Harvesting Bananas

WORRIED WOMEN **NEED RICH BLOOD**

Health Will Break Down.

At the fruit store you will notice that the big bunch of bananas is usual-ly hung with the fruit bending downward. That position, we learn from Mr. Philip K. Reynols, is not the natural position of the growing fruit. As the single flower bud on the individual banana plant increases in size it bends If the Blood is Not Kept Pure downward; then the covering bracts drop off and disclose the young banan as, which point outward. As they be come larger they point upward to ward the sun. Each banana plant—popularly but incorrecting colled a transport It is useless to tell a hard working

Each banana plant—popularly but incorrectly called a tree—bears only a single bunch of bananas, which is made up of so-alled "hands," or clus-ters. The "hands" grow separately in spirals, and each contains from ten to twenty-five bananas, or "fingers." Com-mercially bananas are classed accord-ing to "hands." A bunch that has less than six is not readily marketable: The readily marketa ing to "bands." A burch that has less than six is not readily marketable; the standard bunch has nine, and all bunches with nine or more clusters are classed as nine-hand fruit. A nine-hand bunch varies in weight according to the variety of the fruit and to the soil and the climatic conditions under soil and the climatic conditions under which it is grown; the average weight which it is grown; the average weight is from fifty to seventy-five pounds. Occasionally you see a bunch that has as many as twenty-two "hands" and more than three bundred bananas; a great deal from headaches and dizzi-

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When a bunch of bananas is cut the individual plant is destroyed, but the root is still able to send up shoots. drawing near, young plants are com ing to maturity to replace those that will have to be cut down. There are areas where as a result of a single planting the plants have continued to

produce bananas for twenty years.

What Shape is Your Tongue?

"Glossomancy" is the name which has been given to the newest "science." It consists in reading U, and there he sticks." people's characters by the shape and Slinard's Liniment for sale everywhere size of the tongue.

Why?"

According to glossomancists, those who possess short and broad tongues are apt to be untruthful, while people whose tongues are short and narrow

are sly and bad-tempered. When the tongue is long and broad, it is a sign that its owner is inclined to be a gossip. A tongue that is long and narrow denotes a frank, open dis

Girls with small, round, plump tongues possess trustful and afféc-tionate dispositions; but men with Racial Origin—English. similar shaped tongues are apt to be Source-A place name. inconsistent.

active, and likely to get on in the lic chieftain. world. Square-tongued women, how-ever, are likely to be self-assertive.

"One Apple a Day Keeps-"

Eat well, sleep well, live well, and Eat well, sleep well, live well, and be happy by simply masticating one sound good apple per day! Sounds strange, but it is a fact nevertheless. "Hedgeton." for the two names are the family, which this Radulphus founded. The strange net failer by apple per day is a proprior to the family of the family which the family is a proprior to the family is a proprior for the two names are founded.

larger percentage of phosphorous than any other fruit or vegetable This phosphorous is admirably adapted for renewing the essential nervous matter of the brains and spine.

A ripe, raw app.e is one of the easi st vegetable substances for the stom ach to deal with the whole process of

On the Seaboard. The surf is pounding on a white beach leagues away. A ridge of snow that rides and rides Upon the shoreward moving tides That roll from half across the world beyond the gray.

distant surging steamer trails her smoke clouds far Faint stain upon the misty rim A craft outbound for province dim, silver bay beneath the burning tropic star.

Weighing Liners.

When you are told that the larges ship in the world has a tonnage of 56,551, you realize that these figures mean something enormous, but do not know how they are discovered or what medicine is Mrs. Cora Conrad, Broad they really convey. Tonnage is of two kinds-the gross

bunch as large as that might weigh approximately one hundred and fifty pounds. When a bunch of hename is near the cubic capacity of the ses: my appetite was poor, and I tired easily. I decided to try Dr. Wil-lams 'Pink Pills and have every reason by machines. This means the cubic capacity of the whole of the interior of the ship's hull, added to that of all erections on desk, but not including the space occupied by machines. by machinery. This is calculated in units of 100 cubic feet. Thus the gross register of the White Star liner Ma

jestic is 5.655.100 cubic feet. After the first crop of fruit from two to five of the most promising shoots are left to grow and supply fruit later, Cutting out the extra shoots is called pruning. As the season of harvest is drawing near, young plants are com-bugh any dealer in medicine or by You can get Dr. Williams' Pink Pills Jugh any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont. Co., Br

nage displaced is discovered. This method was introduced by Archimedes, the Greek scientist, who The Boy--"Sis, why can't Mr. Cuthbert spell his own name?" Sister — "I don't know, Tommy. found that the amount of water dis-

Why?" The Boy-"Because he comes to C its weight. Electric Flatiron is Made In

Minard's Liniment for sale everywhers Feeling that there was a demand for an electric iron that could be Carry yourself with a self-confident varied in weight, an inventor has de-reloned one made in sections, each of

Variations-Kinnard, Kinaird.

