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It will quickly show its power once you use it, so I think you had better see what it is without delay. I will send you a copy free—you can use it and cure yourself at home.

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The Rocking Chair

WHO would live in southern climes when they can have such glorious golden Manitoba weather as we have enjoyed for the last two weeks. What does it matter that we may have more cold yet and perhaps sleet and snow? It is these sudden changes that make us hardy and able to resist or defy whimsical climates, and that add a piquancy to existence which is lacking in lands of perpetual summer.

A constant source of wonder to visitors visiting Winnipeg is the clearness of the atmosphere and the all pervading sunshine; the whole land is bathed in it like a glaze of yellow lake over an oil painting. Our sunshine, winter and summer, is so constant that we take it all as a matter of course and forget to remark upon it; but no Italian sky can beat our own of Manitoba, either for blueness, depth, or clearness. We talk far too little of the beauties of our prairies and affect a contempt for this magnificent stretch of country because it is flat and level. Who ever objects to the ocean or Lake Superior on account of its flatness.

Other countries have their beauties too, and the usual cry is that the prairies have no beauty because they are not broken up into little nooks and corners of hills, woods and gurgling streams and only the few, those of the elect, have the wit to see that our thousands of miles of prairie country are as grand and beautiful, but in a different way, as the loveliest lakes or the loftiest mountains. One of the great charms of the prairie is its very difference from other landscapes, and the person who has not the perception to feel this is a Philistine in the appreciation of beauty.

To the sympathetic ear the prairie talks in all seasons; even in winter, when fast asleep under its blanket of snow, it still has something to say and sometimes snores rather loudly in the form of a blizzard, which, after all, is nothing more nor less than its nightmare or a little burst of temper; and even the most saintly is allowed a fit of temper now and then.

The two words which always occur to me when travelling over the prairies are "golden" and "fatness." The look of the black earth under the bright sun and the smell of the newly-turned sod seem to literally exhale fatness, and the whole appearance of the country drenched in sunshine can only be described by the word golden; golden in appearance, golden in returns to the settler and golden in opportunities for all.

* * *

Last week while we were basking in summer sunshine the unfortunate people of Ottawa were struggling against wintry winds under leaden, sunless skies and wrapped to the eyes in furs.

The Ottawa visitors to the Earl Grey Dramatic Competition were struck dumb with amazement at our climate, the beauty of our houses and the miles and miles of beautiful asphalted streets. In fact they seemed to doubt that they were in Winnipeg, but suspected that they had been whisked off in a trance to fairyland by a magic carpet or some other unlawful and uncanny means of transport.

They evidently expected to find us living a l'Eskimo in snow igloos, and going about dressed in walrus hide with our faces bedaubed with blubber grease. Winnipeg was the surprise of their lives to all the Eastern visitors, not only in the matter of streets and buildings, but the natives themselves, for they saw more pretty girls and handsome, well-dressed women in their one week's stay than they had ever even dreamed of before in their whole lives, and most of them were generous enough to admit it.

* * *

Some of the private gardens are already gay with flowers—only the tulip so early of course—and although any flowers at all are better than none, a little more taste and care on the part of the gardener could greatly improve the appearance of the tulip beds.

The average gardener has no sense of the proper values of his colors, which accounts for the rather messy, crazy quilt appearance of most of the gardens, where the different colored flowers alternate in the old-fashioned rag carpet hit-and-miss style, first a yellow then a red, then a white, then a yellow and so on around the circle again and again. To get the most out of your flowers, and to obtain the most decorative effects, the colors should be massed. In this way the beauty of each flower is brought out and the whole effect is pleasing, while in the promiscuous mixing of colors the garden lacks character.

In elaborate gardening, delightful color schemes can be carried out, but for the small modest garden, a simple arrangement with the colors massed will be found most satisfactory.

For any one who has the space, a blue corner is one of the most charming spots to plan in any garden. Arrange your blue flowers with the tallest next the fence and graduate them in height down to the lowly lobelia, and in front of all a low edge of white will serve to bring out the richness of the blue. This blue corner will give an appearance of greater space to the garden as well as being a spot of delicious color. A five cent package of Portulacca seeds will cover several yards of ugly clayey soil with lovely bloom, and five or six seeds of wild cucumber will in one season transform a hideous backfence into a thing of beauty.

