

Talks

Ventilated Rooms and
See It a Practice to See
Their Health Habits;
Progress in Home and

the health and physical con-
dition of the children, but a chance is
given to teach them to eat
not to bolt their food down,
but to eat it well and so put no
load on the stomach in trying to
eat food for digestion. There
is an opportunity for the
demonstration to the pupils
of cleanliness in the
preparing and serving of
general hygienic surround-
ings should be shown prom-
inently, and why it should
be most important food pro-
cess why one kind of food is
better than another from a
point of nourishment. Little
is brought home to children
easily and readily than for
in the long the brain
and has not developed
prejudices that often are
formed late in life.
In-day school meal also, a
could be told the chil-
dren, these essential
elements in natural
food, however far back in
time as they are found in
such as fresh milk, fruits,
and vegetables.
to see what good results
expected from such a mid-
dle little talks to the chil-
dren. This feature
is much a necessity in rural
the blackboard and chalk,
and, however far back in
time as they are found in
such as fresh milk, fruits,
and vegetables.
to see what good results
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dle little talks to the chil-
dren. This feature
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time as they are found in
such as fresh milk, fruits,
and vegetables.

Pure, Clean, Preserved & sold only in Sealed air-tight packets to preserve its native goodness.

"SALADA"

Used in Millions of Tea-Pots Daily

BUSH FRUITS AND THEIR CULTIVATION IN CANADA

(Continued from last week.)

Description of Varieties of Black Currants.

Eoskoop (Giant).—Fruit large to very black; skin thick; pleasantly tart; good flavor; quality good. Season medium late. This is a comparatively new sort from Holland. The bush is a strong grower, but in Eastern Canada it has not proved so productive as some others. Where the currant maggot is troublesome this variety has not been so much affected as the other varieties.

Buddenberg.—Fruit large to very large in medium bushes; black; skin thick; pleasant subacid; good flavor; quality good. Season late. This variety was first imported from England to the Experimental Station, Agassiz, B.C., and has proved the most productive of the very large fruited varieties at Ottawa. Worthy of more extended trial.

Champion.—Fruit medium to large in small bushes; black; skin thick; subacid; and of good flavor; quality above medium. Ripens unevenly. Season late. A medium grower. Has been grown to a large extent commercially in Ontario, but is not so productive as some others.

Climax (seedling of Black Naples seedling).—Orig. Wm. Saunders, London, Ont.; transferred to Experimental Farm, Ottawa, 1887. Fruit above medium to large in large bushes; skin moderately thick, fairly tender; bristly subacid, and of good flavor; quality good. Season medium to late. Bush a medium to strong grower and very productive. This has proved one of the best of Dr. Saunders' black currants, and on account of its great productiveness and good quality would be tested by all growers of black currants.

Clipper (seedling of Black Naples seedling).—Orig. Wm. Saunders, London, Ont.; transferred to Experimental Farm, Ottawa, 1887. Fruit above medium to large in large bushes; skin moderately thick, tender; bristly subacid and of good flavor; quality good. Season medium to late. Ripens somewhat unevenly. Bush a strong grower and productive. This is a good variety.

Collins Prolific.—Fruit mostly large in large bushes; skin thick; acid; quality medium. Season late. Ripens rather unevenly. Bush a strong grower and productive. Not so good in quality as some others.

Blagie (seedling of Black Naples seedling).—Orig. Wm. Saunders, London, Ont.; transferred to Experimental Farm, Ottawa, 1887. Fruit medium to large; skin thick but tender; bristly subacid; quality above medium. Season medium to good. Bush a strong grower and very productive. This variety and Climax are, perhaps, the most outstanding commercial varieties of Dr. Saunders' black currant seedling.

The Kerry is proving a very valuable variety to those commercial growers who have tried it because of its great productiveness combined with good size.

Lee (Lee Prolific).—Fruit medium to large; skin rather thick; bristly subacid; quality above medium. Season medium. A strong grower, but only moderately productive as compared with the best of the Saunders seedlings.

