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## GET READY FOR GARDEN

How to Plan Your Work and Work to a Plan.

### EVERYBODY GROW EATABLES

First of Series of Timely Hints—Get Your Ground Ready Now, but Don't Be in Too Much of a Hurry to Put in the Seed.

(By S. C. JOHNSTON, Vegetable Specialist, Ontario Department of Agriculture, Toronto.)

At no time in many years has the necessity and importance of the home vegetable garden been so clearly shown as for this coming summer. France, our wonderful ally, has since the French Revolution been a nation of small farmers, her people of small means cultivating some available land to produce a portion of their own household foodstuffs and to increase the wealth of the nation; Great Britain, threatened with a shortage of foodstuffs, determined to cultivate all available land possible to offset this shortage and we in Canada bending every energy toward facilitating these great nations should do all in our individual power to do something in the hope of helping ourselves and assisting the commercial vegetable growers who are seriously handicapped by the shortage of labor in the production of vegetable foodstuffs. Every city, town, and village dweller has an opportunity to help this great work, in that there are hundreds of available plots now practically unproductive which could be made grow vegetables and thus add to the wealth of the country.

### Vegetables an Important Food.

Vegetables should form an important portion of the daily food of the average human being, for they possess qualities which we are told are essential in the proper digestion of the heavy foods, such as meats. To help you do your part in your backyard this column will discuss some of the practical problems in connection with vegetable growing during the next few weeks.

All backyards cannot be prepared in one year to grow vegetables of an excellent quality. Some portion of the yard, however, may be devoted to this purpose, or, if it is convenient, there are usually many vacant lots which are not too far from one's place of abode which possibly could be devoted to the growing of vegetables.

### Some Essentials.

First of all it is essential that the vegetable garden, no matter how small, be planted according to some plan or rule. No one attempts to build a house or to set out a perennial flower border without using some drawing or chart to go by. Why should the vegetable garden be treated differently? Haphazard planting will prove a failure, and in order to overcome this it should be remembered in laying out the garden that—

- (1) Tall plants will be most effective if placed behind low ones, not intermingled with them.
- (2) All plants closely allied should be grown together, not in the same row, but in rows adjoining one another.
- (3) The fences may be decorated with vine-crops which may be supported on the fences by means of strings or lattice work.
- (4) All quickly maturing vegetables should be planted in a portion of the garden by themselves so that they may be harvested and the ground used for other crops later on.

The work of planning the garden to determine what vegetables and how much each is to be grown will be influenced by one's individual tastes. One should grow an abundance of such crops as one consumes the most.

### Secure Seed Now—But Plant Only When Soil is Ready.

The backyard gardener should decide very early which crops are to be grown and should purchase his seed as soon as possible. It must be remembered, however, that much of this seed may be wasted if it is planted too early in the season. The soil must be warm to receive the seeds, and amateur gardeners must have patience until it is certain that good growing weather is really here. It is possible in ordinary seasons to plant some vegetables in April, and yet many backyard vegetable enthusiasts will be well advised to wait until the middle of May before doing very much in the garden.

### Suitable Varieties.

- A list of varieties suitable for gardens made by city, town, and village dwellers follows:—
- Asparagus—Palmetto, Conovers Colossal.
  - Beans—Davis White Wax, Golden Wax, Refugee.
  - Beets—Crosby's Egyptian, Detroit Dark Red.
  - Brussels Sprouts—Dalketh.
  - Carrots—Chantenay.
  - Cauliflower—Erturt, Snowball.
  - Cabbage—Copenhagen Market, Danisa Ball Head.
  - Celery—Paris Golden, Winter Queen.
  - Corn—Golden Bantam, Stowell's Evergreen.
  - Cucumber—White Spine, Chicago Pickling.
  - Citron—Colorado Preserving.
  - Lettuce—Grand Rapids, Nonpareil.
  - Melon—Musk—Paul Rose.

- Melon, Water—Cole's Early.
- Onions—Southport Yellow Globe.
- Parasol—Hollow Crown.
- Parsley—Champion Moss Curled.
- Peas—Gradus, Little Marvel.
- Potatoes—Irish Cobbler, Delaware.
- Pumpkin—Quaker Pie.
- Radish—Scarlet White Tip Turnip, Ne Plus Ultra, (winter) China Rose.
- Spinach—Victoria, Viróflay.
- Squash—Bush Marrow.
- Salsify—Sandwich Island.
- Tomatoes—Chalks Jewel.
- Turnip—Early Six Weeks.
- Rhubarb—Victoria, Linneans.

