FOR SPORTS WEAR

Many Fashionable Creations and

Startling Novelties Are Introduced.

SILK SMOCKED MIDDIES

Are Worn With Floppy Brim-

med Leghorn Sun Hats-

Yokes Are Featured.

Sports clothes provide any amount of material for discussion this spring for the obvious reason that they have never been more interesting, and cer-

tainly never more up-to-date. There

are many shockingly ultra fashionable

creations being launched and there are

creations being launched and there are many startling novelties—in riding togs as well as bathing costumes—but there are also a host of attractive designs of the sports variety quite suitable for every day wear. The la jerse suit especially made for sporting wear has already been adopted by smart dressers as a substitute for the tailored two-piece costume; full striped skirts and pretty silk smocked middies are worn with floppy brimmed leghorn sun hats for many informal occasions, and the vogue of the sport skirt, tailored waist and loose coast is now a long established one. At present the cretonne skirts in all the latest cuts featuring yokes, belts and unusual pockets with big flaps buttoned down, are worn, with silk or wool sweates coats in harmonizing colors.

They Prevent Snow and Ice

From Melting Rapidly and

Torrents Are Controlled.

cones and mosses.

This duff varies from one to six feet in thickness, and has the power of absorbing and holding water like a sponge. During the heavy spring rains it becomes thoroly saturated with water, which gradually cozes down the mountain sides into the streams in summer. The trees also protect the snowfall from the rapid action of the sun in spring, thus restraining floods from that source also.

The protection of the forests therefore is the surest and safest way in which to prevent destructive inundations. They are really natural storage reservoirs, not holding back great masses of water in bulk, which may be released by the breaking of some dam, and carry terrible destruction before them, but storing it in the capillaries of the spongy soil and yielding it gently and continuously during the season when most needed.

STORING BUTTER.

The most satisfactory way of keeping butter for home use is to pack it in a stone jar or crock. If the crock is thoroly scalded before any butter is put in and a small quantity of weak brine is poured on top of the butter it practically prevents change. In fact, butter is often kept for several months submerged in weak brine. This seems

merged in weak brine. This seems to prevent the rapid decomposition of the volatile fats which occurs when butter is held in print form.

ing the soil began to come into general practice in England at the end of the eighteenth century.

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WORLD

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GED STOCK.

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LY MAGAZINE PAGE FOR EVERYBOD Secrets of Health and Happiness

Why Fatigue Is Actually An Open Sesame to Disease

By DR. LEONARD KEENE HIRSHBERG A.B., M.A., M.D. (Johns Hopkins University)

COME men seem never to tire, no matter to what exertions they put their bodies. Yet there must be a limit to all human endurance. True, enough, nost persons, upon receiving a new stimulus from pleasure, music, food, drink, mental excitement or some sudien emergency, will cast exhaustion to the winds and leap with untired energy into the new situation. The fabric of your frail tissues seems really to be independent of the tired feeling. Fatigue, it seems, can be shaken off

The effect of fatigue upon the entrance and growth of infectious germs in your anatomy is startlingly real. When such scourges as the plague, cholera, typhus and other epidemics occur, those who have played or worked to muscular excess and mental fatigue fall victims more easily than others who are more rested. Experiments prove that even such a The animals were also divided into four

Experiments prove that even such a gentle quadruped as the horse, if overworked and exposed to contagion, succumbs sooner than animals less severely called upon in labor.

Some Practical Demonstrations.

In typhoid fever, tuberculosis, "colds," pneumonia, bone disease and heart disorders, fatigue seems to share with bacteria an essential place as an important cause of the invasions.

From the world war came the reports of German and English military surgeons that fatigue induced by forced fighting and severe marches is largely responsible for dysentery and similar infections that untired men dety.

If white rats, stray cats or mice are made to run in a squirrel's cage for several hours until thoroly tired, a small injection of a man'ssalivaor a few anthrax microbes will soon lax defer inoculation of the typhoid germs.

The animals were also divided into four gloups.

One of the groups was made to feel worn out by electric shocks given during the week beforehand. Another group was shocked just a day prior to the injection of germs, a third was fatigued thus after inoculation, while the fourth group was left at rest.

Avoid Getting Overtired.

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Avoid Getting Overtired.

The weight of the animals, the state of their blood, the health and the duration of life were all studied. Following are the results:

All those subjected to muscular fatigue died.