Racial Orlgin-Scottish. Source-A place name. Though one of the first Milesian

inconsistent. What glossomancists term the rec-tangular type of tongue—one that is almost square in shape—is indicative of a strong, virile ncture. Men with of a strong, virile nature. Men with attempt to connect the modern family originally of Scottish blood, or a these shaped tongues are ambitious, name of Heber with this ancient Gae-

name of Heber with this ancient Gae-lic chieftain. As a matter of fact, our family name of Heber is not of Gaelic origin at all, but is the development of at. Anglo-Saxon place name. Up is the north of England is a place called Haybergh, which today,

strange, but it is a fact nevertheless. The aclds of the apple, also, are of invaluable use for men of sedentary habits, whose livers are sluggish in action, these aclds serving to elimin-the dull, or bring about Some such experience must have like dishes. "Hedgeton," for the two names are synonymous. And like other place names, it was often used in the Middle Ages as a often used in the Middle Ages as a person, had come from that place. In some twelftb century records there is an entry of the name of the mame of the mame of the sauce with roast pork, rich goose, and bike dishes. "Hedgeton," for the two names are synonymous. And like other place names, it was often used in the Middle Ages as a often used in the Middle Ages as a person, had come from that place. In some twelftb century records there is an entry of the name of the "Errul-time on the name is clearly traceable in its various changed forms. From Bailie troubles. Some such experience must have bike dishes. The aclds of the apple, also, are of the sauce with roast pork, rich goose, and bike dishes. The aclds of the apple, also, are of the strange, but it is a fact nevelies. The aclds of the apple, also, are of the synonymous. And like other place names, it was that all or even a majority of the peo-ple who to-day bear this surname are ple who to-day bear this surname are ple who to-day bear this surname are ple who to-day bear this surname are the reson had come from that time on the name is clearly traceable ber" and finally "Heber." The place from the kitches. "I didn't say they were fine, moth-er," replied the young man; "I merely said I must say so."



Which is to be erected at Orillia, Ontario. It is the work of Vernon March an Englishman. The monument measures twelve feet, and the pedestal, which is eighteen feet, will give it a total height of thirty feet.

dinal Gibbons left for young people was the excellent bit of advice "never look back." He said that, no matte what their age, when men begin to

What we expect is what comes to sity, and struggle intelligently enough and persistently enough to content to the struggle intelligently enough of the struggle intelligently enough to content to the struggle intelligently enough to content to the struggle intelligent to the struggl

and persistently enough to realize the we want thing

When you expect great things of yourself you prepare for great things of Little John was sent alone to the you have faith that they are coming barber shop for a haircut. The barber, in his joking way, in-There is a montel larger of them. to you, and you get ready for them. There is a mental law at work that draws to you the thing you expect and work for. If you don't expect any-thing unusual, anything but the or-dinary experiences of ordinary mor-tals, you will get nothing extraordin-ary, nothing unusual, nothing great; for always the thing you expect, the thing you hold in mind is what will come to you went when you have a set of the them and the pointed to the man in the chair. "Do you want one like this man is getting?" "No sir," the little fellow returned after he had looked at the man. "If you have, to cut it like somebody's just cut it like my dad's, with a little hole in the middle."

A NEW CHAMPLAIN MONUMENT Never Look Back. One of the last messages that Car- SUMMER COMPLAINTS



Loyal to Dad.

MONEY ORDERS

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

The Substitute.

Knicker-'What has succeeded the old fashioned family album? Bocker-"Passports, thumb prints and motorists' cards.'

Cuticu: a Soap, Cintment and Tal-cum are all you need for every-day toilet and nursery purposes. Minard's Liniment Relieves Neuralgis Settlers Thronging to British

Columbia.

