PLANTS "MADE TO ORDER" BY BURBANK Good Health Maintained Through

PATIENCE AND HARD WORK ARE HIS "SECRETS."

Worked Wonders in Plant-Life, Producing Seedless Potatoes and Shell-less

them to go to seed, and then experiment with the seeds under all sorts of conditions of climate, soil, and tour ishment. The products of these experiments are in turn improved until the desired result is obtained.

So to seed, and then experiment products of these experiments are in turn improved until the desired result is obtained.

So to seed, and then experiment products of these experiments are in turn improved until the desired result is obtained.

So to seed, and then experiment produced to his employees.

He singled out one of the men at detail about his work.

"I have been here forty years," said

the desired result is obtained.

Far be it from me to belittle the fame of Luther Burbank. But I want skins every year. skins every year.

to dispel the idea that he possesses
any supernormal powers, just as I am
anxious to dispel the stories of "black"

Ask for Minard's and take no other. magic" on his part. The truth about this really great man is much more in-teresting than are the wild tales told about him.

The cinema is often snoken of as one of the greatest benefactors of mankind. Well, Luther Burbank has done more for his fellowman than all the film stars going. He has added to the wealth of the world to an extent that the family name would be 'Harkerson,' or the start of the

about him and his work.

"Mand that is what I am trying to do—to produce better grains, nuts, fruits and vegetables," he went on. "I am not only striving after new forms, colors and flavors, but for a better food supply for the world with less waste. My new wheat has been awarded a first prize in Canada. It is the finest wheat in the world. I have also a new oat and a new barley which will add wheat in the world. I have also a new oat and a new barley which will add millions to the world's wealth.

"Just now I am devoting most of my to new varieties of fruits and You know, before I produced my plums it was impossible to export any California plums, as they got spoiled on the way. So I just grew a thicker

I also developed some walnuts without any shells, but the birds ate them off the trees, so I had to grow the shells back again. I want to show you my walnut trees. I think they are ne of the finest things I have pro-

The Old, Old Story. He led me out into his gardens, which, by the way, are not exception-ally large, and only boast of a greenhouse no larger than many of the con servatories one sees in the grounds of ardent amateur flower-growers. Here

he pointed out to me a huge tree.

"I grew that tree in ten years, and it is as large as a two hundred and fifty year old tree," he explained. "It is a cross between the black and the English walnuts. Its timber is nearly ten times as valuable as that of the ordinary walnut. Think what that means. A forest of them would be worth a fortune.

As we walked about he pointed out to me various experiments which were

And as we talked I got an insight in to his philosophy of life, which was even more interesting than the plant wonders he had shown me.

There is as much in life to hope "Life is as much in life to hope for as there is to fear," he told me. "Life is self expression, with action in certain definite directions, based on mechanical or chemical change. You amnot get away from the facts of evolution."

THE WAY TO BE WELL

their health fluctuate so? In the case of men worry and overtrained nerves are usually respontible for this state of unfitness and
from squirrel's bair, and sealing-wax color with pink roses here and there.

Potatoes and Shell-less
Walnuts.

While I was making my "tour of inspection" through California I took the opportunity of visiting Luther Burbank is one of the marvels of the fage in his own line of business. He has improved upon Nature almost past belief. His speciality lies in making plants of all kinds much more perfect than they ever were before. What is Luther Burbank's secret? There isn't one. He has simply out more in Canada where someone will intelligence and patience in crossing plants, and has brought out more varieties of plants than any other man in history. But it has taken him half a century of labor and some 100,000 supply than any other were of words and greater effect on the world's supply than any single plant.

Horticulturists and floriculturists and floriculturists and foriculturists and floriculturists and floriculturists and floriculturists and floriculturists and floriculturists and supply than any of them because he possesses the capacity because he possesses the capacity he forms dark does not contain an atom of wax. It is made from shellac, clanabar, and the same time does not contain an atom of wax. It is made from shellac, clanabar, and the same time he side does not centain an atom of wax. It is made from shellac, clanabar, and the same time he side does not centain an atom of wax. It is made from shellac, clanabar, and the seal stabling pains in the side does not centain an atom of wax. It is made from shellac, clanabar, and the seal stabling pains in the side does not centain no lead, and pencils, which contain no lead, a centuries. Luther Burbank has been more successful than any of them because he possesses the capacity for taking infinite pains, and that is another way of saying he is a genius.

Weird Walnuts.

