HINTS. GARDEN



IM CROSSING TWO VARIETIES TO TRY AND ORIGINATE A NEW STEP



NEXT YEAR I'LL ROTATE THIS CROP WITH SAUERKRAUT AND WIENERS.

Agasoline barrow will lighten the work.

THE DIRECTIONS DON'T SAY WHETHER TO WATER IT

Beans should be baked before planting and a small piece of pork left in each hill.



Sets of pampas grass develop into a good substitute for hair.



faster if trampled. PREPARING MARY ANN'S JOURNAL

HOW "CUPID'S CATERERS" CUT OUT THE "HAS BEENS" AND PLACE THE LOVE STORY IN MODERN SURROUNDINGS—SOME JOURNALISM UP TO DATE An amusing and truthful account of industrial community and the technical time; not everybody has the psycholog-

Contrary to agri-

cultural journals your corn will grow

the way in which Mary Ann's journals conditions of their employment.

"Though you are a seasoned" ers," being some records of Mr. Webbe Murdoch's excursion into the tragiccomic realm of sentimental journalism, by Ward Muir. (Stanley Paul. 6s.)

Sowing wild oats is not advised this year. The market value of the crop will be low.

Untilled Field of Romance. "It seems to have occurred to the editors all at once that a vast untilled field of romance was to be found in the everyday activities and occupations of contemporary life," says the Glasgow Even-"The mining camp, the lumber trade, the ranch, the social eccentricities of 'up-town' New York, gaucheries of Hoosier farmers, and the uneventful domesticity of New Englanders had 'petered out' as stuff for stories Why not cut out all these has-beens?" somebody would appear to have thought. in the departmental store, in the great hotel, behind the scenes in a theatre, in the factory, in the restaurant, the cinema-film studio, the Jew's business premises, the newspaper office, the political club, the baseball players' dressing room, and the railway shed? familiar puppets could dance there just as well as in their traditional surroundings, and might even look new in new

The Thing Was Done. say, adds 75 per cent to its appeal ir and make a fortune.

"Though you are a seasoned old dog in regard to all the possible literary combinations of love, intrigue, and testamentary complication, so that of themselves they would bore you, there is a compelling interest in an accurate, well-written account of the manner in which cinema pictures are secured, and 'Florette the Film Girl' accordingly secures your attention and respect; though the plot is moth-eaten by age, and the characters are stuffed with sawdust. It is not first-rate literature, it

is true: it is really but clever journalism, yet it is of greater value than the kind of story it has supplanted. How, exactly, it is done, we can only surmise. It incredible that milliners, film-actresses, Jew sweaters, and reformed burg-Why not place the scenes of our stories lars could themselves write these stories, sumably the up-to-date, teller or serialist of America carefully studies the conditions and the technique of a trade and its terminology, as Kipling did in 'Captains Courageous,' and depends upon his note books

The Formula for Stories. "The formula for 'Servant Girls' Journalism' (the phrase is Mr. Muir's, and it is unfair to a class who of themselves could certainly not make it remunerative) is exceedingly simple, but and most arresting fiction now being we do not intend to publish it here lest written in the United States is conceived our youngest office boy should immedion the shrewd theory that a love story, ately break his indentures to go off

ical subtlety to perceive what that stuff compound of flattery, flummery, senti- ing to our author, at least) the sheerest must be to please the readers—a weird mentality, and misinformation, which is the sole printed pabulum of countless the office of 'Honeysuckle,' when, having thousand pounds a year as an authority deliberately 'written down' his first contribution to what he thought would be servant girl level, he was informed that

Editor Explains His Readers. was 'tripe.' "He had over-estimated the intelligence of the average reader of 'Honeysuckle, and Verrinder, its manager, had

to put him right. 'Our readers don't care for proved statements, and hate logic like They want wash about fluffy heads resting on manly bosoms, and viofaces. After a few years' dosing with Goodwood in their lives. . . . I tell you, let orbs gazing up into moustached that sort of stuff, the "Honeysuckle" us till the day of her death. Once she's insult to their intelligence, to their comabsorbed "Honeysuckle" into her system, she can't do without it. Even marriage doesn't always act as a cure for the complaint. Hundreds of our letters they probably haven't sat on their hus-

"Curiosity—except as to how the tale to the uneducated classes." will end-is never to be roused in a 'Honeysuckle' reader; the real facts of a word must be written beyond her shal- Mr. Nares, editor of 'Sunday Hours,'

Women and the Sense of Humor.