Those of the tired creatures that were fatigued during or after the injection lived longer than those that had been previously fatigued.

The decrease in weight was excessite in those that were made to tire after the inoculation of the typhoid germs. nade to run in a squirrel's cage for several hours until thoroly tired, a small injection of a man'ssalivaor a few anthrax microbes will soon lax them up in the animal's hospital.

small injection of a man'ssalivaora few anthrax microbes will soon lax them up in the animal's hospital.

Not so, however, their brother rats. Those that did not work devoured dirt and germs with impunity.

Electricity has been used by Dr. De sandro of the University of Naples as a means of tiring yellow dogs, rabbits and other creatures. Typhoid germs were then inoculated in these animals, and as equal number of rested animals.

Diary of a Well-Dressed Girl

How She Transformed a Dance-Frock Into a Neglige

spend a few weeks in absolute quiet and rest.

Dad and mother backed Aunt Katheryn's plan to carry me off, and I'm to drop everything and be ready to sail sway rext week.

My aunt-of-the-iron-will gave me strict orders to leave all "fussy" clothes at home and to have a new riding habit made, as she thought mine was rather shabby.

In looking over my negligees I found that they were decidedly the worse for wear, and that I'd have to make one to take away with me. Since most of the time is to be spent in resting an attractive negligee would be the most important part of my outfit.

I hunted thru the boxes of materials in the sewing room, but there wasn't anything appropriate for a negligee. I saw that I would have to take one of my dance frocks or buy new materials for a dance frock later on and nake over my pink chiffon and taffeta into a negligee. It never was particularly becoming anyway.

The foundation of the frock was of seftest pale pink taffeta, and since it wasn't a bit soiled I didn't need to do a thing to it. With the overdress, however, it was a different story. The chifton had been draped and bunched up until it was a mass of wrinkles and marks from the stitching. I had to press it several times, using a dampened cloth, lefore it was fit for use.

From it I cut a full semi-circular skirt and stitched the sqeams together by

UNT KATHERYN has "taken me in hand." She insists that I've been overdoing myself and need rest. No girl, she says, can afford ook fagged-out and pale these days in there is so much competition for ularify. So she ordered me to pack and be ready to leave for the sunny thands, where she has high a high a high control of the sunny thands, where she has highed a high control of the sunny thands, where she has highed a high control of the sunny thands, where she has highed a high control of the sunny thands, where she has highed a high control of the sunny thands, where she has highed a high control of the hem I used a five-inch band of taffeta, gathered the top, and she will be supported to the foundation.

Then I drew a wide band of the taffeta about the wait, so that it formed a very high girlle. Above it I used soft folds of flesh-colored tuile, both back and front.

GOT THE JOB. "Aren't you the chap who applied here a week ago for a position as

"Yes, sir."
"And didn't I tell you I wanted an older boy?"
"Yes, sir; that's why I'm
now."

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Young Walter strutted into the corner grocery store and called out:
"My mother wants two dozen eggs exactly like the ones she got yester-day. If they ain't exactly like those she won't take 'em."

Color in Rhode Island Reds

In spite of preachings, demonstrations and scientific essays on color, the opinion still prevails that the dark, blood-red color is the highest color and the one to breed for, because most of the awards are placed on such birds. But listen: The dark birds are not placed in the awards because they are dark birds; that idea is entirely wrong. The dark birds are only so placed because their color compiles with the only definite standard requirement on color, namely, "an even, harmonious shase from head to tail."

Stick a pin in this and read it over a few times: Dark birds are simply a part of the general evolution of the breed, by which nature is assisting the fancier and sreeder in his search for the perfect Rhode Island Red color. I have written at length on pigmentation, color relations, etc., in past articles, which I take for granted have been duly considered by iny readers. Let us for a space consider color values in the different shades, that we may in a measure satisfy ourselves as to what we are looking for, and, I may say, that which we have not as yet attained, namely, the true and perfect shade of red for the breed.

wounded, and it is remarkable how they know the dead from the unconsolous," says a nursing sister with the Dardanelles force. "When they find a living man they give a low mournful howl to fetch us. We don't let them out till the battle is over and sometimes."

as soon as the land can be well pre-pared, rake the seed in well, and roll lightly.

