

## Children Cry for Fletcher's CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

### What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

### GENUINE CASTORIA ALWAYS

Bears the Signature of

*Chas. H. Fletcher.*

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

### Hall's Catarrh Medicine

Those who are in a "run down" condition will notice that Catarrh bothers them much more than when they are in good health. This fact proves that while Catarrh is a local disease, it is greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier, and acts through the blood upon the mucous surfaces, of the body, thus reducing the inflammation and restoring normal conditions.

All druggists. Circulars free.  
F. J. Cheney & Co., Toledo, Ohio.

### SUMMER WORK IN THE ORCHARD

Summer work in the orchard may be divided among four different headings; spraying, cultivation, cover crops, and thinning, with possibly pruning in some instances.

The first is a spring operation which it is usually necessary to carry on into the summer, as at least one spray should be put on after the fruit is well set on the trees, this would be about two or three weeks after the bloom is off, and may consist of Bordeaux or lime sulphur mixture with some arsenical poison added for killing insects and nicotine sulphate added for aphid control, if they are present at that time. For fuller particulars re spraying write your nearest Experimental Farm Superintendent.

Cultivation in orchards, except those in sod mulch, should be practised continually until about July first. By maintaining a good dust mulch during early summer the trees can be helped through that trying time in late June when the heavy drops of fruit are so discouraging. Especially in districts where winter injury is a factor, cultivation is discontinued about the first week of July and the orchard sowed to some cover crop, such as rape, vetch, clover, or field peas, the selection largely depending upon the cheapness of the seed. The following rates of seeding per acre are recommended; buckwheat 1 bus.; rape 2 pounds; crimson clover 15 pounds; red clover 12 pounds; summer vetch 1 1/2 bus.; field peas 1 1/2 bus.; rye 1 1/2 bus. Where there is much danger of loss of plant food during winter, the winter rye makes an excellent cover crop, but is of little value in stopping tree growth during August, as at that time it makes but little growth itself.

Thinning is an operation which will

amply repay the orchardist; if judiciously applied.

After the June drop has removed its quota, all trees should be gone over and, where there is a heavy crop, some of the fruit should be removed, leaving not more than two to a cluster, and, if a really high class product is desired, leave only one fruit to a cluster.

Where thinning is practised, there is a smaller percentage of No. 3 and waste fruit, which means higher prices per acre for the crop. The orchardist who adopts thinning as a regular orchard practice is bound to be in the front line when it comes to the pack-out returns.

Summer pruning is now generally conceded a place in most young orchards, as it is difficult to do much pruning when there is a crop on the trees. Mid-June is a good time to go over the non-bearing trees and shape up those straggly fellows. Where they are inclined to produce a long, willowy growth with few laterals, nip off the terminal bud, which will induce a later growth, probably that season, instead of continuing a long, barren branch which it would be necessary to head back severely in later years.

In fiction marriage is the end of a story. In real life it is the beginning.



### HOME MADE BREAD

ROYAL YEAST CAKES have been the standard yeast of Canada for over fifty years. The quality is always maintained at the highest point of perfection.

### ROYAL YEAST CAKES

MADE IN CANADA

### THE OUTDOOR LIFE OF THE SCOUT

The great increase of the number of Scoutmasters and other Scout Officers during 1920 means a great stimulus to the outdoor activities of Canadian boys. It is probable that throughout the past year more boys have spent days and nights in the open than ever before in the history of Canada since pioneer days; and because Boy Scouts have taken this message of the outdoors into their homes, have conducted open-window campaigns and fresh-air crusades, it is likely that more grown-ups have breathed pure air during 1920 than has been the case since the time of our great grandfathers.

Boys have been taught to care for forests and to fight forest fires. They have gathered information for numerous departments of forestry. They have engaged in fights against insect pests and have made notes on different varieties of birds.

Thousands of Canadian boys who a year ago or so were absolutely helpless in the open, can now be depended upon to find their way about, to cook their own meals, to choose a proper Camp site and to erect a comfortable shelter. Thousands of Canadian Boys who formerly knew little or nothing of nature can now recognize different kinds of trees, and give the name of dozens of wild flowers; can easily recognize the more common birds, and know enough about mushrooms to avoid being poisoned.

As a result of Boy Scout training, the energy of the Canadian Boy has come a force of great value to the Dominion. More and more are recognizing its value, are taking advantage of it to reduce loss of fire, control crowds and to teach the people the laws of safety and sanitation. Many lives are saved by Scouts who, because of their special training, because they carry a first aid kit or a safety first rope, are prepared to act when no one else is. The good which is accomplished by boys of this type, and the good done to the boys themselves through their activities can hardly be over estimated.

### SPRING WORK IN FLOWER GARDEN

No doubt most gardens have been cleaned up by this time, even though nothing has yet been sown in many parts of Canada.

The covering is often left on roses too long in the spring with the result that a disease of the stem sets in and the plants are badly injured. It is desirable to get the stems of roses dry as soon as possible; hence, even if the covering is not removed altogether it should, at least, be loosened up so that air will get through, and in our experience it is better to uncover very early rather than to leave it until late.

