

How to Make Better Cough Syrup than You Can Buy.

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Sixteen oz. of cough syrup—as much as you could buy for \$2.00—can easily be made at home. You will find nothing that takes hold of an obstinate cough more quickly, usually ending it inside 24 hours. Excellent, too, for whooping cough, sore lungs, asthma, hoarseness and other throat troubles.

Mix 2 cups of granulated sugar with 1 cup warm water, and stir for 2 minutes. Put 2½ ounces of Pinex (fifty cents' worth) in a 16-oz. bottle; then add the Sugar Syrup. It keeps perfectly. Take a teaspoonful every one, two or three hours.

This is just laxative enough to help cure a cough. Also stimulates the appetite, which usually is upset by a cough. The taste is pleasant.

The effect of pine and sugar syrup on the inflamed membrane is well known. Pinex is the most valuable concentrated compound of Norway white pine extract, rich in guaiacol and all the natural healing pine elements. Other preparations will not work in this formula.

This Pinex and Sugar Syrup recipe is now used by thousands of housewives throughout the United States and Canada. The plan has been imitated, but the old successful formula has never been equaled.

A guarantee of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex or will get it for you. If not, send to The Pinex Co., Toronto, Ontario.

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PLEASE MENTION THE ADVOCATE.

who become addicted to it, the merrier for the manufacturers.

After reading this pamphlet, indeed, one feels that patent medicines of all kinds should be given a wide berth, unless proof positive of their harmlessness can be obtained. The bulletin gives a long list of such medicines which have been analyzed and found to contain pernicious ingredients. Especially mentioned are teething mixtures, soothing syrups (even the famous "Mrs. Winslow's" contains morphine sulphate), colic cures, remedies for headaches, colds, asthma, catarrh, coughs, consumption and hay fever. Even the medicated "soft drinks" are shown to be distinctly dangerous, many of them containing preparations of koka, cola, cocaine and caffeine. It is interesting to note, the writer remarks, that at present a number of Life Insurance Companies are "considering the status of soft-drink habits as future risks."

Imagine feeding morphine, chloroform, opium, cocaine or chloral hydrate to children to make them sleep! Imagine giving cocaine mixtures for colds, opium or chloroform to consumptives, acetanilid, antipyrin or caffeine for headache! These, not to mention alcohol! Even the harmless-looking cough lozenges and pastilles are shown in many cases to contain, in addition to linseed and licorice, chloroform, ether, morphine, etc.

Epilepsy remedies, tobacco-habit cures, even drug-addict cures, have been found to contain pernicious drugs.

Often, these remedies are recommended by one person to another, and conscientiously. They have been found to give temporary relief, and the patient does not realize that this is because of a numbing of the sensibilities in such a way as to make the distressing symptoms less prominent. As a matter of fact, the vitality is lowered, and positive harm is done, even if the taking of the medicine does not lead to actual drug addiction.

A painful feature of the investigation carried on by the author of the bulletin and his assistants, is the discovery that some of the mixtures have been sold or endorsed by certain registered physicians evidently leagued with the companies or promoters of the cures.

Space forbids a listing of the remedies especially mentioned in the bulletin, but we would recommend all wishing to see it, to write to the Superintendent of Documents, Government Printing Office, Washington, D. C., asking for "Farmers' Bulletin 393, on Habit-forming Agents," by L. F. Keblor, Chief, Division of Drugs, Bureau of Chemistry. The price will be given on application, but is trifling.

Lullaby.

Twilight is dropping her curtain of night,
So hurry up, baby, and shut your eyes tight.

Before the big white moon peeps out of the sky,
And sees mamma still singing her sweet lullaby.

The little dumb creatures asleep in the grass,
Are almost as "comfy" as my little lass.

So be mamma's pilgrim and go fast asleep,
Shut your eyes, baby—a watch I will keep.

Rock-a-bye, hush-a-bye, mamma is near,
Shut your eyes, baby, there's nothing to fear.

To dreamland you'll journey, no bridges to break,
So rock-a-bye, baby, at dawn you'll awake.

WYNNE BEAGLE

Dream Island.