Never use lime on land where straw-

Then I drew a wide band of the taffets about the waist, so that it formed a very high girdle. Above it I used soft folds of flesh-colored tulle, both back and front.

The skirt of the dance frock had been trimmed with a lace flounce, and from it I made the dearest little lacket! It extends a trifle below the waist-line in front and gradually grows longer toward the back. The short sleeves I trimmed with frills, and tucked a tiny French flower here and there on the lacket.

There was enough lace left to make a cap. I shirred it to form and fit the head snugly. Then I trimmed the top with a butterfly bow of palest pink ribbon, and ornamented the crown with lace and French posies.

I guess I am very tired, for tonight I made one blunder after another while playing for Dad. The bungalow in the pines will surely be a "lovesome spet."

Therefore your conclusions are that the surface would have to be of a brighter red, a few shades lighter than

Therefore your conclusions are that the surface would have to be of a brighter red, a few shades lighter than the dark color to match the undercolor, which would mean a red color of greater value, because of the surface and under color being of one shade.

Again the query: Has such a bird ever been produced? Most assuredly, and the future will witness many more, until syontually they will be the rule, because they represent the highest point in this evolution of color; and, further than this, such color will carry black flights without peppering in males, and females free from peppered shoulders, for the very good reason that continued breeding in line for pure red has converted the black and hidden it in the red coloring, with the exceptions aforementioned, as to the stronger and larger feathers calling the black pigment. This color is the bright, rich, bay red, which is the delight, as well as the despair, of every true Rhode Island Red breeder.

ST. BERNARD DOGS AT THE

"The Red Cross St. Bernard dogs are a great help to us in finding the times we can't tell exactly where they have found the man, so when no one goes to them they come to us carrying the mans cap, which lets us know whether he is a Turk or a Britisher, and they lead us to the very spot."

condition, thoroly wet the plants and either heel them in or put them in a cool, moist cellar for a few days. A good lawn is secured by sowing a thoroly well prepared, rich soil with 42 pounds of pure Kentucky blue grass, 5 pounds solid redtop and 3 pounds of white clover per acre. Sow

When blight attacks pansies remove all the affected plants and burn them, and stir lime and sulphur into the soil about the remainder of the plants. If the blight continues it is better to take up all the plants and burn them, covering the bed with lime and sulphur Start a new bed elsewhere, first scattering lime and sulphur liberally upon its When blight attacks pansies remove

Ringing fruit trees is recommended by some agriculture and fruit publi-cations. Unless the trees are to be ruined do not indulge in ringing.

It is surprising how much fruit can be had from a small strawberry patch properly cared for, and for flavor no store berries ever compare. Try planting strawberry beds of the best

berries are to be planted. For ferti-lizer use acid phosphate in small quantities.

Peruvian guano contains nitrogen,

-By Will Nies SPRING



SPRING is the great beginning! It's the time when seeds ripen and vegetation begins to sprout. It's the hour of budding trees and blossoming plants, the minute when butterflies wake from sleep in the cocoon, spread their wings and fly away into the world filled with sunshine. But spring is not only a time of TEAR—it's also a time of LIFE. Youth is springtime—the BEGINNING of life. This is why we speak of a girl just blossoming

into young womanhood, as a BUD. SHE is the blossom of her spring—at once the beginning and the fulfillment of PROMISE!

When does spring begin? Swing down the welcoming road, whistle the miles away, and if you're the RIGHT sort you'll find spring at every turning of the winding way. The wrong sost will NEVER discover it. You see, spring comes from the HEART, Each heart carries its PROMISE within itself.

he advised me to have my tonsils adenoids removed. Would I lose voice if this is done?

A.—This is not a serious operation, and people have it performed every day. I see no reason why you should lose your

E. H. H.. Hamilton, Ont.: Q.—Kindly advise what I can do for my hands. In the fall and winter they crack, sometimes almost a quarter of an inch deep.

A.—Bathe the hands in glycerine. This s due to a deficiency in the thyroid and ther glands.

L. B., Toronto, Ont.: Q.—The gums on the front teeth bleed easily and are shrinking away from the teeth. What can I do for this?

Answers to Health Questions

BY DR. HIRSHBERG.

2. What will remove it?
3. Kindly advise how to remove large veins on the back of the hands. A.—1. A person with superfluous hair is born with the hair roots in that particular part of skin.