Aunt Mary sincerely hopes that every man, directly or indirectly concerned in that silly bylaw about doge, will be troubled with the most horrible nightmares all through the hot weather. A more cruel and idiotic law was never made by any presumably sane individuals, and I am quite sure it must have been suggested by some tea-drinking society of old fashioned "Maiden ladies," who feared for their mignonette beds and their pussy cats.

If the poundman had done his duty and gathered in all the homeless and tagless dogs which have always swarmed on the Winnipeg streets, there would be no necessity for the public exposeure of the well-known "inhumane germ" which infests the council chamber and gets in its deadly work on every new member of the city council. Men who under ordinary circumstances have fairly kindly hearts, on being elevated (?) to the city hall become perfectly callous and indifferent to the sufferings of animals.

This year the city fathers were in a fair way to redeem their reputations by placing several drinking fountains for horses, but now they have sadly backslidden to the standard set by their predecessors, by compelling all dog owners to accompany their dogs every minute the poor animals spend on their constitutionals. It is pitiful to go along the streets these fine days and see all the miserable little dog faces, the pictures of misery, where they sit tied to verandah posts. I suppose some of these city Solons are nervous about their flower gardens during the summer, and can think of no other way of protecting them than depriving other people's dogs of their freedom. Anyone who wants a garden should have a fence; children are as destructive to gardens as dogs, and yet no has suggested taking children out on a lead.

Perhaps they never thought of that, so Aunt Mary offers the idea as a new field for experiment.

It is a pity Winnipeg is becoming a fenceless city; for a fence gives a finish to a lawn and adds dignity to the house and its surroundings by making it more private and less like a boarding house or a charitable institution. A large expensive house on an unfenced lot has a very public appearance, and might be a public school or a private hospital for all the casual passer-by can tell.

Let the dogless man fence his garden and the doggy man pay his license and the poundman collect the unlicensed dogs and the dogs themselves have a little liberty and everybody will be satisfied and no one will be harmed; but as things are at present what are dog owners paying a license for? For the privilege of leading out on a string a rampant dog, half crazed from confinement?

* * *

What a curious thing milk is. We were told all winter that the reason the milk was so aneamic looking was that the cows had only hay and other dry food to eat, but that as soon as the snow went we'd see the difference. Well, we do, but not just the difference we were led to expect. Is it possible that the cows get their feet wet in the little ponds still lying about on the prairies? There seems to be some mysterious connection between the poorness of the milk and the opening of the ice cream season, and the connection adds nothing to the quality of the milk. Perhaps the cows are on strike, realizing that they are likely to be overworked this summer with the ice cream season in full blast so early in May. I really think the cows should be gently but firmly expostulated with, for only eleven quarts of lactated city water for one dollar does seem rather exhorbitant even in this city of milionaires.

* * *

The city bread gets worse and worse, and judging by the collection of curios I have been able to gather from the loaves in the past two months, such as very hard lumps of old dough, bits of sacking, string and an occasional paring from a finger nail, the yearly house-cleaning of the bakeries must have been most thorough, and the by-products I have mentioned, disposed of to good advantage. We have been promised great things in the way of wrapped bread and clean bakeries and wagons, but the drivers still handle and embrace the loaves and set their baskets on any convenient heap of refuse.

If the housekeepers of the city would stand together and refuse to accept bread of which they had any suspicions, from careless drivers, they could remedy this state of affairs is one week. The cleanliness of the food supply depends entirely on the housekeeper, and as soon as it is realized that women mean to stand as one for clean food, that minute the demand will be met and the time-honored slovenly methods at present in vogue will give way to cleaner and newer arrangements. Don't leave it for your neighbor to start, but do your own share towards the improvement right now. Watch your baker and milkman and see how they handle your food when they think they are unnoticed, and act up to your convictions in the matter. Refuse to take in any food not as cleanly prepared and handled as what you cook in your own home, and we can force the purveyors of foods into cleanly habits in spite of themselves. The caterers of the city ask the highest prices and put us off with the poorest articles they dare; it is now up to the women to be firm and demand the best—both in quality and cleanliness—for their money. The fly season has arrived, and the campaign against dirt should start at once in every household.

