

AVOID ANY HURRY IN PLANTING SEED

See That Earth is Properly
Cultivated Before Com-
mencing Operations.

USE LOTS OF MANURE

Well Prepared Garden Bed
Will Assure Steady Grow-
ing Vegetables.

The beginner in home gardening, who has not yet been able to start, will be anxious to commence active operations. Don't, however, be too impatient and begin to work the soil before it is in good condition to be worked. Any amount of harm can be done to a garden by attempting to work it when the soil is wet and sticky. Instead of gaining a few days one may be losing weeks, for neither young plants nor seeds will do well in soil that is not in what gardeners term "good heart." As soon as the frost is out and the ground can be worked without becoming sticky and adhering to the tools, operations should be commenced without a moment's delay.

If your garden is a small one, and was dug over and the surface left rough last fall, the surface will now only need breaking up with a fork. Should there be room for a horse to turn round in it, by all means have it plowed. Plowing breaks up the soil, and digging can be done to it. It should be stirred down to the subsoil—that hard layer of earth underlying and usually harder than and often of a different color to the rich top soil. If the garden is inclined to be wet and sour owing to inadequate drainage, and a capable man can be found to do it, have it "subsoiled" at the time of plowing. "Subsoiling" is best done in the fall of the year, but it is better to have it done now than not at all.

Value of Manure.
Before going into the preparation of the ground for sowing the seeds of where they are sown, the question of fertilizers requires some consideration. If you would have your garden feed, you must feed it, and just in proportion as you do so will the results prove satisfactory.

For general purposes, well-rotted barnyard manure has no substitute, and it is this which is applied in the fall so much the better. Avoid using fresh green manure in the spring, especially on heavy land, as it tends to make the ground still heavier, and conduces to sourness. Moreover, the plant food therein contained is not so assimilable a form as that of old well-decayed manure. Should good manure not be readily obtainable in your locality you will have to resort to some of the chemical fertilizers. The ready mixed brands are perhaps the best to use, and when purchasing remember that a good rule is the higher the price of the fertilizer the cheaper is the plant food. All chemical fertilizers should be applied broadcast after plowing, and in just that proportion given in the directions accompanying the same.

Cultivate Thoroughly.
In the hurry to get the plants out and the first seed sown, the beginner is likely to hurry over the preparation of the seed-bed. Giving the seeds a right start is properly prepared seed bed is absolutely necessary if they are to make unobstructed progress from the beginning. When the ground is in good condition, but go over it until all lumps are broken, even if it takes a dozen times. Take a strip about as wide as from one end. Make it just as smooth as possible with a backward and forward movement of the rake, taking care to rake up just as little soil and other rubbish as possible. When the strip is "flashed" and as nearly table smooth as it can be made, you are at last ready to plant the seed.

To the beginner the sowing of seed entails a lot of worry and anxiety, and is not infrequently discontinued. However, deep and too thick, insufficient seed or too much covering, and crooked, uneven drills are only a few of the things which help to discourage the beginner and scatter his vision of fresh green vegetables to the winds.

Garden Implements.
These were difficulties that were not easily overcome by the inexperienced when the only method of making the drills in which to sow the seeds depended on one's ability to steer in a

straight line, and at a uniform depth, with the old-fashioned garden hoe. Like all other businesses, gardening has been benefited by the march of progress, and the introduction of the combination seed-disk and wheel-hoe is one of the most useful implements that have been introduced. By all means have one; it will enable you to get your seeds in quicker, and with greater ease, and will do the job better than it can possibly be done by hand. It will open the furrow, drop the seed evenly, cover with earth, roll down the drill, and mark out the next row all in one operation, and almost as fast as a man can walk. And then by changing a few bolts you can convert this same machine into a wheel hoe, and you will save even more work in cultivating than you did in sowing the seeds.

WILD FLOWERS

By Rachel R. Todd, M.D.

BLOODROOT, SANGUINARIA CANADENSIS.

"An angel's tear fell far to earth. Was caught in Bloodroot's strange grey leaf."

And lived, a perfect pearl, forevermore."
—Anon.

The bloodroot is one of the commonest of Canadian wildflowers, and yet too often it remains a stranger to many.

