



A DOZEN DON'TS.

They Will Save the Life of Many a Flower.

Don't fail to have a garden this year. Don't think it is not worth while because you cannot spend lavishly. Thoughtful planning and regular care accomplish wonders. Don't buy cheap seeds, bulbs or roots from unreliable sources. Philadelphia and Jersey nurserymen are world-famous. Don't buy your plants before thoroughly digging, turning and fertilizing the soil. Don't set cannas, geraniums, irises, roses and other sun-lovers in wet, shady corners. Don't set ferns, lilies, pansies, begonias, fuchsias, rhododendrons and Easter spires in the blazing sun. They like wet feet. Don't neglect to buy a long handled spading-fork for cultivation of soil. It possesses the magic of a fairy god-mother's hand. Don't have the kind of a garden best described as "a little of everything." Grow fewer varieties and have separate colors in masses. Don't forget that masses of white between masses of vivid colors bring harmony and also charm to the garden at night. Don't cut down yellowing foliage of primroses, bleeding-hearts, peonies, lupines and gladiolus after flowering. You would seriously affect the next year's bloom. Don't allow faded flowers to rob your plants of vitality, nor weeds to rob the soil. Don't allow every member of your family to meddle with your garden. Judicious help is one thing, but too many cooks, you know! Finally, don't throw every ounce of pep and ambition into the first few weeks, but spread it over the entire season.

Minard's Liniment Cures Burns, Etc.

Sauce for the Meats

It makes all the difference in the world whether or not the right sauce is served with the meat. Certain sauces just seem to belong with certain meats, and to know which they are and how to make them properly should be in the repertory of every good cook.

HORSERADISH SAUCE

Horseradish sauce adds such zest to boiled beef that not to serve them together seems to some people a culinary crime. To make this pungent accompaniment, whip four tablespoonfuls of heavy cream to a stiff froth and add to it three tablespoonfuls of good, freshly-grated horseradish, one tablespoonful of vinegar, salt and a dash of cayenne. A little dry mustard may be added if liked.

MINT SAUCE

To make mint sauce, the natural accompaniment to roast lamb, dissolve a teaspoonful of sugar in half a cup of vinegar, stir into it a quarter of a cup of mint leaves, chopped as finely as possible, and set it on the back of the stove for 20 or 30 minutes to steep. Don't let it get too hot.

APPLE SAUCE

Roast pork calls for apple sauce always. Everyone has her favorite recipe for this. It is especially good, cooked well, put through a sieve, flavored with nutmeg and served ice cold. One old cook always makes it this way: She pares her apples, cuts them into eighths, sweetens to taste, pours some water over them, puts them into a casserole and bakes them very slowly until they are a rich reddish brown.

A BREAD SAUCE

Of course, there is nothing better

with roast chicken than a good brown gribet sauce, but with broilers a bread sauce is delicious, the sort the English always serve with their "grouse." An English recipe for this sauce says: Put a pint of milk into the double boiler and heat, then add a half-cup of fine breadcrumbs and an onion into which you have stuck a half-dozen cloves, and cook it for half an hour. Then remove the onion, season with salt and pepper, and add two tablespoonfuls of butter. Have ready another half-cup of breadcrumbs. These must be coarser and nicely browned in a tablespoonful of butter. Pour the sauce over the chicken and sprinkle the browned crumbs over it.

TOMATO FOR VEAL

To make tomato sauce for veal cutlets cook half a can of tomatoes with a tablespoonful of minced onion and a blade of mace. Blend two tablespoonfuls of cooking fat with two of flour, and add the tomato, strained, to this. Season to taste with paprika. If a little more elaborate sauce is wanted, add a tiny pinch of soda to it, and then four tablespoonfuls of thick cream.

Married Twelve Times.

What may be the marriage record of the United States is held by S. J. Killow, aged 74, of Walnut Ridge, Ark., a veteran of the Civil War, who recently was married for the 12th time. And, although married 11 times previously, he has reared only two children.