Patience and hard work, and especially patience, have been the chief factors to his success. For fifty ears he has thought of nothing else.

Deciding first what he wishes to create, recreate, or improve in the vegetable world, he begins by selecting specially fine speciments, allowing them to go to seed, and then experited.

Then, reading about Dr. Williams' Pink Pills I was in a weak, and send that is a weak in the depressing symptoms that accompany this run down that is did not do me any good, and as I had a family of small children, I was much discouraged. Then, reading about Dr. Williams' Pink Pills, I decided to try them, and I can honestly say that I feel these pills have saved me from prolonged misery. My health, is now good, and we now keep the pills in the house for improve in the case of the action of the case of the control of the water boils. Steam is invisible; what you see is condensed moisture.

Timely Warning.

The newly-appointed manager of a banking branch was being introduced banking branch was being introduced.

You can gee Dr. Williams' Pink Pills I was in a weak, in the depressing symptoms that accompany this run down that is the depressing symptoms that accompany this run down that is did not do me any good, and a family of small children, I was much discouraged. Then, reading about Dr. Williams' etc.

Perhaps you have thought that is steam which you see coming out of the kettle spout when the water boils. Steam is invisible; condensed moisture.

Timely Warning.

The newly-appointed manager of a banking branch was being introduced to the casts nothing the properties of the casts nothing that accompany this run down the casts nothing the depth of health. I had take much we wated at the Royal table to the fetter. Perhaps you have thought that it is earn to health a was a family of small child not t

Australia exports 24,000,000 rabbit pride, "and in that time I have only

Did You Know This?

Rich, Red Blood.

no right to the name, for they are made of sheet iron, with only the thin the morning of the Persian's arrival his host visited him in his apartment

steam which you see coming out of the all

"I have been here forty years," said the cashier's assistant, with conscious

made one slight mistake."
"Good," replied the ne

"Good," replied the new manager "But hereafter be more careful."

Surnames and Their Origin

we cannot yet estimate.

Only he doesn't employ a Press agent, so the world doesn't hear much which end in "son" and which originbout him and his work.

I returned to my first question— ally indicated the parentage of their bearers.

I returned to my first question—how he had produced the spikeless cactus. For those who do not know this armor-plated plant, I just wish to say that the cactus is thorns and then more thorns. At least, it was until Burbank got busy with it.

"How did you do it?" I asked.
"I simply experimented with the seeds until I got what I wanted." How while a many caperiments. In the end I produced a new and better variety of cactus—and that's all.

"And that is what I am trying to do—to produce better grains, nuts, fruits."

"And that is what I am trying to do—to produce better grains, nuts, fruits."

"In a sense the name can claim greater antiquity than the English names of Norman origin, for it comes not from a chieftain who was a descendant of one "Fiacha Snidhe." a brother of that famous Irish High-king known as Conn of the Hundred Battles.

But a greater weight of evidence, by two names of Dolan or Dooley.

There was a Dolan or "O'Dubh.ein" and was formed just about the same time the others were, and it is only as a given name that we can pick it up prior to the Norman invasion.

"Hardgaer" and "Heregaer" were the spellings which the Angle, Saxons The other Polan clan is more wide."

The other Polan claim that the Perkins' bedside.

"Nurse," he gasped, "I want to do some reading; please bring me a descendant of one "Fiacha Snidhe." a brother of that famous Irish High-king known as Conn of the Hundred Battles.

But a greater weight of evidence, by two names of Dolan or Dooley.

There was a Dolan or "O'Dubh.ein" reliable to name from "Eochaidh Dubhlen," a chieftain of medieval in what is now the barrors, said a friend who had connected to the produced and what you measure when your chest is not inflated and what you measure when your chest is not inflated and what you measure when your chest is not inflated."

"Here was a Dolan or "O'Dubh.ein" reliable to the produced and what I am trying to do cartus—and that's all.

"And that is what I am trying to do cartus—and that's all.

"And that is what I am trying to do cartus

children.

fee all her life."

reckoning.

Variations - Dooley, Dowly, Doolan, Racial Origin-Irish.

Source-A clan name There is conflicting testimony garding the origin of the Anglicized forms of the Irish family name which we know as Dolan, Dooly, Dooley, Dowly, Dulan and Dowling.

She gave him a spoonful of taploca, adding, "The doctor says that everything else you do must be in the same proportion."

Nicest physic on earth for grown-up addingen. Nicest physic on earth for grown-up addingen. Nicest physic on earth for grown-up addingent. Nicest physic on earth for grown-up addingent.