The early appearance of the plant is so characteristic that it should be easily recognized, for bloodroot is indeed a strange, queer and unapproachable plant. But nature knows her own mysteries, while it is only given to earth mortals to wonder and watch.

In hundreds of richly molded spots, hidden beneath clusters of last year's leaves, spring up the oddest, slender, grey-green spears, coarsely rough, and tightly furled. Stiff and stark stand these spears, till, coated of the sun, slowly, slowly, they commence to unroll. One warm and sunny day the sharp, grey spear turns into the quaintest leaf which gradually bends backward, stiffly, reluctantly, loth to display the treasure close enfolded.

All lobed and indented, in the most irregular fashion is the leaf, five to ten, inches across, deeply veined with thick veins that run from the centre of the leaf as it bends from the sturdy stem. There may be one leaf, or two or three, but the first one to unroll is the largest, the roughest, the most fascinating.

And as the leaf unrolls, behold the "baby pearl" that nestles within, pure white, daintily touched with faintest green, translucent and shimmering. How Cleopatra would have fought for it!

And soon, sun-kissed, the pearl opens, uncovering a heart of gold. This tender blossom is short-lived, and the petals fall at the softest touch. It is borne upwards upon a single stem, that rises from a thickened stalk root buried an inch or so beneath the mold—a stem that is so closely enfolded within the first leaf stem as to seem a part of it. Thus it happens that when the leaf unfolds, the "baby pearl" lies cuddled close and safe within the hollow of the leaf.

"The plant received its name long ago, probably from the Indian, owing to the fact that the root stalks, and the flower stem and leaf stem bear with their slender being an acrid, deep red juice, that drips slowly and for long time from any part of the plant that is broken or in any way injured. It was Bryant who wrote: "Sanguinaria, from whose brittle stems

The red drops fall like blood."

The plant is very hardy, weathering the fiercest winters, braving the fiercest storms, and appearing year after year almost simultaneously with hepatica, crinkroot, goldthread and the windflowers.

In hundreds of spots around the city the plant may be found. In leafy hollows, mossy spots beneath old trees, climbing up the slopes of rocky hills, around the gnarled up roots of half-rotted and fallen trees, along the rich, moist banks of marshy meadows and river banks, indeed, where may not this sturdy wildflower be found? The ideal time to study it is during the few days before the first leaf unfolds and when the pearl-like blossom is being slowly uncovered.

Indian lore gives to the bloodroot many strange properties as a herb. The thick red juice from the broken stem was supposed, when rubbed upon the eyelids, to induce a swooning sleep, while lost in which the spirit of the sleeper might leave for awhile the body, and wander far away in other realms.



A NEW SLEEVE.
There are many sleeve innovations—some revivals of old fashions that are quaint and pretty, while others are new ideas smartly carried out in new materials. In this instance a very effective sleeve is made by a very large cuff, buttoned back by a large colored button instead of the bygone cuff link.

BEAUTY CHATS

By EDNA KENT FORBES.

Reducing Large Hips

Many women find that during the winter their figures have grown rather "stodgy," particularly around the hips. If a woman is even slightly inclined to take on flesh, she'll see that the fat, the starch food, the indoor life of winter, and the lessened exercise, all combine to take away the slim curves she wants.

There are three simple ways to reduce fleshy hips. One is to change the style of corset, adopting one which binds the hips but lets the waist quite free. Many women have fat hips because they lace the waist; this causes a deposit of fat below the waist, in an effort to reduce, and only aggravate the trouble. A loose waisted, slim hipped corset is needed. The flesh of the hips can stand pressure; the waist cannot.

Then there is the rolling exercise, which many women have tried with success. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or not, I do not know; but large hipped women claim it does them no end of good.

And there is the exercise of standing on one foot on a hassock, so the other foot swings free, and swinging this other leg back and forth in twelve

small arcs—ending with four long swings as far back and as far forward as you can manage. Repeat with the other foot. It is claimed by experts that this exercise not only pulls fatty flesh from fat hips, but rounds out very thin ones—exercise tending to correct any abnormal condition.