The plow has become the rival of the buzz-saw in British Columbia. Time was a few years ago when lum-bering overshadowed all other indus-tries in the province. The prosperity he province depends largely upor

Classified Advertisements Two in Family WANTED-YOUNG LADIES WITE Good Education is Train as Nurses, Wellandra Hospital, St. Cath-arines, Oni. **Are Restored** By Tanlac ADIES-DO YOUR OWN HEM-STITCHING and plooting: attach-ment fits any machine, \$2.50; buttonhole, \$8; duty free: agents wanted. E. STE-PHENSON, 22 Quincy Street, Chicago.

One of the outstanding features of Tanlac is that very often several mem-bers of the same family are restored to health by it. Thousands of such cases are on record and it is now the family medicine in courtless howers throughout the U. S., Canada, Mexico and Cuba. Mrs. Bert Hewer, 193 East

Ave., North Hamilton, Ont., says: "My bealth was so broken down that I was unable to do my housework, but Tanlac built me up wonderfully and I now feel fine. My son and daughter also took Tanlac with good results. We call it our family medicine." There is not a single portion of the

body that is not benefited by the help ful action of Taniac. By enabling the stomach and other vital organs to per form their functions properly, the whole system is nourished, purified and strengthened. Get a bottle to-day t any good druggist.

Why Black for Mourning?

The custom of wearing black as a sign of mourning originated with Anne, the wife of Charles VIII., of France, who, at the death of her hus-band, surrounded her coat-of-arms with black, and wore black in token of her widowhood. This was then in direct opposition to the usual custom, which was to wear white as the symbol of mourning. The royal fashion was adopted, and has ever since re mained.

What One of the Best Known Travellers in Canada Says.

"Now I am going to give you an un-solicited testimonial as they say in the patent medicine advertising. Heretofore I have had a profound contempt for patent médicines, particularly so-called liniments. Perhaps this is due to the second that I have been blessed with y constitution and a constitution a day in my life. One di er a hard day's tramp Montreal, i developed a my legs and of course to has never had anything o has never had anything in my never i who has never h him physically, I com-sterously. The good little with will rub them with some lit ave." "Go ahead." I said, aumor her. "Well, in she com-sottle of Minard's Liniment busy. Belleve me the pain c usy. Lisud so." I said so." K E. JOHN

FRANK E. JOHNS, Mo

RONTO

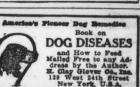
CURA HEALS

On Child. Broke Out In Pimples Head Scaly. Used To Itch.

"When my little girl was two years old she had a severe case of scalp trouble which broke out on her head in. pim-ples. When the pimples came off her head was scaly and used to itch so that she was alw ays scratching. "I tried all kinds of remedies butin vain. Isent for a free

TROUBLE

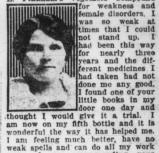
SCALP



WONDERFUL THE WAY IT HELPED HER

So Writes Mrs. Lemery of Brockville, Ontario, Regard-ing Lydia E. Pinkham's Vegetable Compound

Brockville, Ontario.—"I took Lydia. Pinkham's Vegetable Compound for weakness and female disorders. I



ak spells and can do all my

weak spells and can do all my work now. I am recommending your Vegetable Compound to all I know and you can use my testimonial to help other women".--Mas. CASET LEMERY, 176 Abbott St., Brockville,

Lydia E. Pinkham's Vegetable Com-pound is a medicine for women's all-ments and has a record of nearly fifty years behind it.

Sampie Each Free by Mal. Address: "Lymans,Lim-ited, 346 St. Faul St. W., Montreal." Sold every-where. Scop Sc. Oninnent 25 and 60c. Talcum Mc. Cuticums Scap shaves without mug.





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AGENTS WANTED.

WHOLE OR PART TIME TO SELL tures and appliances from our catalogue. Liberal commission. W. P. Earle Elec-tric supply Co., 1284 St. Clair Ave., Tor-onto.

STORE STATES AN EX-STREAM OF 1922 OFFERS AN EX-CEPTIONAL opportunity to earn from ten to fifty dollars weekly with our line of personal greeting cardis; there will be a big demand this year; whole or; spare time may be devoted to the work; samples free; write for full details. Carlton Publishing Co. Dept. W.P., 326 Spadina Ave., Toronto.

