



"We Saw Your Letter In the Newspaper"

"YES."
"And is that correct what is said about Dr. Chase's Nerve Food?"

"Yes, it is absolutely true."

"But why do you recommend it?"
"For two very good reasons. First, because it fully restored my health and strength when I was weak, worn out and very greatly discouraged, and, second, because I believe it is a duty as well as a pleasure to let other women know about so superior a treatment."

"I never used Dr. Chase's Nerve Food, but I got interested in that Woman's Advertising Contest they had, and nearly every woman I

met seemed to be talking about it. Then I saw your letter, and knew you would tell me about it."

"Well, you know how weak and miserable I was for years in spite of all the doctors could do for me. I was nervous, irritable, restless and sleepless. Thought sometimes I would go out of my mind from worry and depressed spirits. I need not tell you how well I am now. You can see for yourself. There is the whole story, and all the credit is due to Dr. Chase's Nerve Food."

"I get your viewpoint now. It would be a sin and a shame if you did not tell others."

Dr. Chase's Nerve Food, 50 cents, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.

Pruning Of The Apple Orchard

The foliage of a tree is the manufacturing centre where food materials from the soil combine with those from the air to form the tissue building materials. The larger the active leaf area therefore the better the growth. Definite experiments covering four years in Virginia indicate an average increase of trunk growth of 1.93 inches on lightly pruned trees, 1.69 inches on moderately pruned trees and 1.61 on heavily pruned trees. In other words the greatest growth will result where no pruning is practised. Pruning is necessary, however, to direct the growth so that an evenly balanced strong tree may be formed and surplus and undesirable branches not allowed to develop. The directing of the growth during the early years of the tree is of particular importance. The ideal tree is probably that which has the first branches about 24 inches from the ground and 5 to 6 branches which form the frame of the tree spaced evenly as far apart as possible. Particularly desirable is it to remove the next to the last top branch which if left will form a weak top because of the forked crotch formed with the top limb.

Heading back at planting time is necessary to balance the loss from cut off roots because of digging. Tests made at Kentville show an average growth of 4.82 inches the first year and 2 inches the second year where newly planted trees had three quarters of their growth removed, whereas similar trees not headed back made a growth of 1 inch, the first year and 2.4 inches the second year.

Strong growing branches should be suppressed by heading back and weak branches not pruned at all. If the whole tree is weak a severe heading back in the spring will throw greater vigour into the remaining buds and thus bring about a more vigorous development. But if there are weak branches on one side of a tree and strong ones on the other the reduction of leaf area on the weak branches will tend to further weaken these branches because of the strongest sap flow toward the greatest foliage area, obviously there fore a reduction of foliage area on the strong branches will lessen this tendency and throw more growth toward the weaker branches.

The central branch should be allowed to maintain the lead, this, however not for the purpose of forming a pyramidal tree with a central leader but so that from it several well spaced scaffold limbs may be developed thus forming a more desirable type of tree than if scaffold branches are developed on side limbs only. After a few good scaffold branches are formed on this central leader, if the tendency is toward a pyramidal form with central leader extending high into the air having many branches radiating from it this should be checked, thus forming a tree combining the desirable features of the pyramidal form and eliminating the undesirable open centre form of tree.

To balance the tree the heading back of strong growing branches is necessary. This heading back tends to develop side branches and attention must be given to the elimination of some of these that too many scaffold branches are not formed. The whole aim should be to build up a framework that will carry large crops of fruit and at the same time not have an over abundance of large branches.

Sunlight is essential for vigorous leaf growth and also for ripening the fruit, a dense growth is therefore objectionable and the preventing of this should for the most part consist of annual removal of such small branches as are likely in time to extend to where other more desirable branches should be. The judgment

Health in The Household

Health comes first. And how important to health is properly cooked food. Give your children and other members of the family, light, fluffy biscuits, cake, without that soda-y taste. And delicious apple dumplings, all made with.

"PERFECT"

BAKING POWDER

This is a Maritime Province Product, unexcelled in quality or in purity of materials used, while price compares favorably.

Sold by the Grocers of
The North Shore



Canada Spice & Specialty Mills, Limited

ST. JOHN, N. B.

Care of Seed Potatoes

(Selection)

In arranging for the seed supply of tubers from one's crop, the first steps should be taken during the growing season to get the seed from healthy, vigorous, large-yielding hills. When harvesting time comes these hills should be gathered separately from the rest of the crop. The tubers should be sun dried and all showing cuts, bruises or disease of any kind, thrown out. Such supply can then be kept for a seed area for the following season.