**Gold of the Rand.**  
It is said that during the last ten years the Rand has produced more gold than was produced by the entire world in the first half of the nineteenth century and that its production today is approximately two-fifths of the total output of the world.

**The Pessimist's Notion.**  
"He's a pessimist."  
"Yes. Nothing's as good as it might be, and everything is worse than it ought to be."—Detroit Free Press.

Observe your enemies, for they first find out your faults.—Antisthenes.

Miller's Worm Powders will purge the stomach and intestines of worms so effectively and so easily and painlessly that the most delicate stomach will not feel any inconvenience from their action. They recommend themselves to mothers as a preparation that will restore strength and vigor to their children and protect them from the debilitating effects which result from the deprivations of worms.

### LIMBS AND THE MAN.

Lengths in Fingers, Hands and Arms, the Span and the Stride.

If the forefinger is bent so that each joint may be measured separately they will be in the proportion of 1, 1 1/2, 2 and the distance from knuckle to wrist four times the length of the first joint. If the finger is straightened out the distance from the wrist to finger tip will be seven inches, supposing the nail joint to be one inch. The span with thumb and forefinger will then be eight inches and an inch longer with any of the three other fingers. From wrist to elbow will be ten inches, from elbow to forefinger seventeen, and from collar bone to forefinger thirty-two.

Sailors extend the arms fully and call the distance a fathom, though a man standing with his back to a wall can stretch only about his height. If he tries to measure a tree by reaching around it his fathom will hardly be more than five feet.

The normal pulse beats seventy-two to seventy-five times a minute in health, and normal respiration is eighteen a minute.

The pace is called thirty inches, though few men can without practice take a hundred consecutive steps of the same length. It is better to determine the length of the regular pace, or, rather, the number of steps required to cover a given distance, walking naturally, than to attempt to take an artificial pace of an unnatural length. The average man pacing thirty inches, 108 steps a minute, covers three miles an hour. The soldier marches 120 steps a minute, or at the rate of 3.4 miles an hour, but this is rapid going and regular halts are made. A ten minute halt every hour would reduce the distance covered to 2.84 miles each hour.—Outing.

**Go It Now.**—Disorders of digestive apparatus should be dealt with at once before complications arise that may be difficult to cope with. The surest remedy to this end and one that is within reach of all, is Parmelee's Vegetable Pills, the best laxative and sedative on the market. Do not delay, but try them now. One trial will convince anyone that they are the best stomach regulator that can be got.

One murder in every three days is Detroit's record so far for 1917.

W. W. Trimble, Amherstburg, is demonstrating a tractor which was made from a Ford car in his shop. It will be tried out on the town scraper.

Henry Milton, of Dunwich, sold to R. G. Garbutt 17 pigs, which were six months old, for which he received \$478. They weighed 3,200 lbs., and the price paid was \$14.85

### HOW THIS MOTHER

Got Strength To Do Her Work

Fair Haven, Vt.—"I was so nervous and run down that I could not do my housework for my little family of three. I had doctored for nearly two years without help. One day I read about Vinol, and thanks to it, my health has been restored so I am doing all my housework once more. I am telling all my friends what Vinol has done for me."  
—Mrs. JAMES H. EDDY.

Vinol is a combination of famous tonics which we guarantee to build up the weak and run-down.

\*Taylor & Son, Druggists, Watford, Ont., also at the best druggists in all Ontario towns.

# How to avoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.



Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again."  
—Mrs. FRED BEHNKE, Marinette, Wis.

Detroit, Mich.—"When I first took Lydia E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well."  
—Mrs. THOS. DWYER, 989 Milwaukee Ave., East, Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good many other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 20 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend it to any other suffering woman."  
—Miss IRMA FROELICHER, 1938 Manhattan St., North Side, Bellevue, Pa.

If you would like special advice write to Lydia E. Pinkham, Med. Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

## TEAS AND COFFEE

Teas are higher—Our 33 and 40 cent Japans and 40 Blacks are the same good values and worth ten cent more in present market.

We have a stock of Lipton's Teas at 40 cent which is now 50 cents.

REX AND LADIES' DELIGHT COFFEE	40c.
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SEAL BRAN	50c.

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