Questions and Answers.
Daily Reader—Rouge is so hard to make, that it is best to buy it ready prepared. In this, it is different from most cosmetics. Be sure you get the best quality; inferior mixtures will hurt the skin, and show up, besides.

You cannot change the actual line of the eyebrow, from which the hairs grow, but you can draw the hairs together so that the line will seem much finer. To do this, draw lightly over the end of the hairs a brush dipped in pure mullage, and then pinch the hairs together so they form a pretty arch. Do this every night, on going to bed, and in a few weeks the hairs will begin to grow into a pretty arch of themselves. This will really improve the shape of the eyebrows.

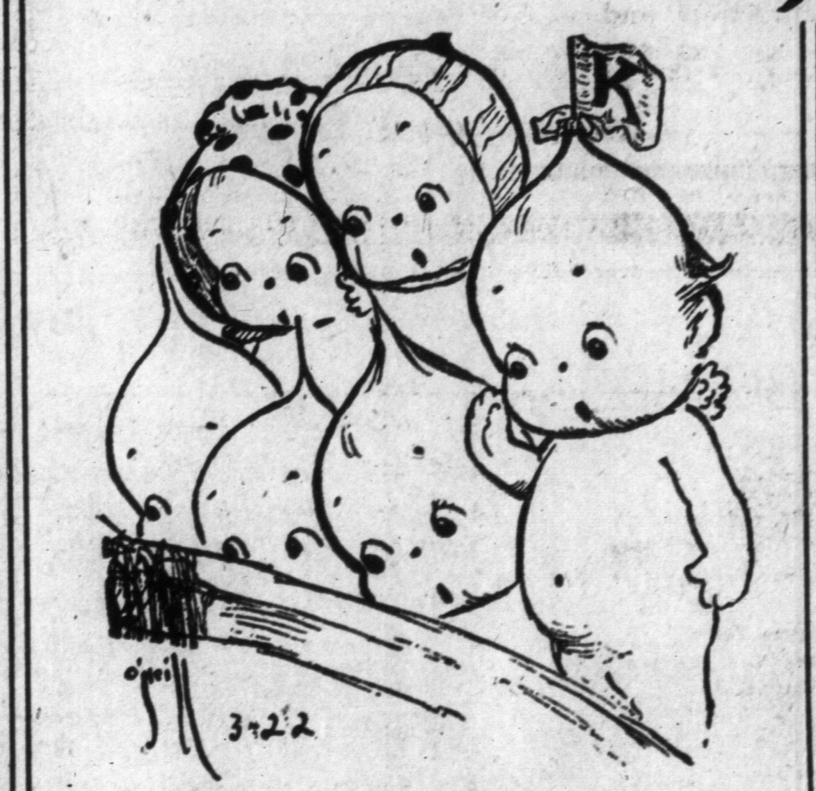
Eva—Mix one ounce of the powdered henna with three ounces of the powdered soap. Use a heaping tablespoonful to a pint of hot water for each shampoo. Lather on the hair; let remain for ten minutes.

OPEN HOSTESS' HOUSE.

Two Hundred Guests Present at First Function.

About two hundred guests were present at the opening of the Hostess House at Burnhamville yesterday. Mrs. N. W. Rowell, convener of the national service committee of the Dominion Council of the Y.W.C.A., Mrs.

Hanna, Mrs. Ballantyne and Miss Pearce, the general secretary of the local Y.W.C.A. for Toronto, assisted Mrs. Foster, the hostess in charge, to receive the visitors. The tasteful and comfortable furnishings of the house came in for much commendation. The object of the house is that the soldiers and their relatives may have a comfortable and homelike place to meet when relatives visit in the vicinity.



ASTONISHED, these Kewpies now pause
At a sight that transfixes and awes,
They behold several scores
Of bright, brave cupidons
In the halls where lawmakers make laws!

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"Buy a Brick"

Dr. Winnifred Cullis Says: Toronto Should Be Proud to Have a Place on the List of Women's Hospitals

Dr. Winnifred Cullis, Professor of Physiology in the London (England) School of Medicine for Women, who has addressed so acceptably many important public gatherings in the city during recent months, on subjects emphasizing the social welfare of the people, put great emphasis on the need for Women's Hospitals and their value to the community.

