

CLARK'S



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WM. CLARK, Mfr.  
Montreal.

2-1-06

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Are bestowed upon any who are at all troubled with freckles, moth patches, sallowness, rash, red nose pimples, blackheads, etc., if

**PRINCESS COMPLEXION PURIFIER** is used. It transforms a poor complexion, making it beautifully clear and fine. Price, \$1.50, express paid.

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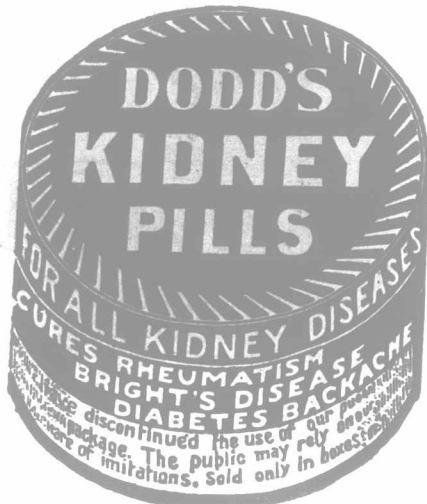
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**SOUTHCOTT SUIT CO., LONDON, CAN.**

Obstacles are the stepping-stones to success. In the chemistry of business men are tried by fire. Don't flinch—however fierce the heat. Only the scorch of the flame can harden the steel for its work—can fashion the man for the responsibilities and problems, the successes and rewards, of business.—[System.]



## With the Flowers.

### Hollyhocks—Begonias.

**Florist:**—Have read your page in "The Farmer's Advocate" with much pleasure and profit, but do not remember every seeing anything about transplanting hollyhocks. I put in a few seeds last year, and they are too close together now that the plants have started. Would it be safe to transplant them? Can the roots be divided, or must the seed be sown to get plants always? How deep would the roots go into the ground? How far apart should the plants be. Do Foliage and Begonia seeds come true to name, or is it better to buy the plants?

"SCOTCH THISTLE."

Brant Co., Ont.

Hollyhocks are biennials; that is, they grow for but two seasons, flowering the second. The root then dies, and unless you plant more seed, or it has seeded itself, you will have no more hollyhocks. Many kinds, however, keep on seeding themselves. Thus it is that you see them sometimes growing up in the same place for years. It is best to plant the seed in spring, so that good strong roots may be developed by winter. Then the roots should be hilled up and covered with straw or leaves, as a winter protection. When necessary to divide the roots, it is better, if possible, to perform the operation early in fall, but, with care, we think yours should do very well if separated now. Plant about two feet apart, just deep enough so that the crown from which the leaves spring will not be covered. Have you seen the new Alleghany varieties? They are very beautiful, semi-double, fringed and crinkled.

By "Foliage," we presume you mean Coleus, although there are very many kinds of foliage plants. As a rule, neither Coleus or Begonias come invariably true to name, although, among the plants raised from seed, there are likely to be several of the same variety. In general, however, the varieties are quite as beautiful as the parent plant, and the diversity only serves to make the experiment more interesting. Begonias may be nicely propagated by laying a leaf down on a flat of sand, covering the stem end. Keep the sand moist. The best soil for tuberous Begonias is pure leaf mould; for the other kinds, a mixture, 2 parts good loam, 1 part leaf mould, and 1 part sand. Do not expose to the hot sun.

### SEASONABLE HINTS.

Alyssum, Mignonette, Poppies, Coreopsis—all flowers, in fact, which "seed themselves"—may be sown as early as the ground can be worked. Other seeds had better be kept back until danger of frost is past. When sowing very fine seed, which is difficult to sow thinly enough, try mixing it with sand. A teaspoonful of seed to a cupful of sand, then scatter in the bed.

Watch your plants in boxes or hot-bed, and, as soon as ready, transplant into bags, bottomless cans, etc., as described in a previous number of "The Farmer's Advocate," but do not set out in the open until all danger of frost is past.

Cannas, Caladiums, Tuberous Begonias, Tigridias, may be yet started in the house. Gladioli and Montbretias, and summer hyacinths, may be set out in the open later, when danger of frost is past.

## HEALTH IN THE HOME.

By a Trained Nurse

### Constipation.

Constipation proceeds from a number of causes. The first one is deficiency of fluids in the intestines; another cause is the use of food which is too nutritious, astringent fluids—e.g., tea—lack of exercise, sedentary habits, the use of drugs, neglecting calls of nature, colds, excessive brain work, and irregular diet. The symptoms are easily discerned: Severe pain, headache, mental depression, crossness, tired feeling and general debility.

The treatment of habitual constipation is very tedious, for the difficulty seems so slight many people cannot be induced to try simple remedies, but rather resort to drugs, a plan which only secures immediate relief and aggravates the trouble. To remedy constipation, it is often necessary to effect a radical change in the personal habits, independent of medicine.

