

POTATO CULTURE

(Experimental Farms Note.)

Potatoes are easily grown. They are a very valuable, cheap food. In one form or another they are wanted on everybody's table, every day, everywhere throughout the civilized world. Potatoes have been cultivated by Europeans for a little over three hundred years. They now require over thirty-five million acres of land and produce over five billion bushels of food annually. The average yield of this crop is about 144 1/2 bushels per acre. The average yield in Canada is about 161 1/2 bushels per acre. The following suggestions are given from experience and experiments on "Spud Island".

SOIL

Potatoes do best in a warm, rich, deep sandy loam soil. They require a lot of moisture and should have good, well drained soil.

SEED

Like begets like. The seed potato trade asks for Irish Cobbler and Green Mountain. They are recommended as among the best. Grow the potatoes that people want. Get seed free from disease. It is obtainable. Select it rigorously. Treat it with fungicides before cutting. Use large fresh sets.

SEED BED

Potatoes require a lot of work and attention and like other worth while things, pay back most when they receive it. Plow and work the soil, make it friable, work it thoroughly until the necessary tilth is obtained. A clover soil, top-dressed with ten tons of barnyard manure, plowed in early autumn and thoroughly spring worked makes a good seed bed for potatoes. Should your land need more fertility feed it with potato fertilizers.

PLANTING

Plant as soon as the land is warm enough. Do not allow the seed to get chilled before covering. Planting machines are satisfactory. Make the rows straight and from 30 to 36 inches apart. This will cheapen your cost of production. Plant the seed about four inches deep and from 12 to 14 inches apart.

CULTIVATION

Harrow the potato field with something harrow before the young plants appear and once after they are up. Cover the plants with three inches of soil when three inches above ground. The rear discs on the potato planter do this best. Use horse cultivator after every rain and at least every ten days until the plants crowd you out. Throw soil towards plants with each cultivation hitting them so that the tubers are all well covered.

SPRAYING

Spraying is safe insurance that pays its own premiums. Start spraying in July and keep all the foliage covered with Bordeaux and poison or dust fungicides throughout the season until the first frost kills the disease spores.

HARVESTING

Harvest immature plants for seed. Dig potatoes in dry weather. When disease is present leave them in the ground until a frost occurs if possible. When the soil is very dry have the digger move a lot of clay so that the potatoes may not be injured by the machine. Handle all potatoes as carefully as eggs. Every bruise lowers their value and renders them more susceptible to disease. Allow them to sweat in the open and give them good ventilation and cool quarters for storage. Potato tubers must have air to live.

J. A. CLARE, B.S.A. Supt., Dom. Experimental Station, Charlottetown, P. E. Island.

SILENT TEACHINGS

Sunlight! tell the hidden meaning  
Of the rays thou lettest fall;  
Are they lessons writ in burning,  
Like God's warning on the wall?  
"Stifle, I man, to let a loving  
Spirit cheer the sad and poor;  
So shall many a fair hope blossom,  
Where none grew before!"  
Stars! what is it ye would whisper  
With your pure and holy light?  
Looking down so calm and tender  
From the watch-tower of the night.  
"When thy soul would quail from  
scorning,  
Keep a brave heart and a bold;  
As we always shine the brightest  
When the nights are cold."

Hast thou not a greeting for me,  
Heaven's own happy minstrel bird—  
Thou whose voice, like some sweet  
angel's,  
Viewless, in the cloud is heard?  
"Though thy spirit yearneth skyward,  
O forget not human worth!  
I who chant at heaven's portal,  
Build my nest on earth."  
River! river! singing gaily  
From the hillside all day long,  
Teach my heart the merry music  
Of thy cheery rippling song.  
"Many winding ways I follow;  
Yet at length I reach the sea,  
Man remember that thy ocean  
Is eternity!"

WHAT CAUSES SO MUCH SICKNESS

Constipation Responsible for 90% of Disease  
"FRUIT-A-TIVES" Corrects It

It is generally recognized among the medical profession that Constipation or Insufficient Action of The Bowels, produces more disease than any other one cause. Constipation is responsible for at least 90% of the disease in the world today—because Constipation is responsible for the Indigestion and Dyspepsia—the nervousness, Insomnia and Rheumatism—the Eczema and other skin troubles—the Headaches and Backaches.

As you know, it is the duty of the bowels to carry off the waste matter in the system. If the bowel muscles are weak or the liver inactive, then this waste matter remains in the body and poisons the blood. As a result, every organ in the body is poisoned by this waste.

"Fruit-a-tives" has been wonderfully successful in relieving Stomach Troubles, Nervous Troubles, Liver Troubles, Kidney Troubles, Skin Troubles and Blood Troubles, because "Fruit-a-tives" positively and emphatically relieves Constipation. "Fruit-a-tives" will always relieve Constipation, even though the trouble has been chronic for ten, fifteen and twenty years. Thousands of grateful users proclaim "Fruit-a-tives" the greatest remedy for Constipation that the world has ever known.