"Papers of the 'Honeysuckle' type had their origin in sensational penny novelettes. Though only about half their contents is fiction in the ordinary use of the term, they are mainly fiction from cover to cover; even the domestic economy and fashions columns are (accordsure and certain foundation—the lack of humor in women. One woman writer Murdoch was speedily disillusioned in makes between fifteen hundred and two no one ever wears.

treated with a sneer.

'She has yards in every weekly on a "charming golf coat" when the golfing season's on; in the autumn she fills up her space with the descriptions of shooting costumes; in winter time I shouldn't wonder if she tells her readers what to skate in. . . She appeals to the same absurd public who read her description of hundred-guinea gowns for debutantes at Court, and Paquin creations for Goodwood—that is the public who never were either at Court or at exists is an insult to womankind; an "Nobody realizes how these journals pay, except those who are in the swim. I'd rather any day own 'Honeysuckle' are from wives who still wallow in a than the whole pack of the literary recloudland of courtship and kisses, though views. 'Honeysuckle' is a mere drop in

Religious Journals. "The ideal of the Sunday papers is happily suggested by the language of a

always be subtly flattered, and culture which were included in the thirty papers belonging to the Sleightford syndicate. He wanted photographs-freak photographs'-provided they have a Sundayish tone—Bibles which have been shot through the saved soldiers' lives; neglected gravestones of famous atheists; leaning steeples; tattoed crucifixes; and so on. . . . "There's a writer who's been trying to squeeze into my office for months, and failed. Today he sent me a note to say he'd got a photo of a Cruden's Concordance found in the stomach of a shark. I had him up in two ticks; and before he was out of here he'd it sold to me, and half a dozen sermon-



Col. HACKETT PAIN, Chief of Staff of the Ulster Volunteers.

The Last Call to Breakfast

My! How everybody scampers when mother says "Last call to breakfast."

And you can't blame them either, because they know they're going to have

FLAKES

Look for the signature 10c per package

TOASTED CORNO FLAKES

How Brain Is Poisoned by Emotions of Hatred and Anger in its characters and action it gives a Not everybody can write the stun a word must be written beyond her shall topical light on certain classes of the acceptable to 'Honeysuckle' or 'Dream- low comprehension; her own class must The only living creatures, whether hereditary selection with the proper all the indications of terror.

man or his brute neighbors, that have muscles for such an emotion. Dr. Crile, because it is equipped by tract and squeeze out all of the blood.



the emotions of fear, anger, joy or a human being becomes frightened, with muscles that can give expression with muscles immediately get busy. Supmuscles immediately get busy. Supmuscles immediately get busy. Although the late to such feelings. Although the late pose it is you who are alarmed. At pose it is you who are alarmed. At that definite changes had taken place that the place that definite changes had taken place that the p to such teelings. Atthough the late pose it is you who are alarmed. At that definite changes had taken place william James maintained this thesis once you stare, you tremble, you perwilliam sames maintained this thesis once you state, you tightle, you heart from a few limited observations, it has spire, your eyes bulge, your heart you grow weak in the knees. Even anger poisons are generated—any norremained for no less a person than palpitates, your breath comes and goes, remained for no less a person than Prof. George Crile, the eminent surgeon of the Lakeside Hospital, Clevegeon of the Lakeside Hospital, Clevegeon, to finally clinch the proof. become, if the fright is great, affected,