* * *

This week, instead of the usual recipes given in the Rocking Chair, Aunt Mary is devoting the space to garden hints, this being the time to start the garden, for according to "House Beautiful," May is the principal planting month for the summer-flowering bulbs. For the sake of convenience four sorts of plants not closely related may be arranged under this heading: they are the tuberose, the dahlia, the gladiolus and the lily, though the latter are not planted so much at this season. The word bulbs as here used must be taken in a very broad sense, for the roots we plant of the tuberose and dahlia are really tubers, and those of the gladiolus are solid corms, the lilies alone being scaly bulbs.

* * *

The dahlia is really an autumn rather than a summer flowering plant. While many sorts are readily brought into blossom in July or August the chief show is likely to be exhibited in September. The plant has been in general cultivation only about a century, although in its original home in Mexico it has been known as a garden flower for a much longer period. Several distinct type of flowers are now grown, the most important being the large double cactus dahlias and the single dahlias. The cactus types are perhaps the most beautiful.

Dahlia roots are tubers with buds at the upper end. Single tubers planted when danger of frost is past will send up stalks that will blossom late in summer or early in autumn. The roots must be dug up after the leaves are killed by the frost and stored for the winter in a dry, cool, frost proof cellar.

* * *

The African or tall marigold are particularly desirable for border gardens and are so easy to grow fom seed that anyone can have an abundance of them. Seed sown in the open ground early in May will soon develop into vigorous seedlings which readily bear transplanting to their permanent position, where they should be at least a foot apart. The colors range through orange and yellow and are remarkably rich.

An abundance of flowers in the garden border during September and October is greatly to be desired. One of the best ways to have them is to plant an abundance of hardy asters, boltonias and goldenrods. These all have blossoms attractive in themselves as they grow on the plants, attractive when cut and combining together effectively whether outdoors or indoors. The hardy asters or wild asters are more popular for border planting in England than with us. The English call them Michaelmas Daises. They ae so abundant along our roadsides and in our fields and woods that we do not appreciate them for garden culture as fully as our English cousins. They are, however, probably the most desirable plants for flowering late in autumn for the border garden. They are hardier than the chrysanthemums and will thrive with less attention. The flowers stand several degrees of frost without injury, so they are able to make a brave showing through October and even into November. Some species bloom in August, but the larger and more attractive ones come on in September and October. The New England Aster, of which there are several distinct varieties, is one of the best species for garden use.

The boltonias or falso chamoniles are tall aster-like flowers, which are indispensable for late blossoming in the border garden. They are taller than most of the asters and combine finely with them both as to form and color. Two common kinds are now grown, one white, the other lavender pink. The latter is the larger and more attractive. It has also a dwarf variety growing, but two feet high. All three boltonias are hardy and of easy growth. When established the clumps enlarge by means of spreading root-stocks, and produce great masses of attractive flowers.

We are so used to seeing the goldenrods in our fields and along our highways that too few of us appreciate their beauty. Very few perennials can compare with them, however, and in other countries they are highly prized for garden planting. The color harmonies of the asters and goldenrods in American landscapes are most beautiful, and these plants are well worth growing together in border gardens, especially in front of thickets of shrubs or trees. The species found in any locality serve very well for garden planting. They may readily be transplanted late in autumn or early in spring to rich moist soil. With good treatment they improve greatly in the garden.

* * *

Delightful as the garden flowers are, shrubs are still more lovely, and the most beautiful shrub of all, the lilac, does exceptionally well in Manitoba. The lilac has been called one of the Penates of the American home, having bloomed besides the dooryards of the early settlers as far back as the year 1652, and probably before.