Magnus (seedling of Black Naples seedling).—Orig. Wm. Saunders, London, Ont.; transferred to Experimental Farm, Ottawa, 1887. Fruit large; skin rather thick; subacid, good flavor; quality good. Season medium. A strong grower and very productive. A good variety because of size of fruit, quality and productiveness.

Merveille de la Gironde.—Fruit medium to medium in size in medium to large bushes; skin moderately thick, tender; bristly subacid, good flavor; quality good. Season medium to late. Ripens more evenly than some of the other varieties. One of the best in quality but rather small. Has done well at the Lethbridge Experimental Station.

Naples.—Fruit medium in size in small bushes; skin thick; bristly subacid; quality medium to above medium. Season late. A medium grower. Not nearly so productive as seedling of Saunders seedlings.

Saunders (seedling of Black Naples seedling).—Orig. Wm. Saunders, London, Ont.; transferred to Experimental Farm, Ottawa, 1887. Fruit

acid. Season medium. A moderately strong grower, spreading and productive. Hardier than most of the larger fruited varieties.

Red Dutch.—Fruit small to medium in long, well-filled bunches; bright scarlet; acid; quality medium. Season medium. A strong, moderately spreading grower and very productive. One of the hardiest and most productive.

Red Grape.—Fruit medium to large in bunches of medium length only about half filled at Ottawa, scarlet; acid; quality medium. Season medium. A strong, upright grower, productive and very hardy. The variety London Red cannot be distinguished from it. The foliage of Red Grape is not so subject to leaf spots disease as most others.

Stewart.—Orig. Minnesota. Fruit medium size; scarlet; acid; medium vigor. Season medium. This has done very well on the Prairies where it has proven one of the hardiest. The foliage of this variety is particularly healthy.

Versailles (seedling of Cherry).—Orig. M. Bertin, Versailles, France. Fruit large to very large in long bunches usually about two-thirds filled at Ottawa; deep scarlet; acid; quality medium. Season. A moderately strong grower. Not productive at Ottawa where fruit buds are winter-killed. Very similar to Cherry as grown at Ottawa.

Victoria.—Fruit medium to almost large in medium to long, well-filled bunches; bright scarlet; quality medium. Season medium. A strong, moderately upright grower, productive. This is one of the best varieties for colder districts, being hardy, good size, and the fruit averaging a good size.

Wildier (seedling of Versailles).—Orig. E. Y. Teas, Irvington, Ind. Fruit large in long, well-filled bunches; bright scarlet; pleasantly acid; quality above medium. Season medium. A medium to strong upright grower. Very productive in some places, but is too tender in fruit bud at Ottawa. (Continued next week.)

WOMAN'S BEST LAXATIVE

Proved Every Day That Dr. Hamilton's Pills Are Just Right for Woman's Ills

Little wonder woman suffers so much from constipation. She is taking medicine, continually puts off of course a woman's system is delicate, is easily injured by drastic purgatives. Bitter experience with harsh medicines makes her cautious, and to her great injury, chronic sluggishness of the system is permitted.

Few pills are suited to the actual needs of woman—they are too strong. But there is a good woman's laxative, and it combines mildness with thoroughness of activity—it is known to the people of many nations as Dr. Hamilton's Pills, which never give, never cause nausea and are safe to use no matter what the conditions of strength or circumstances of health may be. A naturalness and regularity of the system, so important to every woman, is quickly acquired by the regular use of Dr. Hamilton's Pills.