Kill the Germs of Catarrh

By Acting To-Day You Can Quickly Cure Catarrh and Avoid Bronchitis, Perhaps Consumption.

Most Agreeable and Surest Cure is Catarrhzone, Which Cures Every Curable Case

Catarrhzone proves especially good in those chronic cases where mucous drops down the throat, sickens the stomach, and pollutes the breath. When the nostrils are stuffed, only a few breaths through the inhaler are needed to clear the passages, and where there is coughing and sore bronchial tubes, the soothing, healing properties of Catarrhzone act almost as magic.

Once you stop taking medicine into the stomach and get the healing oils and pure balsams of Catarrhzone at work you can be sure of quick and lasting cure for nose colds, catarrh, weak lungs, bronchitis, and speaker's sore throat.

The complete \$1.00 Outfit of Catarrhzone is sufficient for two months' treatment, and is guaranteed. Smaller size, 50c, at all dealers, or the Catarrhzone Co., Kingston, Ont.

TRENCH CHIVALRY.

Gassed Tommy Gave Blanket to a Yank.

"Yank, I'm only twenty-eight, but I'm an old man," said an English Tommy just before we turned into our sleeping rolls on the coldest night that I had experienced. And his awful cough, the result of being gassed early in the war, when they had no masks, added fatal testimony to his statement.

All night long he coughed. About midnight I awoke shivering. From his coughing I knew that he was awake. I said: "Tommy, I never was so cold in my life," and then in a few minutes I was asleep again.

An hour later I was again awakened by his violent coughing. To my surprise I seemed to be warm and wondered if the wind had suddenly changed, but from his constant whistling I knew it had not. I reached out and felt two extra blankets on me. I suspected whence they had come by that violent coughing.

I got up and carried them back to where he lay, saying: "Tommy, did you put these blankets on me?" He replied: "Yes, Yank, you said you were cold."

"But what about you?" "Oh, me? I'm used to it."

"Well, all I got to say is, thank you; but if you ever do that trick again I'll throw you out of the window in the snow and let you freeze to death." And then I put them back on his shivering, gassed body.—William L. Stidger in Associated Men.

Minard's Liniment for sale everywhere

Horrors!

"You must have seen some perfectly dreadful sights at the front," remarked Miss Faintleigh. "I heard a lieutenant tell of a shell bursting among a group of twenty Germans." "Well, I saw a worse sight than that," sighed the sergeant. "I was once in an O Pip looking down on the enemy trenches, and by and by up comes a boche working party of about a hundred and starts to work behind their fire trench, right out in the open. Well, I know the position to the length of my lanyard, so I signals the heavies to let 'em have it and they promptly drops a couple of nine-inch shells plump in the middle of the bunch—" "Oh," gasped Miss Faintleigh, "how horrible! But I know it was your duty. Go on." "The rest is almost too awful to tell," continued the sergeant, "and I hope I'll never see the like again." "Were they all killed?" "Not even scratched. Both their shells was duds."

Toronto Fat Stock Show

Entries for farmers' carload cattle close Sept. 16th. The fat stock show will be held on Dec. 11th and 12th at the Union Stock yards, Toronto. Entries for other classes close Nov. 24th, 1919. Write the secretary, Union Stock Yards for premium list.

National Educational Conference

Twelve outstanding addresses by the best known public men and women of Canada, the United States and England.

REPRESENTATION is being asked from every public organization in Canada. If any organization is being overlooked let us know. In addition ample provision is being made for individuals who will attend the conference in their own capacity.

Address Any Inquiries to

The Convening Committee

505 ELECTRIC RAILWAY CHAMBERS.

Winnipeg, October 20-21-22

ODDITIES OF KNOWLEDGE

Clothes of a light color are not favored in factories where work is done on gold. In fact, in many such factories a dark suit of clothes is absolutely demanded, and even a light waistcoat may lose a man a job. The reason for this is that any stray grains of gold that may get on the clothing can easily be caught on a dark suit, while they might get away from the establishment if light clothes were worn.