There are but eight known hospitals in the world conducted by women, and Toronto has one of them—and has proved the truth of Dr. Cullis' statement by the daily and constant demand for accommodation in it.

The \$50,000 Campaign of the Women's College Hospital is On Now—An Urgent Need—A Patriotic Call—Will You Help?

The work of the Women's College Hospital is patriotic in the highest sense—and this campaign is to raise the money to meet the urgent need for greater hospital accommodation.

The four-storey, fireproof wing in course of erection and nearing completion, will be a splendid addition to the city's institutions for the relief of the sick and the suffering—and Toronto will be but repeating her magnificent magnanimity and good heart in contributing this amount to so worthy a cause.

Collectors have been organized with the intention of calling on every home, shop, factory, store, warehouse, or other place of business in the city—Let all the people give and give generously.

Campaign Headquarters—9 King St. East

Campaign Committee: Lady Eaton, Chairman—Mrs. James Casey, Vice Chairman—Miss M. Muesle—Mrs. R. H. Cameron—Mrs. F. Armstrong—Mrs. E. A. Kinsel—Dr. Skinner—Mrs. W. H. Harvey—Mrs. A. B. Fisher—Dr. Caroline S. Brown.
Mrs. A. O. RUTHERFORD, President. Miss MARY LOWREY, Secy. Miss SADE WARNER, Treas.

Finance Commissioner Bradshaw, Hon. Treasurer

CUT USE OF SUGAR FOR CANDY MAKING

Food Board Expected to Reduce
Manufacture of Lux-
uries by One-Half.

ICE CREAM AFFECTED

Large Supplies of Sugar in
Cuba Tied Up for Want
of Boats.

An order reducing the amount of sugar that may be used in the manufacture of candy by about 50 per cent. is expected from the Canada Food Board at Ottawa within the next few days. The board has had the matter under consideration for some time, and manufacturers of candy from all parts of the Dominion have been in Ottawa during the past week.

An order has already been issued stipulating the amount of butter fat that may be used in the manufacture of ice cream. Details of the order are not yet available.

The sugar question will hinge finally on the transportation problem. Havana and other Cuban ports have vast stores of sugar, sufficient to replace the shortage if they could be brought to Canada, but ships are not available.

Means More Butter and Cheese.
The manufacture of ice cream is not entirely prohibited, but it will be of a less voluptuous nature than formerly under the new order. Large quantities of butter fat, it is thought, will be released for the manufacture of cheese, butter and other foodstuffs.

Whether or not the new order will touch fancy cakes, etc., is not known. Dr. C. J. Hastings, medical officer of health, states that 42 per cent. of the sugar used in Canada goes into fancy cakes, candy, ice cream and other luxuries. The doctor does not favor the complete curtailment of the sale of these products, possibly feeling that too drastic measures would lead to the excessive use of tobacco. "Just as delicious and wholesome candy can be made with glucose, a corn syrup product, as with cane sugar," says Dr. Hastings. Saccharine, he does not sanction.

MAKE FORTY DOLLARS.

Forty dollars was made from the patriotic encircled held in Wells' Hall under the direction of Mrs. W. W. Canham, the amount going to St. Michael's and All Angels' Patriotic Society, Wyckwood, of which Mrs. Canham is president.

START ON LAST DAY

Soldiers Are Anxious to Help Extension
of Women's College Hospital.

Today is the third and last day of the campaign now in progress for the Women's College Hospital on Rushmore road. Yesterday the captains of the corps worked strenuously, but returns were not as large as had been wished.

Among contributors was Dr. Winnifred Cullis, who called at the headquarters at the Khaki Club and left a cheque. A man whose mother and wife had been patients had been so impressed with benefits of the institution and its air of home and comfort that he went out and collected among his friends to help on the work. Many wives and children of soldiers have been cared for in the hospital, and an extension of its in-

fluence means an extension to many more of the dependents of those overseas.

WOMEN'S PRESS CLUB.