MONTREAL PORT HAS NEW YORK WORRIED

"I heard nothing but praise for the port of Montreal from all with whom I came in contact during my trip, and I come back with a cleared realization that ever of the great honor the Government has done me in making me head of the administration of Canada's national port," said Dr. W. L. McDonald, President of the Harbor Commissioners of Montreal, who returned there this week from a two months' visit to Great Britain and the continent. During the trip he met some of the biggest shipping interests.

"Many well-informed men on the other side do not look for any general revival in business conditions for a year or eighteen months to come," said Dr. McDonald, "but in spite of this, all indications point to a big season ahead of us here in Montreal harbor, in fact to a bigger season than the record one of last year. I expect that the volume of grain traffic will be especially notable. According to everything I can learn from grain and shipping men we may confidently look for a bumper grain movement through Montreal in 1922."

"New York shipping men are obviously nervous regarding the increasing importance of Montreal as a world port. They are afraid of our competition and very anxious to co-operate with us in every way possible. As a proof that they have reason to fear our competition, I might instance the fact that when I stepped off the Aquitania at New York the other day I met a prominent Montreal shipper who told me that he had booked eight cargoes in New York that day for shipment from Montreal. New York shipping men are pessimistic regarding the outlook; whereas we in Montreal have every reason to be the reverse."

"I had an extremely comfortable trip on the Aquitania, and the service could not have been bettered," said Dr. McDonald, "but nevertheless I should have liked to travel on the Empress of Scotland and come via the St. Lawrence, but I was unable to get accommodation on her. The C.P.R. ships are getting too popular nowadays."

Mr. J. W. Dimock, Denomination Treasurer of the Baptist Church of the Maritime Provinces, informs us that the "Save the Children Fund" had passed its objective \$250,000 set by the Dominion. Up to May 5th the Baptist denomination of the Maritimes had contributed \$8,500.

**LUXOR**  
ORIENTAL  
**Coffee**  
GOLDEN LIQUOR  
FRAGRANT AROMA  
DELICIOUS FLAVOR

WORK ACCOMPLISHED BY COUNTY PUBLIC HEALTH NURSES

(Issued by the Department of the Public Health, Nova Scotia.)

The fifteen public health nurses on duty in most of the counties in the Province of Nova Scotia have, during the last seven months, examined 29,411 pupils. Of these 17,947, or 61.0 per cent, were found to have dental caries; 7327, or 24.9 per cent, enlarged tonsils; 2593, or 8.8 per cent, defective hearing; 693, or 2.4 per cent, skin disease; 1283, or 4.4 per cent, scalp disease, and 965, or 3.3 per cent, enlarged glands.

In addition to notifying the parents of dental defects, the nurses gave the pupils 1245 health talks and 568 tooth brush drills. They also made 3055 home visits in the interest of child welfare and tuberculosis work.

By means of tooth brush drills the pupils are impressed with the importance of preserving the teeth, and they are gradually being taught the value of a well balanced diet and of acquiring health-giving habits. Modern Health Crusade charts are being kept for each pupil in several schools, a record being kept of all health chores carried out by the pupils each day. The interest which the children take in the progress they make is noteworthy, and likewise the disappointment if they fail to make an expected gain.

One of the outstanding discoveries found through the efforts of the nurses is the large number of pupils who require dental work. In several of the counties a large percentage of all defects are being corrected. It is the intention that an effort will be made by the nurses to procure treatment for all who need it, and it is hoped that this may be accomplished.

On account of the large population and territory that each nurse is expected to serve, it seemed that the best service could be given the greatest number of having the nurses pay special attention to child welfare and tuberculosis work. The sections of the counties which need the services of a nurse most are being visited. Due to our climatic conditions, the nurses can best accomplish their work by attending to the urban work during the winter, so that they may be free to cover the rural districts when the roads are in condition for expeditious travelling.

A large percentage of the young people from the remote districts migrate to the towns and cities. Many of these are handicapped to compete in the industrial centres. The towns and cities will therefore eventually benefit from the rural districts.

For several years the parents living in the cities and towns have been taught the necessity of guarding the health and lives of their children, and the importance of potential sources of danger being remedied before such inroads are made as to seriously undermine health. Heretofore there has been very little health education extended to the rural districts, and this is one of the present purposes of the public health nurses.

The health nurses have given assistance to all movements that are of importance to the health of the communities they serve. They have organized and instructed several classes in Home Nursing and First Aid to the Injured. They have assisted in emergencies, and have given instructions to families in the preparation of suitable diet and how to give proper nursing care to infants and invalids. As a result of their efforts hot lunches are being served in a number of the schools, and the sanitary conditions of the schools are gradually being improved. It is difficult to estimate the value of this educational movement to a community.