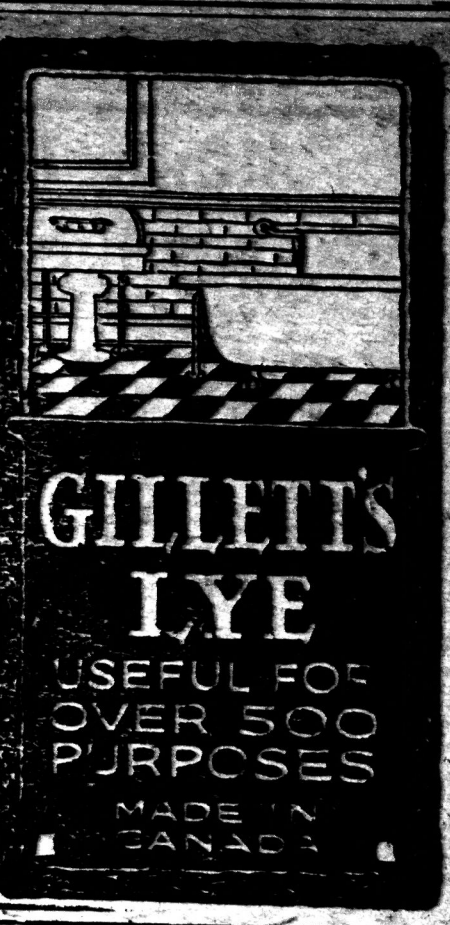
A health-bringer, as a tonic laxative, as an all-around medicine, there is positively nothing so efficacious as Dr. Hamilton's Pills of Man Drake and Butternut; 25c per box, at all dealers.

HILL 60 TO BE HOTEL.

"Hill 60" is a scene of many of the terrible minor engagements fought in the Ypres salient, has been sold to an English company, which proposes to erect a hotel on the site for the convenience of visitors to the Ypres salient. Little now remains of the hill, which was destroyed by mines and continuous bombardments which went on from the beginning of the first battle of "Hill 60" in April, 1915, to the end of the war.

THE OLDEST MAN LIVING.

If asked about his corns would say it didn't bother him because he always used Putnam's Corn Extractor. For fifty years "Putnam's" has been the favorite because painless and reliable. Try only "Putnam's," 25c at all dealers.



DO YOU BELIEVE IT?

War stories are very prevalent just now, but one of the best is provided by a young veteran in Brockport, Eng., who has pretty well circumnavigated the globe on two or three occasions. Among other places where he has seen service was with Kitchener in the Sudan, and he tells a very interesting story of what is probably the most wonderful "instrument" that has yet been invented. As the battle of Omdurman the native women followed up their troops, carrying sacks of stones for slings, babies on their backs, and other impediments. When the natives' attack was turned back, and they faced about for the retreat, our Britishers were astonished to find the field covered with babies who had been thrown away in the flight. Our local humorist, finding that there was a great variety of musical tones displayed in their wails, picked out a suitable eight, set them up on a piano, and by a little encouraging, obtaining a complete octave from which, by gentle pushing, he got a variety of music.

DOES YOUR EARS RING? HAVE YOU CATARRH?

A buzzing noise in the head is the beginning of chronic Catarrh. If not checked the results is deafness. A simple remedy that many physicians advise is to slowly inhale Catarrh-ozone a few times each day. The soothing vapor of Catarrh-ozone cures the Catarrh, condition, and hearing is restored. Head noises, buzzing ears are cured. For Catarrh, deafness, throat, nose and lung Catarrh, there is probably no remedy so efficient. The large one dollar outfit lasts two months and is guaranteed; small size 50c. Sold everywhere by dealers, or The Catarrh-ozone Co., Kingston, Ont.

ORIGINAL HUMAN BEINGS IN CHINA.

The western part of Sze-chun Province, China, might well be called the Museum of the Human Race, the as yet undiscovered happy hunting ground of the ethnologist and physiognomist. Here are to be found the surviving remains in the most human struggle for existence that has ever taken place. For lack of a better term, we call the "Tribesmen." The Chinese call it "The Eighteen Nations," but it is believed that there are several times as many as this. Each under its own king, council, or feudal lord, independent of each other, and in whose borders they dwell. Among the tribesmen are found representatives of the black, yellow and white branches of the human family, and some of them, especially the dwarf peoples, are believed to be of very ancient origin.