Hot applications over the bowels generally gives immediate relief in cases of pain. Flannel cloths wrung out of hot water, or hot sand bags, may be used. Every morning the bowels should be well kneaded or pressed for at least ten minutes. Cold-water bathing, with friction, aids, but many people cannot stand this shock to the nerves. Most people who suffer from constipation do not drink enough water. A glass of hot water in the morning, and several of cold during the day, will be found of great benefit. When a patient suffers from constipation and piles, I would advise the use, now and then, of the old-fashioned remedy, sulphur and molasses and cream of tartar. The diet is the most important ele-

ment in this treatment, as indeed it is in nearly all our ailments. Regularity of diet, laxative food, including vegetables, spinach, onions, tomatoes, cereals, brown bread; fruits—prunes, figs, apples raw or baked, berries, oranges. Beef and veal are slightly laxative. Milk (especially boiled), eggs, all pastry, puddings with rice, sago, tapioca, rich gravy, fried foods, should be avoided in cases of constipation.

### DIETETIC DISHES FOR CONSTIPATION.

**Fig Pudding.**—Two eggs separated,  $\frac{1}{2}$  cup milk, 1 cup sugar,  $\frac{1}{2}$  cup flour,  $1\frac{1}{2}$  teaspoonful baking powder, 1 teaspoon mixed spice,  $\frac{1}{4}$  cup melted butter, 1 cup chopped figs (dried). Method: Beat yolks, add milk, sugar, flour, spice, melted butter and figs; beaten whites added last. Steam  $1\frac{1}{2}$  hours. Grease paper and tie over pudding while steaming.

**Prune Pudding.**—One-half pound prunes, 2 cups water, 1 cup sugar, 1 stick cinnamon, 1 cup boiling water,  $\frac{1}{2}$  cup cornstarch. Method: Soak prunes, boil till tender, remove stones and use kernels. Add sugar and cinnamon, then boiling water. Simmer about ten minutes, then blend and add cornstarch. Cook five minutes, remove cinnamon stick. Mould, and serve cold with cream sauce or whipped cream.

**Prune Whip.**—Simply meringue and mashed fruit baked in the oven to set. **Apple Souffle.**—Peel, core, and boil till tender apples in small amount of water. Season to taste. Strain, and cook till firm and dry. Fold in whites of eggs whipped with sugar. Bake in oven till brown.

**Pineapple Whip.**—One pineapple

## To Rebuild the Body

WHEN IT IS WEAK AND WASTED BY OVERWORK OR DISEASE YOU CAN USE

## Dr. Chase's Nerve Food.

"Our bodies," says Huxley, "may be likened to an eddy in the river, which retains its shape for a while, though every instant each particle of water is changing."

The tissues of the body, composed of millions of tiny cells, are being constantly broken down and wasted away by the process of life and especially by overwork and disease.

In order to reconstruct these wasted tissues, there are necessary such elements as iron, sulphur, magnesia, potash, etc., and when these are not supplied in sufficient quantities in the food we eat, it is necessary to aid Nature by the use of certain restorative preparations.

Especially during the winter season foods are unusually artificial, and as a result the spring finds the body in a weak and run-down condition.

Dr. Chase's Nerve Food is particularly effective under such circumstances because it is composed of the very elements of nature which go to form new, rich blood, create new nerve cells and rebuild wasted tissues.

This great food cure is radically different to the medicines that are usually used for nervous diseases, for while they stimulate tired nerves to overexertion, or by narcotic influence soothe and deaden them, Dr. Chase's Nerve Food revitalizes the wasted nerve cells and so accomplishes lasting beneficial results.

While modern and scientific in composition and preparation, Dr. Chase's Nerve Food has been on the market sufficiently long to prove in thousands of cases its extraordinary restorative and reconstructive power.

For men who are suffering from headaches, indigestion and sleeplessness, for women who, besides these symptoms, suffer from weaknesses and irregularities of the delicate feminine organism, for children who are pale, weak and puny, there is, we believe, no preparation extant which will bring about such satisfactory results as the use of Dr. Chase's Nerve Food, 50 cents a box; 6 boxes, \$2.50; at all dealers, or Edmansson, Bates & Co., Toronto.

"Every day is a fresh beginning. Listen, my soul, to the glad refrain: And, spite of old sorrow and older sinning, Take heart with the day and begin again."

## Economy is a Virtue

## DIAMOND DYES

Will Save Money for Every Home in Canada.

When times are hard and dollars scarce, the smart and bright women of our country find that Diamond Dyes are important helps in economizing. By the use of Diamond Dyes, the husband, mother and children can be well and stylishly dressed, although nearly all the clothing may be old material dyed over.

Diamond Dyes make such lasting and beautiful colors that goods dyed with them cannot be told from new. Any one can use them, as the directions are so plain and simple that no skill is needed. The colors of Diamond Dyes never grow dim; they never fade or wash out. In order to secure the best results in home dyeing, every woman should see that her dealer or merchant gives her the "Diamond Dyes," as other package dyes are only poor imitations.