The intention of public health nursing in our Province was greatly facilitated by the generous offer of the Red Cross Society (Nova Scotia Division) to maintain a nurse in each county for a period of one year. In eight of the counties, the period of Red Cross support has expired and the nurses in these counties are now being maintained by the Municipalities and towns jointly. The Red Cross, however, purposes to continue its public health work by assisting in every practical way in securing the correction of the physical defects which have been discovered by the nurses, more particularly in the children of necessitous parents. A travelling dental clinic did much good work in Colchester County last autumn, summer, beginning in Antigonish County.

FISHING CREW SHARED \$362 EACH IN 36 DAYS

The Gloucester schooner Acushla, Capt. Iver Carlson, has done well on her last two trips in the fresh halibut fishery, stocking the sum of \$12,320. The craft left here March 27th and was at Portland on April 13th. She left there the following day and back again at Portland, May 2nd. The crew shared \$302 as their part of the proceeds.  
Schooner Joffre, Capt. Wallace Bruce, halibuting, stocked \$4,750 and the share was \$105.—Herald.

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**New Proof of Paige Speed Power Endurance**

**Paige 6-66 Daytona Model Travels 10 Miles at Rate of 93.2 Miles Per Hour**

The Paige 6-66 Daytona Model is the holder of all world's stock chassis speedway records from 5 to 100 miles. But now this record-breaking car has further demonstrated its ability.

Piloted by Earl Cooper, the Paige, in an unofficial exhibition run against time, covered 10 miles in 6 minutes and 26 1/2 seconds at the San Carlos, California track, on Sunday April 16th. It thus travelled at the terrific speed of 93 1/5 miles per hour for the ten miles.

The official record for the distance, held by this same stock chassis is 6:31:48, or 91 7/10 miles per hour. It was made at the Uniontown Speedway a year ago.

Thus, once again, the Paige in the most spectacular manner has demonstrated its power and endurance.

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VOL. L. No. 8.

**PLACE TO PARK CARS NEED**

Girl's Narrow Escape Calls Attention to Need of Regulation Strictly Carried Out.

What might have resulted in a very serious accident occurred Thursday afternoon about four when little Phyllis Legg, niece of Gilbert Lowe, Granville Street, was coming along Queen Street, her way home from school. She ran across the street, and was knocked down by a car. Fortunately on account of the traffic just at that moment, the driver proceeding very slowly and she right between the wheels, and car passed over her without injuring her in any way outside of a bruise and a bad shaking up, came out from under the car to the opposite way from which she went under, badly scared but injured to any extent. Forrest, well, the tonsorial artist, ran out took the little girl into his establishment, washed her face, and sent her on her way home. The incident, attention to a matter which, in interests of public safety, calls definite regulations carried out out fear or favor. The owner of car was in no way responsible for the mishap, and his auto was proceeding with the utmost care. Caution. The child, after the mishap of small children intent only on thought uppermost in her mind the time, darted from behind a parked car and directly under the moving car. A similar occurrence likely to happen at any time, and it may not result so fortunately. Cars at present park on both sides of the street, and this practice, as it is a menace to public safety, it is said that a move is to be made to have a proper place selected for park cars. This is necessary sometimes, but particularly on Saturday nights, when traffic is at its height. There is still much complaint of "speed fiends" operating in the neighborhood of the schools, a particularly dangerous place for less driving. A few round-ups will still fine would regulate this matter. Prevention is better than punishment. It is the duty of the community to awaken of life among tiny children.

**G. G. I. T. ANNUAL CAMP**

The Nova Scotia Canadian Girls Training go into camp from July 13th to 15th at Camp Wallace, an amusement resort along the shores of Northumberland Strait. This is a purely a holiday stunt for real training and instruction are combined with pleasure. As the number of groups has increased so large throughout the Province the programme will not this year be strenuous as heretofore. Large, bungalows, good sport field, excellent bathing, delightful woodland and all combine, bring the girls near to Nature's heart under the best training and influences.

The following officers and leaders are expected. Other names will be added later.

Camp Director—Miss Mary Allan  
Maritime Girls' Work Secretary—Camp Mother and Nurse—Mrs. Jost Hamilton, Halifax.  
Business Manager—Miss K. Moore, General Secretary Y. M. C. Halifax.  
Land Sports Officer—Miss H. Mills, Director Religious Education, St. John's Presbyterian Church, Halifax.  
Water Sports Officer—Hantsport, Officer.  
The following have already been sent to be leaders of tribes—Jas. R. MacGregor, New Glasgow, Miss Bona Mills.  
A number of Bridgetown girls planning to attend.

**"PASSION", HUGE SUPER-DRAMA COMING**

It is said the advent of the super-drama, "Passion", to be presented by the Associated First National at the Primrose Theatre a limited engagement beginning Monday evening, marks a new and aggressive era in motion picture production. This massive attempt, excelling in the silent diversion