There are numerous species besides the usual one, but they are best not planted together. The color, time of bloom and habit of the different species and hybrids are so various that a visit to a nearby nursery, or a watchful eye as one passes along, will be useful later, as the sight of a shrub in flower is worth more than all the catalogue description one could read. They grow on almost any kind of soil, but a rich and moderately moist one is the most suitable. The seed pods should be removed as soon as they have finished flowering, and the necessary pruning done. Suckers are detrimental to the flowers, and should be cut down as soon as they appear. Lilacs are often infested with a scale, mostly the well-known oyster shell, but in some cases the San Jose. The usual spray of lime and sulphur will control the pest, but if already badly affected, cut the shrub to the ground and it will come up from the roots and bloom in three or four years. In case of the hybrid lilacs, which are grafted, be careful not to cut below the graft, or some will have a shrub of the common lilac or privet, whichever the stock happens to be. Lilacs need much feeding, and an annual top dressing of barnyard manure is good.

A lilac from the north of China (syringa oblata) is the first to flower, coming ten days earlier than the common lilac, but because of its leggy growth and the fact that it is hard to establish, our American nurseries have not taken it up as yet. In Europe it is much confused with syringa villosa. The color is a delicate pink, and is one of the important parents of the hybrids. The Persian lilac (s. Persica) flowers a few days before the common one; the color is a pinkish lilac and the flowers are smaller and more delicate. The pruning of the old seed pods is important with this species as it is not a very vigorous grower. It is very dainty and delicate and worthy of use. The common lilac (s. vulgaris) and its hybrids need no description as they are so well known. The hybrids vary from the most delicate pink through the porcelain blues, to the deepest red-purples. The Himalayan lilac (s. villosa) is perhaps the best of the group, excepting vulgaris. The color is a clear pink, and it flowers the end of the first week of June, being one of the last to bloom. The foliage is particularly beautiful, being of a dark and glossy texture. This is best kept i nthe background because of its height. It makes an unusually beautiful hedge.

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Warts on the hand is a disfigurement that troubles many ladies. Holloway's Corn Cure will remove the blemishes without pain.

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quickly stops coughs, cures colds, heals the throat and lungs. . . . 25 cents.

THE CONTROVERSY OVER FASTING

The fast is to Upton Sinclair, in his own words, the key to eternal youth, the secret of perfect and permanent health. He would not take anything in all the world for his knowledge of it. It is nature's safety valve, he says, an automatic protection against disease. Mr. Sinclair does not venture to assert that he is proof against virulent diseases, such as smallpox or typhoid. Although he claims to know one ardent physical culturist, a physician, who takes typhoid germs at intervals to prove his immunity, Mr. Sinclair would not care to go that far. It is enough for him to know that he is proof against the common infections which beset man and against all the chronic ills. He expects to continue so just as long as he stands by his present resolve, which is to fast at the slightest hint of any symptom of ill-being, a cold or a headache, a feeling of depression or a coated tongue or a scratch on the finger which does not heal quickly.

Those who have studied the fast as a cure explain its miracles, according to Mr. Sinclair, in the following way:

"Superfluous nutriment is taken into the system and ferments, and the body is filled with a greater quantity of poisonous matter than the organs of elimination can handle. The result is the clogging of these organs and of the blood-vessels—such is the meaning of headaches and rheumatism, arterioclerosis, paralysis, apoplexy, Bright's disease, cirrhosis, etc. And by impairing the blood and lowering the vitality, this same condition prepares the system for infection—for 'colds,' or pneumonia, or tuberculosis, or any of the fevers. As soon as the fast begins, and the first hunger has been withstood, the secretions cease, and the whole assimilative system, which takes so much of the energies of the body, goes out of business. The body then begins a sort of house-cleaning, which must be helped by an enema and a bath daily, and, above all, by copious water-drinking. The tongue becomes coated, the breath and the perspiration offensive; and this continues until the diseased matter has been entirely cast out, when the tongue clears and hunger reasserts itself in unmistakeable form.

"The loss of weight during the fast is generally about a pound a day. The fat is used first, and after that the muscular tissue, true starvation begins only when the body has been reduced to the skeleton and the viscera. Fasts of forty and fifty days are now quite common—I have met several who have taken them.