Where the main crop is destined for this seed trade, equally good care should be taken in the harvesting and sorting before going into winter storage. If the weather is bad at digging time, and the tubers have to be taken wet from the field, they should be spread out to dry on a barn floor or other airy place and be resorted before going into storage.

(Storage)

The best storage for maintaining vitality of seed tubers has not, so far as the writer is aware, been absolutely determined. Seed from a dry cellar with temperature running from 40 to 50 has been equally vigorous with that from a moist cellar at a temperature of 34 to 38, though, of course, there would be great loss of bulk and weight in the former case. Potatoes kept in pits with excess of moisture and minimum of ventilation have also given vigorous plants.

When potatoes are first stored there should be free ventilation to carry off all latent heat and moisture and to reduce temperature to below 40. If the floor of storage is very damp the bin had better be raised by a wooden floor. If it is dry there is nothing gained by the floor. If bins are very deep (over six feet) they had better be broken up by hollow partitions placed not more than ten feet apart; though the writer has

seen potatoes keeping well in very large, deep bins.

The storage should be so constructed as to keep cool in the Spring. It should be possible to keep it below 40 degrees, to prevent sprouting until such time as the tubers are wanted.

(Forced Sprouting)

For an early crop, it is a common practice to take the seed tubers to a light room of about 60 degrees temperature by the 20th March, to give them four to six weeks to warm up and sprout. A thick green sprout not more than a half inch, long is wanted. The exact gain in growth from this treatment has not been determined. In one trial at the Experimental Station, Fredericton, the growth as between seed so treated and seed taken immediately from the cellar, was very slight. Plants from the sprouted seed were only from two to three days ahead of the others.

(Disinfection)

To kill any spores of common scab, and, to some extent, Rhizoctonia, the potatoes should be treated with a disinfectant. The safest to use of heavy and greater strength of 20 gallons of water. The tubers are best bagged and then immersed for two hours.

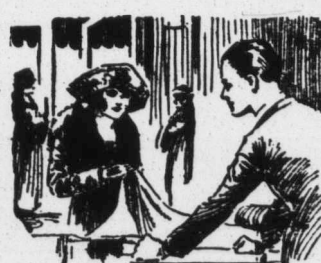
Investigators are now trying out methods of disinfection whereby the use of heat and greater strength of solution will materially hasten the process of disinfection.

(Cutting the Sets)

Experiments have proven quite clearly that the most economical way to use seed is to cut in sets weighing not less than one ounce and not more than two ounces, with from two to three eyes to the set. Cutting by a machine or a cutting board may be economical in large commercial operations, but as when using these the size of sets and number of eyes cannot be well regulated nor elimination of internal disease carried out, the advantage of speed may not be good economy.

To make sure that no sets infected with Black Leg, Fusarium Wilt Late Blight and other possible troubles are planted, the best procedure is, first to throw out all cut and bruised tubers, cut a thin slice off the stem end and then discard any tubers showing discoloration. Two knives should be used, one kept standing in a can of formalin solution; immediately a discolored potato is cut, the knife used should be put in the disinfectant and the other knife taken.

As the sets dry out quickly then cut and will heat if left in piles or barrels, they should be coated with dust, gypsum, or land plaster, is one of the best materials to use, and if from two to four quarts is spread through the barrel of seed the sets will keep cool and firm without deterioration for days and even weeks. Air slacked lime is frequently used and sometimes road dust and sulphur lime. If not thoroughly slaked, may injure the eyes and makes the sets unpleasant to handle.



A Warm Store A Cold Draft

The man or woman behind the counter is in constant danger of contracting colds.

An overheated store, and the drafts from the continually opening doors—that's what causes it.

SHARP'S BALSAM of Horsebalm and Anise Seed

—a winter health preserver for indoor workers—is the most reliable remedy for all such conditions.

It almost instantly remedies incipient colds, and affords quick and grateful relief in more chronic cases, finally completely correcting the condition.

The popular cold remedy for 70 years. At all drug and general stores, 25c. The Canadian Drug Co., Limited, ST. JOHN, N. B.

Spring Forest Fires

One of the most dangerous seasons of the year in regard to forest fires is now approaching and it behooves all who go into the forest on any business to be careful with fire. When the snow leaves the forest, last year's leaves, grass and twigs are left as dry as tinder, and a lighted match or cigarette stub thrown down carelessly falls into material as inflammable as a barrel of shavings. After the spring rains come on and the new grass and new foliage starts the danger is greatly reduced. People do not realize that just at the close of winter, through which there is scarcely any danger from fire in the woods, comes on the most dangerous season. Care by all who go into the woods at

this time means a great reduction in the fire-hazard.

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