A beautiful island lies out in the sea,
Hushaby! Baby, sleep!

Where the angel of silence beckons for thee,
Hushaby! Baby, sleep!

And never a trouble and never a care,
Have ever the people while dwelling there.

Hushaby! Baby, sleep!

The voyage is short to that island fair,
Hushaby! Baby, sleep!

So close your eyes and soon you'll be there,
Hushaby! Baby, sleep!

They count not the moments or hours as they fly,
In that beautiful mystical isle of the sea.

Hushaby! Baby, sleep!

Happy their dreams in that sweet slumber-land,

Hushaby! Baby, sleep!
Lulled by the harps of a seraph band,
Hushaby! Baby, sleep!

Thus ever around thee, may angel wings be,
And pilot thee safely o'er life's stormy sea.

Hushaby! Baby, sleep!

EMMA D. TRACHLER.

Starting Flowers and Vegetables in the House.

Some excellent hints appear in the February number of Garden Magazine, in an article entitled "Gaining Time on the Summer Flowers," which begins with the statement, "You can have your garden full of flowers from the very moment that the bloom of the first bulb begins to fade, by taking a little thought and planning now. Even if you have no greenhouse, you can start seeds of the commonest of our flowering plants in the window. By sowing seed in February, the small plants can be grown on to flowering size ready to plant out toward the end of May, just at the time when the less watchful gardener is thinking of sowing the seeds outside. These later sown seeds will not give flowers until well into the summer."

This is good advice, although, for this northern latitude it must not be followed quite to the letter unless all the conditions are right. For instance, if you have plenty of room in the house,—say an extra apartment with good south windows, in which the heat can be regulated and the plants kept growing slowly and steadily—you can risk starting the seed in February. Otherwise, in Canada, it is safer to leave the sowing until March, as, if started too soon, in a room which is kept very warm, the plants are apt to become spindly and straggling before the time comes to set them out.

March sowings, however, are very satisfactory, bringing flowers weeks earlier than the out-door sowings, and most of the annuals may be started then. The species recommended especially in the magazine issue above mentioned, are the newer petunias, verbena, alyssum, aster, gaillardia, castor bean, cohea, pansies, with the tubers cannas and dahlias.

Personally, we do not care much for either petunias or cannas, but that is a mere matter of taste. Verbenas are very sweet, and bloom a long time, as does also the alyssum, than which nothing can be more dainty. Gaillardias make a fine show, and are especially valuable for cut flowers, cohea, once started, is a rapid-growing vine; pansies, of course, are universally beloved, and some of the newer kinds are magnificently rich in coloring.

This list, however, may be almost indefinitely extended. Almost any of the "hardy annuals" may be included. Sow a few seeds, say about the first week in March, a few more about the first of April, and the remainder outside about the last week in May, and see what a fine succession of bloom you will have throughout the summer.

The method given for starting small seeds in the house is as follows: Fill shallow boxes with good garden soil, and soak until wet by letting the soil absorb moisture from a tub containing some water in which the boxes are set. Now press the seeds down on the surface, cover the boxes with glass, and set in a sunny window. When the plants come up, the glass must be raised to admit air; later, it may be removed altogether. When watering is necessary, set the boxes in a tub of water as before, and let the soil soak it up. When the leaves become larger, dust should be kept off them by spraying with water. Transplant as necessary, and finally set outside when the weather is settled.

During February, geranium cuttings for summer bloom may be set in the pot beside the parent plant, and will be found to grow readily. Chrysanthemums also may be started this month, preferably in clean sand, kept moist, and transplanted to soil when well rooted. Tubers, such as dahlias and cannas, may also be started in sand, and transplanted to garden soil later.

In the article from which we have already quoted, directions are given for starting cold storage lily of the valley plips. Would it not, however, be interesting to try digging up a few of one

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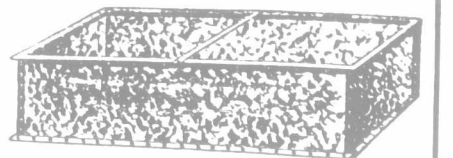


Fig. 3

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