Some authorities claim that the name comes from a chieftain who was

Never Mind What Granny Did-

Remember—You're You!

Instant Postum FOR HEALTH

A generous sample tin of Instant Postum sent, postpaid, for 4c in stamps. Write: Canadian Postum Cereal Co., Ltd., 45 Front St. E., Toronto. Factory: Windsor, Ontario

MANY people refuse to believe that tea or coffee can possibly

harm them, because they have used

these table beverages ever since they

outgrew the health rules relating to

"Nonsense!" they say, "Why,

It's true that some folks drink tea

and coffee without apparent harm.

These are the exceptions. But to most people there comes a day of

Sold by grocers everywhere

Granny has been drinking tea or cof-

A Devout Oriental.

Many ordinary, everyday things have names to which they are not united States, a Persian official was really entitled.

Take tins, for instance. They have who invited the Oriental to his coun-There are many men and women mest coating of tin.

Nor is "galvanized" iron really galvanized iron moiten they are weakness, during which time they are little better than invalids; yet at other zinc to give it the gaivanized appearities they feel very well. Why does ance. The camel has nothing to do with this extraordinary conduct; whereup-

Mrs. Alfred Tranchemontagne, ichel des Saints, Que., writes:-Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemon-tagne's experience is that of thousands of other mothers who have test-ed the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

In Proportion.

For weeks Perkins had been ill in hospital. With the beginning of con-valescence he called loudly for food, declaring that he was being starved. "The doctor says you may have mething to eat to-morrow," said the nurse soothingly.

Now Perkins realized that there would be a restraint to his appetite; yet in his mind he could behold a meal, albeit a modest one, at his bed-rets. Sick headache, bilicyness

A little later nurse was summoned

"Now," said the physician who was examining an applicant for life insur-ance, "I shall have to ascertain your

"My name is W words to that effect."

"He means," said a friend who had ome along, "the difference between

If you are free from headaches,

nervousness and indigestion, if you

never lie awake at night, if you know

that your health is unimpaired—then,

perhaps, you are an exception, too.

you do find something the matter

with your nerves and digestion, there's

a happy, healthful, table beverage made from roasted wheat. Its name

is Instant Postum. It has a fragrant

aroma and a rich, full-bodied flavor

that charm and satisfy without risk

to your health and comfort.

"There's a Reason"

BUT-it's well to know that, when

Says Indigestion Was Entirely Overcome

Hope for the millions of unfortunat mach trouble is sounded by Mrs O. E. Smith, of 169 Yarmouth Road, Toronto, Ont. Mrs. Smith was a vicim of stomach trouble in its worst form but was completely restored to

health by taking Tanlac. She say.
"I suffered terribly from indiges! eadaches and dizzy spells. My kid neys also bothered me, and my back and legs hurt constantly. But since I took Tanlac my digestion is perfect and I never have an ache or pain of any kind. In fact, I feel just fine all

stomach and soon the entire system is filled with poisons. Tanlac was designed to restore the stomach to a healthy condition and build up the whole body, Millions everywhere have acclaimed its wonderful power. Get a bottle today.

Tanlac is sold by all good druggists.

A Stone-Dust Car-Blower. A car has been designed for distri-

buting stone dust in coal mines, to pre-

of coal-mine tunnels and in crannies of the rough-hewn walls. Currents of air created by trains of coal-cars passing through, or by other means, con stantly blow it about. When the coal dust is mixed with air it becomes a dangerous explosive.

Accordingly, resort is had to the expedient of blowing stone-dust over the walls and ribs of the tunnels. The same air-currents that scatter the coal dust distribute with it the stone due ers the latter non-inflammable

A conical receptacle is filled with stone dust, which is discharged through a hose, a gasoline engine ac tuating an air-blast that drives it out in a dense and powerful stream

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

Sick headache. On the morrow nurse entered and nnounced: "Here's your dinner." And he gave him a speonful of taploca.

Nicest physic on earth for grown-up

> Playing It Safe. In navy circles

In navy circles there is told the story of an old sailor named Bill Tay-lor, who, while under court-martial, some reading; please bring me a had been so impressed with the instructions of the young officer detailed mined to exercise all care as to qualifying evidence when he was not absolutely certain. So, when the Judge Advocate asked him his name he re-

"My name is William Taylor-or

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order. You cannot dodge your responsibil

adicating ity by running away from duty I Minard's Liniment for Distemper

> Saving Time Lengthens Life. Think of the tremendous efforts and pains business men take to attain the highest possible efficiency in manufac-turing, in handling and selling, in building, the cutting off of unnecessary steps, studying the science of short cuts and effectiveness; but how few pay any attention at all to the ency the saving of the minutes and the hours as precious success

> There is nothing so precious as time, because we cannot separate a particle of our existence from a mo-ment of time. They are identical so far as we are concerned. We live in

what we call time.