That such a rule was enforced among gold workers one man learned recently when a Bohemian gold beater applied to him for a helping hand. The Bohemian said that he had not been in this country long, that he had had a chance to obtain a good job at his trade, but that the piece had been refused him because he turned up with a light coat and waistcoat on, and they were the only clothes he had.

The man whom he approached was struck by the story and offered to help him out if it proved true. He went to the Bohemian and found that the man could have the job if he presented himself within an hour clad in the proper clothes. So a suit of the desired kind was obtained for him and sure enough he got the job.

"You may think this is strange," said the foreman of the factory, "but it means quite a very useful thing. Every man's clothing is carefully examined when he leaves the place at night and the gold is brushed off whenever we see any on his clothing. It is impossible to hide even tiny grains on a dark background, but in the case of a mixed or a light suit the gold is easily caught on account of gold, and gold isn't anything you want to lose even in small quantities."

NATURE'S SWEET.

Honey, which is now a luxury, was in old times a necessary, for it was then the principal sweetener of food. Sugar was not introduced into the latter days of the Roman Empire, and was first oddly described as an Indian salt that was as sweet as honey. The numerous references to honey in the Bible are due to its being the common sweetener used by the people.

Honey from the comb is considered to be the most nutritious of all this delectable sweet, and many persons eat the wax with the honey. That is a foolish thing to do, however, as foolish as the Roman Emperor, who was wrapped up in, or the bag that contains sugar. The wax in the honeycomb is in no way nutritious, and is decidedly indigestible.

The proper way to eat honey in the comb is to place a piece of the comb on one's plate with the cells in a vertical position, and press one's knife firmly upon it, so that all the honey runs out. Eat the honey and leave the wax to be used for the bees to make flowers, as the poets imagine. They are

St. Isidore, P. Q., Aug. 18, 1894.

Minard's Liniment Co., Limited.

Gentlemen—I have frequently used MINARD'S LINIMENT and also prescribe it for my patients always with the most gratifying results, and I consider it the best all-round Liniment extant.

Yours truly,

DR. JOS. AUG. SIROIS.

practical, utilitarian creatures, and preclude the merest just before frustration. They dearly love clover, but most kinds of fruit blossoms and some kinds of flowers are equally dear to them. The flavor and the quality of honey vary with the plants upon which the bee feeds.

Heather honey is naturally purple, and is the most nutritious. Rosemary honey owes its flavor to rosemary. Occasionally the bee is impudicious, however, and chooses injurious herbs. The honey of Trebizond, became either mad or drunk. The effect was owing to the bees having eaten a poisonous asafetida.

HOT BOXES.

Serious delays and accidents to trains are often due to overheated bearings, or, as they are known in railroad parlance, "hot boxes."

"Hot boxes" is the result of rank carelessness on the part of employees in not keeping a good vigil for the condition of the car wheels, or rather, the axle of the journals of the trucks under the car where the "hot box" is found. A "hot box" is a sign that the safety first rule is not practiced by some care department men.

There is no excuse for a "hot box" after a car is sent out if the train is carefully looked over for each terminal. Primarily, a "hot box" is caused by poor waste and an insufficient "greasing" at the time it should have been done, and there is no excuse for one. A "hot box" is liable to cause a wreck, and a wreck on most railroads is a serious thing indeed from all standpoints.

The farmer who buys a new buggy has a pretty good idea of what a "hot box" means, and the ways to prevent it. He sees to it that the spindle is well greased so it will not get hot. He watches it closely, and does not take any chances on the wheels running hot. If they did the car would stop, and if the farmer persisted in driving ahead, he would soon have a bad spindle and a bad wheel. However, the results would be so serious as they would be in the case of a train.