"Strange as it may seem, the fast is a cure for both emaciation and obesity. After a complete fast the body will come to its ideal weight. People who are very stout will not regain their weight while people who are under weight may gain a pound or more a day for a month. There are two dangers to be feared in fasting. The first is that of fear. I do not say this as a jest. No one should begin to fast until he has read up on the subject and convinced himself that it is the thing to do; if possible he should have with him someone who has already had the experience. He should not have about him terrified aunts and cousins who will tell him that he looks like a corpse, that his pulse is below forty, and that his heart may stop beating in the night. I took a fast of three days out in California on the third day I walked fifteen miles, off and on, and, except that I was restless, I never felt better."

When the interest roused by Mr. Upton Sinclair's crusade on behalf of the fast was at its height he received something in the nature of a challenge from the distinguished editor of the Critic and Guide, Doctor William J. Robinson, a careful student of therapeutics and a writer on medical topics. The ideas of fasting which Mr. Sinclair now disseminates seem to Doctor Robinson calculated to do much mischief. There is no such accumulation of experience and observation as warrants the positive tone in which Mr. Sinclair announces his results. This seems to Doctor Robinson a very important point. All forms of treatment of disease, he points out, must be carefully studied during long periods—as long as two or three years in some cases. Furthermore, there are symptoms of disease which can be met adequately only by the administration of appropriate drugs, unless the patient is to go from bad to worse. Organic diseases again have a somewhat treacherous series of symptoms in certain stages. It may well be that the patient will feel better after a certain period of abstention from food, but this by no means indicates that he is on the way to permanent recovery. It is possible, indeed, that in breaking his fast a patient will commit some imprudence calculated to render his last condition worse than his first. Nor is there any such novelty in the ideas of Upton Sinclair as he and others imagine. From time to time in the history of therapeutics, says Doctor Robinson, enthusiasts have arisen with these same ideas regarding the efficacy of the fast cure for all bodily ills. The subject has been gone into by competent physicians, who do not hesitate to recommend a fast to a patient when conditions warrant such a course. The true test of what Upton Sinclair claims would be a course of treatment in a hospital or sanitarium under the observation of careful and accurate experts. In the meantime the lay mind must suspend judgment. Fasting is an experiment only.

THE WHITE WHALE

One of the creatures that inhabit the northern seas is the beluga, or white whale. It frequents the Arctic Ocean, enters the numerous bays and inlets, and sometimes travels up the fresh-water streams to considerable distance in seach of food.

It preys upon fish, and, owing to its ability to swim very rapidly, it is able to capture the fastest of these.

It is pure white in color, and quite large, often reaching fifteen to eighteen feet in length. It has a large mouth, containing a number of very sharp conical teeth. It swims by doubling its strong tail back under its body and driving itself forward with a powerful stroke.

The natives of those cold regions which it inhabits catch the white whale with a stout net and by the use of the harpoon. A portion of the flesh is used for food, and the remaining portion is converted into a very fine grade of fish-oil, which finds a ready sale. The skins are removed and made into leather.

MAN, WOMAN AND THE WORLD

Man wears clothes as a defence; woman for the purpose of attack.

A girl must be very, very intellectual if she can't tell you what another girl had on.

Man proposes; woman makes him stick to it.

A man who can joke with his wife about her dressmaker's bill must have a keen sense of humor.

The law has no penalty for stealing a heart. The punishment of having it left on your hands is enough.

A beautiful woman is the paradise of the eyes, the hell of the soul, and the purgatory of the purse.

Listening, with most of us, is waiting till the other person has finished.

"All the world loves a lover," especially the jeweler, the zorist, and the confectioner.—"Woman, Wedlock, and the World," by "Celt."

Rags should never be thrown away because they are dirty. Soap them and leave in cold water. Boil, adding a tablespoonful of paraffin to the water, and they will be nice and clean, and most useful for any kind of polishing in the house.

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Used Golden Remedy, The Great Home Treatment For Drunkards.

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