FOR SALE.

HENS WANTED ALIVE 23 CENTS a pound Albert Lewis, 666 Dundas West, Toronto, Ont.

O NE HUNDRED ACRE FARM ON Huron Road (Provincial Highway) near Clinton; two spring wells, splendid buildings, good orchard and fences. For erms and further particulars apply to G. A. P. Brickenden & Co., Barristers, éc., London Loan Bldg., London, Ont.

WEEKLY NEWSPAPER WANTED

W E HAVE A CASH PURCHASER for a weekly newspaper in On-tario. Price must be attractive. Send full information to Wilson Publishing Co., J.td., 73 Adeiaide St. W., Toronte.

BELTING FOR SALE

Barrister

ARN-WONDERFUL VALUES AND Colors, samples free-Georgetown pollen Mills, Ont.

C. J. CLIFF . TORONTO

indigestion being completed in abou eighty-five minutes. Furthermore there is nothing more conducive to a Furthermore, good night's rest than eating an appl before retiring.

The Spur.

When Lord Erskine was a poor struggling barrister and made his great plea in court which brought him fame and fluancial success, it was the thought of his starving children at home that loosed his tongue and made him measure up to the occasion that confronted him. He said afterwards that while he spoke he could feel his that while he spoke he could feel his poor children tugging away at his coattail, asking him for bread. That was what stirred the depths in him and brought forth the flood of elo-quence that carried men off their feet and in an hour put Erskine at the top of his profession.

Sticking Up for Father.

Three boys were boasting about the arning capacity of their fathers. The first said, "My father can write

The urst said, "My father can write a few lines and call it poetry and sell it for twenty-five dollars." The second said, "My father can draw a few lines, put a few dots on them and call it music, and sell it for fifty dollars.'

third said, "That's nothing. My father is a preacher and he can write a few lines and get up in church and may them, and it takes six men to car-ry the money down the aisle."

makes the day's work easy

Weight for weight, there is more actual nourishment in

Grape-Nuts than in roast beef. A Dominion Government an-

alysis shows that Grape-Nuts contains 1799 calories to the

pound, whereas a rib roast of beef as purchased (with its 20% of refuse) is known to contain but 1110 calories to the

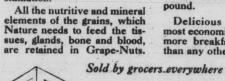
than any other cereal food.

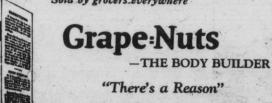
HEAVY, starchy foods slow down both body and mind. Grape-Nuts speeds them up for the day's work.

The right breakfast

This wholesome, healthful cercal food is made from prime wheat and malted barley, baked for 20 hours to insure easy digestion and perfect assimilation.

pound. Delicious Grape-Nuts is most economical, too, affording more breakfasts in less bulk





Made by Canadian Postum Cereal Co., Ltd. Windsor, Ontario

It is still a basic industry. The saw-mill has decimated the once magnifi-cent forests of the United States. The vast virgin woods of British Columbia offer the lumberman the most profitable field on the American continent. By wrecking the industry in Russia, the greatest lumbering nation in the Eastern Hemisphere, the war gave renewed importance to the Pacific slope of Canada. Not in history has there been such a demand for lumber as arose for home building in devastated Europe after the war. In the years following the armistice the export lumber trade of the province has broken all records.

But this is also a record era for set-tiement. For the first time the influx of homeseekers into British Columbia has rivaled that of the prairie provinces. The farmer has followed the lumberjacks. Where forests stood are golden grain fields.

How agriculture has gained on lum-bering is shown by recent statistics of the British Columbia Manufacturers Association. According to these figures the volume of business of basic ares the volume of business of basic industries in the province last year was: Lumber, \$\$4,970,000; agriculture, \$\$0,065,000; mining, \$23,066,641; fish-ing, \$22,329,000; other industries, \$58,-000,000.

forms of art.	Caricatu	re i	s one	of	the
	forms of	art.	in the second		in a star



UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
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ndy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Drug y Bayer bokes of its interfaced in Canada, of Bayer Manufacture of in is the trade mark (registered in Canada,) of Bayer Manufacture of indester of Sallcylloadd. While it is well known that Aspinin means acture, to assist the public against imitations, the "Bayer Cross." essenced with their general irrede mark, the "Bayer Cross." assist the pub