FREE

To Asthma, Hay Fever and Catarrh sufferers. Write to-day and get a trial treatment of the world's greatest remedy, Buckley's two bottle mixture; nothing ever made like it... One bottle gives instant relief, while the other drives the poison from the system. Something different; no burning or nerve wrecking drugs, but two scientific mixtures that will conquer any of the above ailments. Don't hesitate a minute longer. Fill out the blank below and get started on the road to health.

W. K. BUCKLEY MANUFACTURING CHEMIST.

97 Dundas St. East, Toronto.

Sir:—Please send me two bottles of your mixture. I enclose ten cents to cover cost of packing and mailing. Do this to-day as for a limited time only I make this offer.

NAME.....

ADDRESS.....

THE AIM

To direct public attention to the fundamental problems of educational systems in Canada.

To consider education in its relation to Canadian citizenship. To undertake the establishment of a permanent bureau to guide and assist the educational thought of the country.

as they would be in the case of a train of cars proceeding at a speed of 15 or 20 miles an hour. It is no wonder that trainmen lose patience when they find a "hot box" in their train. They know that someone has been careless and skirting in his work, and that is to blame.

STERRING BY SIXTH SENSE

Scientists in Denmark are puzzled by a Norwegian, one Emil Knudsen, who, although blindfolded and carefully watched, steered a steamer through the intricate channels of the harbor of Copenhagen, keeping a true course and adroitly dodging other vessels. He explains this by claiming the possession of a "sixth sense."

Knudsen is a man of middle age. When he came to Denmark from Christiania, he became at once an object of interest to both scientist and laymen. He was put through many experiments by one of the leading nerve specialists of Europe, and as a result the specialist suggested the trip into the harbor. Knudsen said that he could guide himself anywhere without using his eyes, and a steamer was chartered to put him to a surprise test. Knudsen had no knowledge of the harbor. He requested that a person knowing the channels should hold two finger-tips against the side of his head. Professor Fridenreich consented to this, and himself pressed two finger-tips against Knudsen's temples.

The man handled the wheel without a sign of nervousness or uncertainty. It was impossible for him to see, yet he took more than a dozen sharp corners and followed a zigzag course throughout. All the scientists who witnessed the demonstration said that Knudsen possessed a mysterious power that actually may be a sixth sense.

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. They are an absolutely safe medicine, being guaranteed by a government analyst to contain no opiate or narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

THE BURNING STARS.

What Set Them On Fire? Ask Astronomers.

One of the biggest puzzles of astronomy is just that. Why are the stars on fire, and what started them to burning? Our sun, which is a smaller star, offers a near-at-hand example.

A theory suggested is that the phenomenon is due to collisions. If two cold heavenly bodies ran into each other, the energy of their impact (traveling many miles per second) would be converted into heat, transforming them into masses of flaming gas.

But there is a whole lot of empty room in the heavens, and such collisions must presumably be rare. How, at all events, could there be enough of them to account for all the billions of them to account for all which is burning sun?

Another theory is that each star was originally a mass of hot gas. But if so, what made the gas hot? Is it to be supposed that the drawing together of particles of matter (solid or gaseous) toward a common centre engendered heat enough to set the whole on fire, thus evolving a young sun?

Nobody knows what the nebulae, which cover vast areas of the heavens as with a filmy lacework, are composed of. They may be clouds of meteoric matter. Whatever they are, it is through that they represent the raw material out of which suns are eventually fashioned.

Yet another, and quite the newest, theory is that radio-active substances contained in the material of forming suns given rise to the heat that starts them to burning.

Our own sun is a very old star, almost decrepit. One evidence of this is afforded by the dark spots that constantly appear on its surface. As a symptom these spots correspond to the wrinkles on the face of an aged person.

Suns, like people, are born, grow on and die. If we would view a star that is nearly dead, we have only to contemplate the so-called "dark companion" of Sirius. It is so faint as to be barely distinguishable by the telescope, though twenty times the size of our own orb of day.