Dr. Crile says the muscles of fear are the defensive mechanism, while the servations on the human race muscles of rage are those of attack Crile found that if you become and onslaught. Man is endowed with both, but, like certain orders of the feline tribes, some human families ed, hidden, unacted and untold. That and races have the offensive overdeveloped, while others have the defensive and flight muscles dominate. To prove his contentions, Dr. Crile performed numerous elaborate ex-periments with rabbits and dogs, as well as recording many extensive observations upon friends, acquaintances and patients in his hospital. Thus a rabbit (they have the fear-flight group of muscles dominant, and are wholly wanting in the anger-fight group) was placed in such a way that a dog (the canine have both groups) pur-sued the rabbit, while it in no way could harm the rabbit. The dog could harm the rabbit. The dis bristled, barked angrily, and all of its brave, attacking muscles became alert brave, attacking muscles became alert and strained. The rabbit's breathing and strained. The rabbit breathing doubled, its heart palpitated, it gre teverish, and its eyes and mouth go

further, and in the midst of their signs doctor, less harm comes. Less perof terror and rage he killed both animals. Marvelous to tell, it was found these same internal antitoxins strated that during both fear and mal serum poisons such as come from the thyroid, sex glands and stomach if given off in excess becomes poisonous—in the body which do permanent injury to the brain and other

Furthermore, in his 21.alogous ob wrought up and as mad as a March hare, these poisons generate in greater quantity if they are suppress-

> For nursing mothers Na-Dru-Co Laxatives offer the important advantage that they do not disturb the rest of the system or

affect the child. 25c. a box at your Druggist's.

Even the psychopathic ward It is better, according to Dr. Crile's

discoveries, to stamp your little foot, smash a few goblets, and burst into ice and anger. tears, than to sit stolidly mute with suppressed excitement hammering for an outlet at every tiny muscular door of your irritated body. Strange to say, that well-known disease in which a swelling appears in

front of the neck—the enlarged thyroid gland—recognized by medical men under the name of exophthalmic goltre, has for its striking symtoms all the emotions of fear. If you look at the picture of a person with a goitre of this character, you will observe the whites of his eyes, the starving expression, the scared, nervous, anxious look, the rapid breathing and palpitat-These are typical symptoms of that malady, as well as the appearance presented by a frightened

Dr. Crile at once brings the two apparently dissimilar conditions to-gether. For, he says, in fright, when the emotion of terror seizes you, it is the normal gland—the thyroid—which is small and hidden below your Adam's apple—that gets busy and pours a libation of extra thyroid juice into your blood stream. It is the thyrold juice that, affected like your mus-cles, becomes over-irritated and poi-sons your whole body. A few spells of fear and anger may do no harm, but if you allow yourself to indulge such excesses often, as much dama

No man or woman can afford, ac-cording to these researches, to allow himself or herself to become excited. To do so may lead to untold misery. price some must pay for this overindulgence in the whims of fear, mal-The time for doctors to smile in-



LIEUT .- . N. SIR G. RICHARDSON, Commander of the Ulster Anti-Home Rule Wodnes

MONEY HAS WINGS

Break a dollar bill and the change flies away-how? You do not know. Start a savings account and the dollar will work faithfully in your interests. It grows quickly here attracts the money you would be apt to spend freely, if not

We pay depositors 31/2 per cent. compound interest.

The Optario Loan and Debenture Co'y

A. M. Smart, Manager.

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fears and phantoms of the much maligned persons hitherto called "hysterics," "psychaesthenics" and "neur-asthenics" must now be once for all

The remedy is in as simple as it is of fearsome creature, /5: vidual, is made to painstaking,

dulgently or even impatiently at the cumbing to the tremors of a thunder storm will work permanent injury to the brain and heart while ignoring and warding off such outbreaks will and warding on such outbreaks will save their sanity and health, then will the deluded victim come to his senses and guard himself to the bitter end against the impending appearance of such emotional manifestations. emotional manifestations.

CURES LINIMENT MINARD'S DANDRUFF.