2. Use a little of the following about

A Lady, Toronto, Ont .- Q. - What is -A.—I do not discuss advertised reme-lies in the paper.

S.G., Toronto, Ont.—Q.—Kindly advise a remedy for a child who has the bad habit of wetting the bed.

A.—Faulty training of mothers before the child is a year old is responsible for this bad habit. Operations are inadvisable. Patience, persistence and close attention, with exercises to tone up the muscles and education of the will power, will effect a cure in a length of time. The child should sleep on a cool hard bed and have plenty of outdoor exercise. He should sleep in a cool, clean, linen night shirt. . . .

Miss Seventeen. Toronto, Ont.: Q.—Kindly advise what causes perspiration of the body and feet even in cold weather and what I can do for this condition.

2. Kindly advise what will remove dandruff from the scalp.

Making

Money

2.—The scaly disks of dandruff may be removed by washing the scalp either with cocoanut oil and water or castile soap. Then the surface may be treated with the following lotion: Precipitated sulphur, %-ounce to four ounces of distilled water. Rub in gently after a thoro shaking with a little brush, and see that the bristles reach the scalp. On account of the odor of the sulphur it is advisable to use it at bedtime.

H. S. R., Toronto, Ont.: Q.—Kindly advise what will promote the growth of hair on the upper lip. I am trying to raise a moustache, but the best I can do, however, is a baseball one—that is, nine to a side.

A.—A frequent shaving of the part where hair is desired is the best way to promote growth. Massage will also help.

A Constant Reader, St. Catharines, Ont.; Q.—I am only 19 years old, but have not the natural vigor and energy for a person of this age. My eyes feel heavy and my tongue is coated.

A.—Eat plenty of green vegetables, spinach, rice, water cress, young peas, vegetables with salad oil, figs, cereals, stewed pears, prune juice, prunes, carrots, fresh fruits and dried fruits. Sleep at least 10 hours in the 24 in a well-ventilated room and be outdoors in the fresh air and sunshine as much as possible. Take six charcoal tablets after meals, a tablespoonful of milk of magnesia before meals and a wineglassful of olive oil about half an hour after meals. The coating on the tongue is caused by not chewing your food properly. Esthing you put in the mouth must be chewed forty or more times. It must be liquid soft before it is swallowed into the stomach.

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The Amateur Gardener

VERY little while read in some paper or magazine that one of the surest ways of growing good plants is to bury a pound of beefsteak at their roots. Don't do it. It is quite possible that there may be some nutriment in decaying meat, but who wants to feed their plants on putrid flesh? Go to the drug store or the seedsman or florist and invest a quarter in a package of plant food and depend upon this to make your plants grow healthly.

You will find beefsteak a sure breeder of worms, and it has so little value as a fertilizer that it is not worth considering. Most plant foods on the market are made up largely of bonemeal and can be used with safety on all plants.

Perhaps you have read some such advice as this: "If you want fine plants pour oil about the roots of a plant coats them over in such a manner that they cannot make use of water, since oil and water are artage ontact with it, are unable to reach out into the soil from which they are supposed to obtain nutriment, and thus the application which you have been advised to make use of becomes a source of great danger, and offen of death, to the plant. Avoid oil in the soil as you would the plague, if you will often be advised to head the dregs of tea and coffee about your plants. If you have any regard for their welfare, don't do it. There is no reason why you should be surprised at the result, if you give the matter a little thought before acting on the advice. Shortly after the application of the oil you will find leaves turning yellow, and soon the plant takes on a sickly look. This is just

Recipes for the Card Index Cook Book

Sea Pie

INGREDIENTS ounce dripping.
small onions
dessertspoonful
flour.
pint water.
pound meat.
Pepper and salt.
ounces flour.
ounces suet.

METHOD Put the dripping in a saucepan; when hot fry the sliced onions, sprinkling in the flour. Add the water; boil and lay in the meat, cut in pieces an inch square; season. Put a lid on the pan and simmer very slowly while making the paste. Mix the flour, a pinch of salt and the suet chopped very finely; add epough cold water to make a stiff paste. Roll the size of the pan lid; lay on top of the meat and simmer very gently for two hours. Cut the paste in quarters, lift gently from the pan, put the meat ters, lift gently from the pan, put the meat in a hot dish and lay the pastry over,