A MOTHER'S ADVICE

Once a mother has used Baby's Own Tablets for her little ones she is always happy to recommend them to others. Her advice, given after a careful trial, can be readily followed with assured good results. The Tablets are a mild but thorough laxative which never fails to regulate the bowels and loosen the bowels. It is always good—never causes pain or discomfort even to the youngest babe. Concerning them Mrs. P. Laforest, St. Nazaire, Que., writes: "For three months my baby was constipated and cried continually. On the advice of a friend I gave him Baby's Own Tablets and now at the age of five months he is perfectly well and weighs twenty pounds. I am delighted to be able to advise other mothers to use them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CHILE'S BUSINESS METHODS CHANGING.

At present, according to a consular report, Chile is passing through a transition period as regards both advertising and merchandising. Methods borrowed from the United States are being adopted.

Comfort for the Dyspeptic.—There is no ailment so harassing and exhausting as chronic indigestion, arising from defective action of the stomach and liver, and the victim of it is to be pitied. Yet he can find ready relief in Farnelle's Vegetable Pills, a preparation that has established its merit by years of effective use. These pills are widely advertised as the greatest ever compounded, but not one of them can rank in value with Farnelle's.

Advice to Girls

By ROSALIND

Dear Miss Rosalind—

I am now twenty-five years of age and have been keeping company with a young man of almost the same age, only several months older—far a year ago we had a fall-out which lasted some months, then we made up friends again and intended, as was his wish, that as soon as his one sister was married we would get married too, and she has now been married for a couple of months and he has never mentioned anything about getting married yet; also the last time I saw him he seemed rather distant to me, and seemingly he is rather falling in love with my sister, who is not as old as I am. Now Miss Rosalind would you please tell me whether it would be proper for me to ask him what his intentions were? or do you think it would be out of place if I have a good position, but I feel that I am wasting my time living like this, as I never know what minute he will turn back from me when I would be left as I think he is the only man I could be happy with.

During my fall-out I had several opportunities to get married, but would not accept them as I felt I did not love them, but this young man I dearly love and to not win him would break my heart. Would you please give me your advice how I could find out whether he really intends to marry me or not, as I am worried terribly. Hoping to see your advice soon.

WORRIED ELIZABETH

Dear Elizabeth—

In the first place, Elizabeth dear, stop worrying! Don't you know that worrying will bring wrinkles and a strained anxious expression which is not at all becoming. And you would think to hear you talk that twenty-five is fifty-eight. You are just reaching the time when a girl can make herself really entertaining and charming and when she can look her best. You just make up your mind to look so nice and act so prettily that your young man will sit up and take notice. After eight years of loving him and waiting his beck and call he is too sure of you altogether. Just make him a little anxious about whether you want him or not and he'll step lively.

ROSALIND

Dear Rosalind—

I am twenty-one years of age, and would like to ask your advice concerning one or two questions which are puzzling me.

I have been reading "Advice to Girls" and am of the opinion that your advice is quite worth while.

I have been working in Toronto the past year, and led quite a lonely life since my mother and my few acquaintances in the city. There was a vacancy in one of my home town offices, and I returned in June to take the position as I would be once again at home and in the midst of all my friends.

I was fairly craving for a jolly time as I had taken no part in frolics of any kind since going to the city, and intended having a good time when I settled here. You will understand that I have been deeply disappointed or perhaps not being writing for advice.

The girls and boys have their steady chums, and I do not care for the others, and perhaps I couldn't have them if I did. I do not know. I shall tell you my ideal if you care to listen and then you can tell me if I am too particular as mother says: I do not like any one that smokes, drinks, chews, or is indifferent to religion. I cannot understand whether it is because I do not keep the conversation lively or what it is that keeps every one so distant. I also have the feeling that if I did confide in some one of those whom I would like to trust, they would only betray the confidence. I am judging them from what they tell me of others. One more thing I do not know if I am too sensitive of hurting other people's feelings, but I do not think one can be. Please advise me.

I trust you will pardon me for taking up so much of your time and hope to see your helpful answer in "Advice to Girls."