Sirius is, from our viewpoint, the brightest star in the sky. It is a young and vigorous sun, forty times as bright as ours. If it was as near to us as our own solar orb, we should all be burned to death in a minute. It would melt the very rocks of the earth's crust. But its "dark companion" is nearly extinguished.

We have knowledge of one sun, nearly as big as ours, that has gone out altogether. It is a companion of Algol (in Medusa's Head), and is 830,000 miles in diameter. Like Sirius and its comrades, the two revolve about a common centre of gravity.

Algol—called Al-gul (grave-robbing fiend) by early Arabian astronomers—was anciently regarded as malefic or baleful. It is a pure white star that once in every six-and-a-half hours fades out to a fraction of its normal brightness. For nearly five hours it fades, and then, remaining unchanged for twenty minutes, soon regains its splendor. This is due to interference by the dark companion, which shuts off three-fourths of its light.

The star Castor (in Castor and Pollux) reveals itself to the telescope as a pair of mighty suns, and the bigger of the two revolves about a third gigantic orb that is wholly dark—a curious reversal of the arrangements between our sun and the earth.

Astronomers every now and then make discovery of a previously unknown dark star. In some cases they may be seen by the light reflected other instances their presence is unmistakably indicated by perturbations of the latter. But it seems entirely reasonable to presume that such extinguished suns are plentiful in the limitless void of space. Like them, our own solar orb will eventually burn itself out and vanish from the view of star-gazers who look out upon the night skies from distant parts of the Milky Way.

Minard's Liniment Relieves Neuralgia

The Flight of Birds.

The course of flight is a distinguishing characteristic of many birds. The grouse rises gradually while flying in a straight course; the woodcock rises to a height of several feet or even yards, then flies straight away; the cuckoo's flight is also in a straight line, but peculiarly arrow-like, being graceful and silent, the long slender tail and body of the bird still further suggesting an arrow. A number of the birds, notably the brown thrasher and the song sparrow, progress in short flights, as from bush to bush, with a queer eccentric or bobbing motion, as if their flapping tails were a great hindrance. A Wilson snipe flies in a zigzag line, a goldfinch in long undulations or bounds. All of these and many other ways of flying can be indicated by dotted lines, in the notebook supplemented by such words as "sailing," "rapid," "slow," "heavy," "graceful," "light" and "rapid," "slow," "silent" or "glistering" wing beats; the wings of the grouse hum, those of the woodcock and the mourning dove whistle.—St. Nicholas.

Height of Ignorance.

A fond parent noticed his youngest, a boy, in a very animated conference with a number of other boys and a young woman and that evening inquired of the boy what all the excitement was about. "That was my teacher," said the boy, "and we were trying to explain the ball game to her. She couldn't understand a darned thing. I don't just understand how she ever got to be a school teacher."

MISCELLANEOUS

PAY YOUR OUT-OF-TOWN ACCOUNTS by Dominion Express Money Orders. Five dollars costs three cents.

FOR SALE—FIFTY SHARES ANZAC Gold Mines at sixty cents each. W. Hyland, 217 George street, Toronto.

BUSINESS CHANGES

TO LET—A BLACKSMITH SHOP AT Carleton; a good opening for a good tradesman; first class business stand. Apply J. B. Calder, R. R. No. 2, Glanford Station, Ont.

FOR SALE—DRUG BUSINESS IN Kingston, known as the "University Drug Store"; centrally located; doing cash business; getting full prices; investigate. Address as above.

POULTRY WANTED.

POULTRY WANTED, ALL KINDS, hours alive 25 cents a pound, any size, no deduction for shrinkage. I pay express in Ontario. Samuel Lewis, 668 Dundas West, Toronto.

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117ACRES ON PROPOSED HIGHWAY at Brantford; splendid brick house, 12 rooms, suitable for two families; hot and cold water, etc.; also 200 acres any size, no deduction for shrinkage. I pay express in Ontario. Samuel Lewis, 668 Dundas West, Toronto.

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The school for best results.

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Thorough courses—Shorthand, Clerical, Bookkeeping and Secretarial. Excellent opportunities for Public School teachers and High School graduates.

