROBINSON. P. S.-I am a farmer and intend using Minard's Liniment on my mare for a strained tendon, and am hoping for same results.

> would be seen. I have not been asked

FRED C. R.

STRANGE LEASES.

For weird leases London would be hard to beat in some instances, says a correspondent. He dealt with houses lately which were for sale and found that the ground landlord was the Duchy of Cornwall, the leaseholder paying an annual ground rent of fourpence! And this fourpence years of age, and if kept down to this was sent every year in an envelope which cost twopence, and it cost the Duchy twopence to acknowledge receipt! "But there is a stranger lease in the north of London," he said, "some houses there are leased until the death of the Duke of Connaught. great many good crops if well cared There is no other date attached to the document."

Dragged Down by Asthma.. The man or woman who is continually perimental ride upon it. As the route subject to asthma is unfitted for his or her life's work. Strength departs | ed to run by its own momentum. Comand energy is taken away until life ing back it travelled by steam. The becomes a dreary existence. And yet grandee observed the journey attenthis is needless. Dr. J. D. Kellogg's tively. Asthma Remedy has brought a great change to an army of sufferers. It relieves the restricted air tubes and guards against future trouble. Try

SAYING IT WITH FLOWERS. If you consider her a wise girl, cay

t with sage. If you think her cold, say it with snow-drops.

If you desired to marry her, say it with a poppy.

If you know she has a sweet tooth. say it with candytuff. If she impresses you as a sad girl. say it with rue. If she is of a happy, joyous nature,

say it with gladiolas. Is she seems a prunes and prisms sort of girl, say it with primula. If you think her a sour, sharptongued old maid, say it with snapdragons, catnip and a century plant.

ment that troubles many ladies. Holblemishes without pain.

League of Nations to Geneva was carried into effect, the main body of the London by special train.



ALL MONEY DUE ON LOAMS WAS PAID EXCEPT A VERY SMALL PERCENTAGE.

It is announced that war veterans ettied on the land in Ontario under the Soldier Settlement Board plan have made payments of interests and principal amounting to \$220,772. The amount due on that date was \$222,-675. Seventy per cent. of the 1,145 soldier farmers, whose payments were due, promptly met their obligations amounting to \$125,045, and the balance was made up by 85 settlers who paid off their entire loans or a considerable portion of them in advance. The Soldier Settlement Board also has received interim reports from its generally meeting their payments promptly. The total amount received by the Board so far from this source is over one million dollars and expectations are that this figure will be considerably increased.

The large number of settlers who are repaying in full their stock and equipment loans, which run for six years, and their land loans, which run for twenty-five years, is a very satisfactory feature of the reports. Board officials express great satisfaction with results following the first due period that splendid progress is being made and that the great majordty of soldier settlers will make

‡ AWonderful Discovery **Cures Catarrh** Permacently

Formerly doctors prescribed stomach treatment for Catarrh and Bronchitis. They seldom cured and Catarrh has become a national disease. Today the advanced physician fights Catarrh by medicated air. He fills the lungs, nose and throat with the antiseptic vapor of Catarrhozone. It is easy then for Catarrhozone to cure. It contains the essences o two months and is guaranteed to

PHANTOM PARIS.

the most elaborate examples of camouflage which the war produced, says ed picture frame in which two angles a correspondent, was a plan to con- able house is named the "Pericarbeen cut fifteen years ago, no mark struct a phantom Paris on a spot dium," which means the membrane many miles from the capital to deceive German aviators and to attract the bombs which might otherwise kill hundreds of people. This scheme was about to be carried out when the armistice made it no longer necessary. The difficulties of execution were great. It was first of all necessary to find on the map places of which the general configuration resembled those of the places to be copied. For example, in order to stimulate the mass of Paris it was necessary to utilize a bend of the Seine like that which crosses the capital, but it was also necessary that the zones to be designated for enemy bombardment should be in localities having but few inhabitants.

RAILROADS IN PERSIA.

Persia has two railroads. One running from the Caucasus into Tabriz for Russian trade is not running. The other is a little 6-mile stretch running from Teheran to the buried city of Rai, which some enterprising Persian built and then became bankrupt. It was attempted to sell this line to a grandee who went for an exto Rai is downhill the train was allow-

"How did we run down?" he inquired.

Force of gravity," he was told. "We went down in eighteen minutes." observed the grandee. took us thirty-five to steam back. If the train runs more quickly without steam than with it I should be very foolish to buy it."

The Best Liver Pills.—The action of the liver is easily disarranged. A sudden chill, under exposure to the elements, over-indulgence in some favorite food, excess in drinking, are a few of the causes. But whatever may be the cause. Parmelee's Vegetable Pills can be relied upon as the best corrective that can be taken. They are the leading 'liver pills and they have no superiors among such preparations.

TRADE IN OLD NEWSPAPERS.