Now, I presume that the majority of people could save at least one hour a day during their whole active careers, by rearranging their life schedule. Most of us sleep too much. It doesn't follow that because we are sleepy when our usual time arrives to get up we need more sleep. If we lie abed nine hours or eight hours, and even if we sleep most of the time, it does not follow that we would suffer if we should cut off an hour of this precious time, because we would naturally sleep better during the shorter time we al-

lowed ourselves.

I believe that seven hours of good sound sleep is enough for anybody, exsound sleep is enough for anybody, except small children and bables. I doubt if any healthy adult needs more. If those who are strong and in good health only allowed themselves this much time I believe they would get all the sleep they needed.

Just think what it would mean to save an hour a day for self-improvement for good reading for self-improvement for good reading for self-cul-

save an nour a day for self-improve-ment, for good reading, for self-cul-ture in different directions! How we could enlarge and enrich our lives with all these saved hours a week!— O. S. Marden.

ISSUE No. 40-'22.

SALESMEN

pay weekly and offer stead loyment selling our complete an usive lines of whole-root, fresh to-order trees and plants. Bee k and service. We teach an p you free. A money-makin ortunity.



Bad milk can be detected over the ed electrical apparatus.

Every square mile of the ocean is believed to have a population of 120,-000,000 fish.

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT:

MINARD'S LINIMENT:

Have used Minard's Liniment in my home, hunting and lumber camps for years, and consider it the best white liniment on the market. I find that it gives quick relief to minor ailments, such as sprains, bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc., which one is liable to catch when log driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly.

(Signed)² Ellison Gray.

Cuticura Heals Itching Burning Pimples On Face

"My face was entirely covered with pimples which not only disfigured me but bothered me with itching and burning. They were large, hard and red, and after a while began to fester. They itched so that I had to scratch them which made the burning more intense.
"I used various salves and creams but they gave no relief. The trouble lasted for nearly three months until I heard of Cuticura Soap and Ointment. I sent for a free sample. In about a week a decided improvement was made so I bought more, and two cakes of Soap with one box of Ointment healed me." (Signed) Elemer V. Foss, 7 Ocean View Ave., East Lynn, Mass.

Give Cuticura Soap, Ointment and

Give Cuticura Soap, Ointment and Talcum the care of your skin. Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c.

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"Pape's Diapersia" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of

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MOTHER!

Move Child's Bowels with "California Fig Syrup"



Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If con stipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember good cleansing of the little bowels

a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup' which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

WHAT IS A LETTER

Many Times It's a Guide to Health as is This One

Women-Read It

Momen—Read It

Marmion, Ontario,—"Before using Lydia E. Pinkham's Vegetable Compound I was a total wreck. I had terrible pains in my sides and was not regular. Finally I got so weak I could not go up stairs without stopping to rest haif-way up. I saw your medicine advertised in the newspapers and gave it a trial. I took four bottles of the Vegetable Compound and was restored to health. I am married, am the mother of two children and do all my housework, milk eight cows and do a hired man's work and enjoy the best of health. I also found the Vegetable Compound a great help for my weak back before my bables were born. I, recommend it to all my friends." Mas. HENRY JANKE, Marmion, Outzerio.

Letters, which you read in the newspapers recommending Lydia E. Pinkham's Vegetable Compound are genuine expressions from women who have been helped by this splendid medicine. They are anxious for other women, who may be suffering as they did, to know of the great merit of this medicine, Each one, with her reputation, stands behind it, to point out to sick women the way to health. Lydia E. Pinkhams Percultar to Women' will be sent you free upon request. Write Lydia E. Pinkham Medicine Co, Lynn, Mass.

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

Headache Colds Toothache Neuralgia Earache Lumbago

Rheumatism Neuritis Pain, Pain

Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Dru the trade mark (registered in Canada) of Bayer Manufacture of Mo-ister of Salicylicacid. While it is well known that Aspirin means. Ha re, to assist the public against imitations, the Tablets of Bayer Compu-imped with their general trade mark, the "Bayer Cross."