At the regular monthly meeting of the Women's Press Club held at the home of the club last evening, Miss Mona Chivers, president, was in the chair. The principal business was the reception of two new members, Miss Mabel Ealand and Miss Pollinaby. A sum of ten dollars was voted to the campaign of the Women's College Hospital and ten dollars to the New Hospital for Women in London, England, for which Dr. Winnifred Cullis has been speaking. The residue of the fund from which these amounts were voted will go to the military hospital on College street, and will amount to about twenty dollars.

CUT THIS OUT What Nuxated Iron Is Made From Sworn Statement of Composition of Its Formula

It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.

The Board of Directors have authorized the broadest publication of the sworn statement of the composition of Nuxated Iron. As will be seen from the above, two important ingredients of Nuxated Iron are Peptonate and Glycophosphates. These are very expensive products as compared with most other tonics.

Under such circumstances the temptation to adulteration and substitution by unscrupulous persons, is very great and the public is hereby warned to be careful and not every bottle is plainly labeled "Nuxated Iron" by the Dr. Health Laboratories, Paris, London, and Detroit, U.S.A., as this is the only genuine article. If you have taken other forms of iron without success, this does not prove Nuxated Iron will not help you. We guarantee satisfaction to every purchaser or your money will be refunded.

In regard to the value of Nuxated Iron, Dr. J. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon Jefferson Park Hospital, Chicago, says: "I have proven through my own tests of it, by exact analysis, that it has ever been used for creating and building up the nervous system and strengthening the muscles. Dr. J. W. Armstrong, Grove Hill, Ala., graduate of the University of Alabama School of Medicine, Mobile, 1885, says: 'In the cases I used Nuxated Iron I have found more beneficial results than from any preparation I have ever used in 34 years practice.' Dr. H. B. Hamilton, U.S.A., graduate of the University of the Memphis Hospital College, Memphis, 1899, says: 'I always prescribe Nuxated Iron in cases of acute illness, but only as a tonic, strength and blood-building agent. It is not a reconstructive tonic as indicated.' Nuxated Iron often increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time.

Manufacturers' Note: Nuxated Iron is not a secret remedy, but one which is well known to druggists everywhere. Unlike the older iron tonics, it does not irritate the stomach, does not upset the stomach, does not cause constipation, does not cause indigestion, does not cause headache, does not cause dizziness, does not cause any of the ailments usually associated with iron tonics. It is a pure, safe, and effective tonic, and it is the only one of its kind.

Cheaper and Better Than Sodding.

Steele, Briggs' "Queen City" Lawn Grass Seed

Quickly makes new lawns and renovates old ones. Moderately priced at 35c per lb., or 5 lbs. for \$1.50.

"Shady Nook" Lawn Seed for sowing under trees and shady places, gives good results, per lb., 45c.

Fine Ground Bone Meal for lawn dressing, gives added and inoffensive to handle, and is also excellent for either vegetable or flower gardens. Price per 10 lbs., 75c; 25 lbs., \$1.50; 50 lbs., \$2.50; 100 lbs., \$4.75.

Sweet Peas Steele, Briggs Spencer Hybrid Mixture of 30 Gigantic Orchid Flowering varieties, per pkt., 10c; oz., 25c; ¼ lb., 75c; lb., \$2.00.

Nasturtiums California Giant Flowering Mixture of tall growing varieties, superb colors. Per pkt., 10c; oz., 40c; ¼ lb., \$1.00.

ROSES, SHRUBS, CLIMBING PLANTS, SMALL FRUITS, ETC. SEND FOR CATALOGUE.

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Phone Adel. 1020. 137 KING ST. EAST, TORONTO

Incements

character relating to purposes of which they are inserted in this paper at 25 cents per copy.

for churches, societies, organizations of future purposes is not the rate may be inserted in this paper at 25 cents per copy.

AN CLUB—Sale of children, Wednesday, Thursday, this week, at 426 Yonge St., between 10 and 11 a.m. for the little folks; also both juniors and adults, at afternoon.

COL. ex-pupils are asked (Thursday) evening at the kindergarten room, to attend for the memorial service expected.

of Toronto District, W. requested to be at registration in Willard Hall, at 2 o'clock sharp.

became an aviator of 5, with which he has to the present time.

errett