Some idea of the magnitude of the Warts on the hands is a disfigure- trade in second hand newspapers in the Sumatra East Coast is contained loway's Corn Cure will memove the in a report by Carl O. Spamer, consul of Medan. In 1915 the imports of second hand newspapers into Removal of the headquarters of the Sumatra were 1,597,878 pounds; in 1916, 744,591 pounds; in 1917, 1,036.-369 pounds; in 1918, 866,835 pounds; secretariat, numbering 200, leaving in 1919, 1, 225,649 pounds; in 1929. from January to May, 1,044,107 pounds. These newspapers are largely used by Chinese tradesmen for wrapping and packing goods for local delivery. The markets demand clean full-sized newspapers, without colored supplements, packed in bales of 250 kilos (about 550 pounds).

Graves' Worm Exterminator.

EASILY MAINTAINED THROUGH USE OF DR. WILLIAMS PINK PILLS.

There is not a nook or corner in Canada, in the cities, the towns, the villages, on the farms and in the mines and lumber camps, where Dr. Williams' Pink Pills have not been used, and from one end of the country to the other they have brought back to bread-winners, their wives and families and splendid treasure of new health and strength.

You have only to ask your neigh-bors, and they can tell you of some rheumatic or nerve-shattered man. some suffering women, ailing youth or anaemic girl who owes present health and strength to Dr. Williams other branch offices throughout the Pink Pills. For more than a quarter country, showing that its settlers are of a century these pills have been known not only in Canada, but throughout all the world, as a reliable tonic, blood-making medicine.

The wonderful success of Dr. Williams' Pink Pills is due to the fact that they go right to the root of the disease in the blood, and by making the vital fluid rich and red strengthen every organ and every nerve, thus driving out disease and pain, and making weak, despondent people bright, active and strong. Mr. W. T. Johnson, one of the best known and most highly esteemed men in Lunenbury county, N. S., says:- " I am a Provincial Land Surveyor, and am exposed for the greater part of the year to very hard work travelling through the forests by day and camping out by night, and I find the only thing that will keep me up to the mark is Dr. Williams' Pink Pills. When I leave home for a trip in the woods I am as interested in having my supply of pills as provisions, and on such occasions, I take them regularly. The result is I am always fit. I never take cold, and can digest all kinds of food such a swe have to put up with hastily cooked in the woods. Having proved the value of Dr. Williams' Pink Pills, as a tonic and health builder. I am never without them, and I lose no opportunity in recommending them to weak people whom I meet."

Dr. Wililams' Pink Pills should be kept in every home, and there occa-sional use will keep the blood pure and ward off illness. You can get these pills through any medicine dealer, or by mail at 50 cents a box or six er, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville Ont.

A HOUSE OF HEARTS.

"A hearty" home is that of the wife cure; small size 50c; trial size 25c, of a doctor in California. The tables, all dealers or Catarrhozone Co., chairs, etc., in fact, all the furniture of the peculiar house, is heart-shaped? The owner's bed has a heart-shaped headboard supported on both sides by pedposts carved to represent Cupid's Perhaps the strangest as well as arrow. The heart-shaped breadboard is decorated with a heart-shar embrace each other! The remarkenclosing the heart and the great blood vesseles.

No better protection against worms can be got than Miller's Worm Powders. They consume worms and reader the stomach and intestines untenable to them. They hear the surfaces that have become inflamed by the attacks of the parasites and serve to restore the strength of the child that has been undermined by the draughts that the worms have made upon it, and that their operation is altogether health-giving.

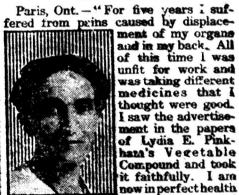
It Makes New Friends Every Day. -Not a day goes by that Dr. Thomas' Eclectric Oil does not widen the circle of its friends. Orders for it come from the most unlikely places in the west and far north, for its tame has travelled far. It deserves this attention, for no oil has done so much for humanity. Its moderate cost makes it easy to get.

Necessity for the introduction of a proper telegraphic and telephonic system throughout the Highlands and Lslands is urged in a report of the Rura' Transport (Scotland) Committee just is**sued**.

California was believed by the early Spanish explorers to be an island of

SUFFERED FIVE YEARS

Finally Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.



ment of my organs and in my back. All of this time I was unfit for work and was taking different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and took it faithfully. I are now in perfect health. and do all my own work. I recommend

it to others, and give yet permission to publish this letter in your little books and in the newspapers as a testimonial. -Mrs. D. Cassady, Box 461, Paris, Cat. Why women will continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound!

For forty years it has been the stand-For forty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn Maga Vine latter with

A safe and sure medicine for a child dential), Lynn, Mass. Your letter will troubled with worms is Mother be opened, read and answered by a Graves' Worm Exterminator.