Among the first seeds to sow in the garden are those of the sweet pea, and the sooner they are sown now the better, many having planted them this year early in April. The object of planting early is to ensure the roots getting down into the cooler subsoil before the hot weather sets in, as the sweet pea needs a cool soil for best results. Instead of sowing in a trench as is often recommended, sow seed on the level from one to two inches deep and firm the soil so that seed will get sufficient moisture.

Among other hardy plants, the seed of which can be sown very early in the open are Sweet Alyssum, Candytuft, Cosmos, Summer Cypress, Lupine, Zinnia, Snapdragon, Poppy, Phlox Drummondii, Lobelia, Gattardia, Forget-Me-Not, Pansy, and Cornflower.

The mistake is often made of sowing flower seeds deeply. None of the above seeds should be sown more than half an inch deep, and for most of them one-quarter inch is often too much. If seed is sown too deeply the young shoots will not reach the surface, and the seedsman is often unjustly blamed.

Although the above mentioned plants are among the hardiest, it will be time almost immediately to sow

any other seeds as danger of frost after the seedlings are up will soon be over and the ground will have warmed up soon. Warm soil is just as important for some seeds as prevention of injury from frost, as certain seeds will not germinate in cold soil and if it is moist they will rot instead.

There is often a temptation to put plants which have been growing in the house outside as soon as there are a few fine, warm days. While it will not hurt to set the pots out on such days, if they are taken in at night, the plants should not be set in the open ground until the last week of May or early in June. Too often plants which have been nursed all winter are killed or badly injured by spring frosts outside. The geranium is a very popular flower, and too often considerable money is spent for plants for a bed only to have them badly injured, if not destroyed, by a hard frost. In most parts of Canada the last week of May or even the first

### NERVES ALL GONE TO PIECES

#### "Fruit-a-tives" Conquered Nervous Prostration

R. R. No. 4, GILBERT PLAINS, MAN.  
"In the year 1910, I had Nervous Prostration in its worst form; dropping from 170 to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives".

I began to mend almost at once, and never had such good health as I have enjoyed the past eight years. I am never without "Fruit-a-tives" in the house". JAS. S. DELGATY.

50c. a box, 6 for \$3.00, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

week of June is the best time to set out bedding plants that are liable to be injured by frost.

### CHATHAM HEAD SCHOOL REPORT

Grade V.—Helen Jarvis 1st; Marguerite Wilson 2nd; Leo Willette 3rd.

Grade IV—Gorgina Gould 1st; Cecelia Willette 2nd; Addie Gould 3rd.

Grade III—Janet McAndrew 1st; Mayme Gould 2nd; Joseph Losier 3rd.

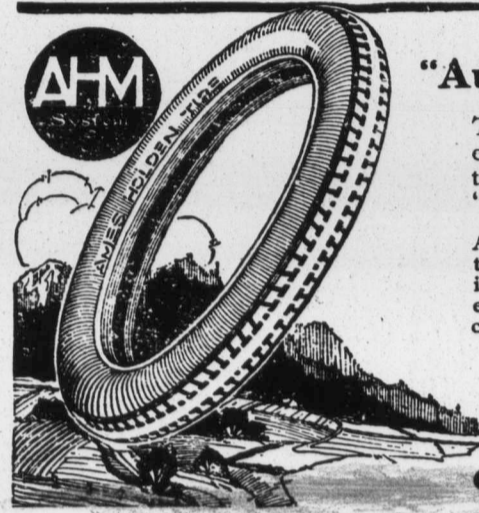
Grade II—Odell Furlotte 1st; Ruth McAndrew 2nd; Katie Blackmore 3rd.

Primary Department Grade II Susie Martin 1st; Annie Savoy 2nd; Hazel Kennedy 3rd.

Grade I (b) Elsie Malley 1st; Mary McCombs, Eliza Blackmore 2nd; Josie Ramsey 3rd.

Grade I (a) Evelyn Thereault 1st; Richard Whyte 2nd; Bugene Furlotte 3rd.

One good thing about a nickel cigar is that it's usually fireproof.



### "Auto-Shoes" Mean Mileage

The mileage given by the best tire you ever used would just about approximate the average given by Ames Holden "Auto-Shoes" year after year.

Ames Holden "Auto-Shoes" are miles better than ordinary tires. The name "Auto-Shoes" is to help you to remember that—to make it easy for you to get the cheapest mileage you can buy.

### AMES HOLDEN "AUTO-SHOES"

Cord and Fabric Tires in all Standard Sizes

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Don't you think good music is the finest, most appropriate gift for this day of days? Let daddy know you'd be satisfied with a New Edison.

Chas. M. McLaughlin,  
Newcastle, N. B.

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With the proviso that I incur no expense or obligation, I accept your offer to lend me a New Edison and program of REC-REATIONS in order that I may experiment with it in my own home.

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