We give personal attention, individual instruction and prepare our students thoroughly for superior positions.

In estimating value, you must consider service, quality and price—not price alone. It is not so much what you pay; it is what you receive, that is vital to you.

For full particulars, rates, etc., send for free Circular "A."

Write us to-day. New students enrolled every Monday.

The best is the cheapest in the end.

Park Business College

A. J. Park F. W. Park HAMILTON, ONT.

Fruit Punch.

These are the days for fruit punches. An unusually good fruit punch is concocted as follows:

Mix and sweeten the juice of one dozen lemons and one dozen oranges, using about one-half a pound of sugar. Put one-half a pineapple, fresh or canned, through the meat chopper, slice two bananas, and add to the lemon and orange juice, with a half pound of cherries if desired.

This mixture may be set in a cool place until the punch is wanted. When ready to serve the beverage, add ten pounds of ice and the contents of four bottles of ginger ale.

Minard's Liniment Cures Dandruff.

Muggins—Closest is never satisfied unless he kills two birds with one stone. Bugins—And even then he isn't satisfied unless he gets the stone back.

HELP WANTED—FEMALE

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

FARMS FOR SALE

100 ACRES IN THE TOWNSHIP OF Arthur, County of Wellington, Lot 17, Concession 7, all cleared and in good state of cultivation, new bank barn 26 x 65, log house, two good wells, one mile from Southworth, church, school, and good market. For particulars apply to owner, Mrs. Lynch, 69 Crawford St., Toronto, Ont.

FOR SALE—66 ACRES, NORTH HALF lot 6, concession 4, Beverly, 5 miles east of Galt, good buildings, well fenced, well watered, in first class condition. Bell phone, rural route, school, convenient. A. F. Allan, Galt, Ont., R.R. No. 6.

FARM FOR SALE—29 ACRES, NORFOLK COUNTY; 1 1/2 miles from Simcoe; close to electric railway; soil sandy loam, all clear, natural drainage, frame house, two barns, two good wells, spring creek runs through farm; will sell with or without stock, implements and crops. This is a first class farm in a splendid district. Dreher Bros., R. R. No. 4, Simcoe, Ont.

IMPROVED GRAIN STOCK, FRUIT, Garden lands, Norfolk County, Get description. W. Lewis, Waterford, Ont.

MUSKOKA FARMS—ONE TO TWO hundred acres; wood, stock or crops. Farms, buildings, fences. Address Realty Co., Box 528, Bracebridge, Ont.

300 ACRES EXCELLENT GRAIN, Stock or Dairy farm, Esquimaux of Halton County. Very fertile. Three stations within three miles. Will sell half separately. H. C. Cockburn & Son, Guelph, Ont.

200 ACRES LOAM—LOT 3, 5TH CON- CESSION, Township Ernestown, county Lennox, between Napanee and Kingston; 120 acres cultivated, 80 pasture, 20 small timber, 10000 bush of wheat, 20000 bush of corn, 20000 bush of clover; farm near buildings; three good wells; two good dwelling houses; garage, drive-house; three large barns, stabling 20 head cattle, 8 horses; new granary, two pig pens, chicken house; school opposite corner; rural mail; telephone. Benjamin Davis Estate, Odessa, Ont.

38 ACRES—ALL PLANTED TO FRUIT, except about 5 acres. Good 10 roomed house, large barn, stable, fruit house and poultry house. Some very hard water. Best of soil. On Barton Street, eight miles from Hamilton, soil as a going concern. Horse and implement. All health reason for selling. Will take some exchange. Address P. O. Box 65, Hamilton.

IF YOU DESIRE TO SELL YOUR farm or country home, send me full particulars, and have description published in my new catalogue. If you are in the market to buy, describe your wants and see what I have to offer. We expense whatever to you unless I effect a sale. J. D. Blyden, Realty Broker, 222 Clyde Block, Hamilton, Ont.

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