JUNE

I consider your letter very thoroughly worth while; and it is the kind of letter I love to get. When something is really causing one of "my girls" and I happen to want to know about it and do what I can to help. Some times the help is just understanding and sympathizing, sometimes it is of practical value. But always I am here to listen, and that is something. You cannot always open your heart to your family and friends, but you always can to me in a letter. It is easier for you when you know I will not betray your confidence. Now to come back to June and her very real problem. When you were away, June, you were lonely and a bit homesick and your ideal of home and its surroundings grew more beautiful and attractive every day. In fact, your ideal grew lovelier than the real thing and when you came back you suffered with disappointment.

It is always that way, June. It will be necessary for you to adjust yourself to make the best of things as you find them.

It is possible and altogether likely that you have grown away from your home-town friends during your absence; and they may just think that you do not care for them or their methods of amusement.

Your ideal cannot be too high; your aim too lofty; but my dear, do not let your ideal stand in the way of practical living. Adjust it to meet the demands of every day happiness. For example: supposing a young man in town is attracted towards you and wants to become a friend. He is a fine, really nice, intelligent and easy-going fellow. He has heard that you are a beauty, and he stays away, and yet

A TONIC FOR THE NERVES

THE ONLY REAL NERVE TONIC IS A GOOD SUPPLY OF RICH, RED BLOOD.

THE SPELL OF THE WITCH DOCTOR.

In the twentieth century, according to the report of Forward movement survey there are approximately 120 million people in Africa held in abject fear through the hundreds of thousands of witch doctors who alone are believed to have the power of "spelling out" the evil spirits. The theory of the African native regarding disease is that an enemy casts a spell which enters the body, and it must either be spelled out or cast out, and this is done by the use of such charms or prescriptions such as that cited which often kill before they have the opportunity of proving their curative powers. The natives of South Africa, the survey finds, depend entirely on witch doctors and herb doctors. For 8 1/2 million native people there are only twenty-three missionary doctors and nineteen nurses. Scattered among the millions, this little band of workers accomplishes wonders. But the sway of the witch doctors is practically unaffected.

ALCOHOL AS A MOTOR FUEL.

Alcohol alone is not suitable for use in existing types of high-speed internal combustion engines, such as are used in motor cars, but mixed with an equal part of benzol it forms an excellent fuel for this purpose.

TWO GREAT EARTHQUAKE BELTS

There are two earthquake belts which encircle the world. One of them runs through the Mediterranean region and Asia Minor to the Himalayas and beyond, crossing the Pacific to Central America and the Caribbean.

The other encircles the Pacific Ocean, running northward along the Andes in South America, following the west coast of North America, continuing on by way of the Aleutian chain to Kamchatka, and passing through the Japanese Islands to the Philippines and New Zealand.

The two belts cross each other in the Andes and in the western Pacific. Within them occur 94 per cent. of all the earthquakes recorded on the terrestrial globe.

Fresh Supplies in Demand.

Whereas Dr. Thomas' Eucalypti Oil has been ordered, showing that wherever it goes this excellent Oil impresses its power on the people. No matter in what latitude it may be found its potency is never impaired. It is put in most portable shape in bottles and can be carried without fear of breakage.

ENCOURAGES INFECTION.

Dr. Eric Pritchard suggests in "The Practitioner" (London) that eating too much carbohydrate material makes persons susceptible to infectious diseases. This is important to mothers of young children, as let means that they should restrict the quantity of starchy and sugary foods that their offspring eat.

The Proven Asthma Remedy.

Since asthma existed there has been no lack of much heaped remedies, but they have proved short lived and worthless. The ever-growing reputation of Dr. J. D. Kellogg's Asthma Remedy has given it a place in the field of medicine which no other can approach. It has never been pushed by sensational methods, but has simply gone on effecting relief and making new converts.

The new casein glue made by the United States Forest Products Laboratory is so strong that when ply wood is made with it this withstands after boiling for eight hours a shearing strain of 180 pounds to the square inch.

The world's largest ruby mining centre is in Upper Burma, India.

Minard's Liniment For Cuts, etc.