

tion, was formed a little over a year ways funny, and always fun. A lot ago, and now comprises a membership of 250 ladies, who have given valuable

ago, and now comprises a membership of 250 ladies, who have given valuable service in aiding the great campaign against tuberculosis. The reports show that the ladies have helped numbers of homes, left needy and dependent when the bread winner has been stricken by the terrible dis-case. ways funny, and always fun. A lot of clever imaginations have been at of clever imaginations have been at ways funny, and always fun. A lot of clever imaginations have been at ways funny, and always fun. A lot of clever imaginations have been at of clever imaginations have been at will be a spring crop of quaint ideas to amuse the holiday crowds. Coney Island always opens up with a bang. At least 50,000 persons go out the first day, and the crowd never seems to dwindle much, day or night, until Sep-tomber With Coney and the many

tember. With Coney, and the many things worth seeing in New York it-self, the ten days allowed for the re-turn on the spring excursion tickets After the reports had been read by the secretaries, Mrs. C. D. Henderson and Miss E. Blackwell and the treasur-er, Miss E. Wright, Mr. W. J. Gage as representative of the N. S. A. board of the big comparison of the second sec will pass quickly for those who take advantage of the reduced rates. offered his congratulations and thanks

GRAFONOLA DEMONSTRATIONS. to the executive and members for the vonderful work accomplished. Mr Gage announced that the club would soon be provided with its own com-Prof. Goodwin of New York, assist

ed by members of the local staff, has been giving a series of Columbia Grafonola recitals at Loretto Abbey mittee rooms that were so urgently

The various committees were elected St. Joseph's College and De La Salle for the new year and the following Institute, the educational value and uses of the instrument being illus-trated. This was the first time in Toladies were voted to office: President, Mrs. R. M. Burns; 1st vice-president, Mrs. G. L. Robinson; 2nd vice-presi-dent, Mrs. C. D. Willson; treasurer, ronto that lectures and demonstrations showing how the grafonola may Miss Burns; assistant treasurer, Miss be used in calisthenics, marching and Laidlaw; recording secretary, Mrs. folk dancing have been given.

Henderson; corresponding secretary Miss Blackwell A cottage in Muskoka has been plac

roundings.

ed at the disposal of the club, in order that children in poor health might ben-The election of officers of the North

ern W.C.T.U. takes place at the meetefit by a holiday amid healthy suring this afternoon at 3 o'clock in Central Methodist Church.

NORTHERN W.C.T.U.



Enlarged Tonsils.

Sometimes the excessive tissue formation is confined to the throat, the tonsils appearing as two large, al nond-shaped masses, in some case almost meeting when the mouth is open and the tongue pressed down. There are people with very large tonsils that never seem to give any trouble, for the throat seems large enough to accommodate them. Enlarged tonsils mean frequent attacks of tonsilitis. The voice is thick, breathing is interfered with, there i

snoring at night and often a cough, swallowing is difficult, and the child forms the habit of drinking with each mouthful of food.

Careful diet, plenty of exercise where the windows are wide open and proper medical treatment for the throat will accomplish great results. If, however, these methods do not have the desired effect, and it is evilent that the obstructive tissue in the child's throat is threatening his gen eral health and interfering with hi

normal development, the operation for removing the tonsils should be resorted to, always providing this has been sanctioned by a physician famili-ar with the child and his tendencies. I have already given a diet list for

children suffering from frequent at-tacks of tonsilitis. That list was not merely to be used during the attacks, but always as a steady diet. Do not continue to give children foods which evidently disagree with them. Learn to watch carefully the results of certain articles of food; and have the strength of will necessary to refuse the child a present indulgence for his future good. Keep the diet simple, nutritious and well-balanced,always guarding against excess of sugar and starch. See that fresh air circulates freely thruout the house, and never subject the child to the contaminated air of crowded street cars and public buildings. The preventive measures against adenoids and enlarged tonsils that may be used with young babies are: Pro-per food, pure air and regular habits. And let me emphasize it: No paci-fier or comfort or whatever they call that abomination! Teach older children to keep the nose thoroly clean, to bathe the face. throat, chest and back with cold water. These methods not only guard

water. These methods not only guard against the formation or development of unhealthy tissue in the nose and throat, but develop vigorous constitu-tions and well-organized nervous sys-

Looking After the Sweet Williams. (Continued.) Those gardeners who took our advice and are raising their perennials from eds, must treat their sweet williams, of last year's sowing, rather different. ly from those discussed yesterday. Yesterday's talk concerned old, wellrooted stock. The new stock especially that raised from seed, and not from slips, cannot

be stripped of any side shoots as spok. en of yesterday. As a rule there will be no side shoots. You will bear in mind that these plants are to flower in this year, and to flower for the first time. Therefore, considerable care should be taken in their treatment.

While most of these young plants were or should have been transplanted early last fall, so that they became fairly firmly rooted before the winter set in, yet there are, doubtless, many plants that were neglected. These

must be transplanted at once. And they should be transplanted simply from one spot to another, dis-turbing the clump of roots as little as possible. I am coming to believe, how-ever, that the main thing with sweet william plants is to be careful that they are set deep and kept well watered.

These plants should soon commence to form thick heads, ready for the lower trusses. Those gardeners who have bought new plants from the florist this year

should take care to unroll the roots before resetting them. It is an actual fact that I was asked the other day whether the moss (in which the roots had been wrapped for preservation) was necessary to the successful was necessary to the successful growth of the plant! This gardener. I found on closer enquiry, had planted the bundle of sweet william roots just as she received them from the shop. I am not even sure whether she removed the tag that labelled the bundle before

the planting was finished! The necessity of warning recent pur chasers to unwrap all new roots before planting had never before appealed to my mind. It did not seem within the bounds of reason that anyone should need this explained to him. 40 Richmond St. West, Tor-onto, or 15 Main St. East,

So, everyone, do unwrap all new roots. And more, straighten out those roots, spreading the tiny rootlets caretogether with Five Cents, which fully in the soil so that they may more covers the cost of wrapping and mailing, etc., will entitle you to easily be in a position to drink in the food. With any new sweet wil-ham roots, it a very necessary pro-ceeding, since the root-fibres are ex-ceedingly fine and creep forward, ra-ther than push forward, as many roots do. We shall talk more of sweet wil-latt a copyrighted edition of

Miss Evans, St. John, and Mrs. Arnott, Winnipeg, at the Westmin-

Mrs. Hartshaw, Napanee, with Mrs. Mrs. George A. Smith and Mrs. Notiman of St. Catharines, with Mrs. Murray Clark, Tranby avenue. Mrs. Langstaff of New York, with

Mrs. Bruce, Bleecker street. Miss Van Norman, Brantford, is at the King Edward.

HOUSEWIVES' LEAGUE.

The meeting of the above league which was to be held at the residence of Mrs. G. B. Toye, Beech avenue, to-day, will, on account of sickness at the house, be held at Mrs. C. J. Campbell's 62 Balsam avenue, at 3 p.m. Every ody welcome.



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