

WHAT CHANGE IN WOMAN'S LIFE

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

Such annoying symptoms as heat flashes, nervousness, backache, headache, irritability and "the blues," may be speedily overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound. If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.

SCHOOL GARDENS IN 1918

Paper Read by Miss Henderson, Rural Science Teacher, at a Patriotic Meeting in the Demonstration Building, Lawrence, Conn.

America must soon begin to realize that her children must be educated nearer to the works of mother earth, especially when we think of the widespread and immediate call for the S. O. S., or as it is well called the Stogun of the school children of Canada.

First, because it is the natural element of the child, who delights in mud and earth; then let us call it mud-pie period.

Second, here is something he may readily understand, for may he not experiment with a small amount of earth and few seeds, which, when properly cared for, bring big results to him—to us a useless waste and seemingly unruled mass of flowers, vegetables, (weeds). Even the fact that these seeds, planted by his own hand grew, is a great wonderful thing to him.

Too often is the child's mind dulled, held in check by the lack of enthusiasm from the parents. Why this lack? Because they have forgotten their childish love of these very things and hence care less to enter into the interesting, helpful studies of their own offspring.

How can a child understand the butterfly, say the cabbage butterfly, in its life history, unless he may experiment with the different forms closely related to the destroying of his own plants? He will ask, "why are my plants eaten off in this way?" Then does he not go to the root, dig out a worm? No a grub, then comes the study of both plant, grub and incidentally the cure for plants so destroyed.

Even a wider study of nature; climate, sky, birds, insects is not only educative but an essential part of school gardening. One cannot plant grain without understanding bird helpers and bird feeders.

Now in Saskatchewan, Manitoba, Ontario, Quebec and British Columbia, the progress of school garden work has been steady; experiments have been proved more than successful and the work is now as permanent as the so called regular course had been, previous to the "Rural Science Work," correlated with the regular school work.

A. Kennedy, President of the school garden work in Saskatchewan, where by the way, they have two directors, one for southern and one for the northern part of the province, to generally supervise the work on. Nature study, agriculture, household science and manual training, says "during the past two years the attention of the teachers and pupils has been directed to the Production and Thrift, so that the work of the garden has been more definitely focussed."

Again Saskatchewan. First meeting, in 1909, school garden exhibition in 1910, and till the present date. "This seven-year period was one of experiment only, with the usual number of failures and successes; the failures, however, have pointed the way to future successes. In belief that the time was ripe for more serious work, our committee recommend that a more permanent organization be effected, 1st, to encourage a study of the problems of the school garden from the point of view of its educational value. 2nd, To establish the school garden as an integral element in education, from the point of view of character building and the development of efficient future citizens."

In Manitoba, more than 4,000 boys and girls will plant gardens this year and in addition over 2,000 will raise

chickens, 635 will raise hogs, and many will go in for calf raising. In Ontario in 1905, there were only 700 home gardens, the increase in 1915 to 1,900 school gardens at home. Looking at these figures can we expect less than double in 1918?

When we think of the need for every one, even the smallest child to produce, is it right, just, to neglect so great a chance as we have in school gardens at home?

From the "Wolfville Acadian." It has been proved that by the expenditure of \$2.50 for seed and fertilizer, a lot 20 x 40 was made to yield \$25.00 worth of garden stuff. Now, when foods are high in price, it is within the power of everyone to increase the production of foods, with very little labor.

Think what 4 seeds to 120 pupils would bring in bushels of turnips, say 30 to the bushel, then multiply by 200, as the average number of schools in a county, and by 14 for the province of N. S. and imagine 44,800 bushels of turnips; then should we use 4 seeds of four kinds, that we should cultivate to save other foods for our soldiers overseas, and we have 716,800 bushels of available vegetables in N. S., raised by school children alone.

(The letter from "Luther Burbank" (School report of Rural Science work in Camb. Co., N. S.)

But you will say, what good will it do? Won't it take children's interest from their daily tasks? No, 50% of our children leave the school at the beginning of the high school work; are we to give no practicable lessons to these, our future citizens? A certain farmer once caught his son catching beetles. He at once forbade him having anything to do with these things or catching any more "bugs," but could not help noticing the little fellow did not lose interest in them. The father finally exacted a promise from the teacher, not to take his son's time from books, "to fool around with bugs and worms and millers." Not long after this the son happened to let fall a remark, in his father's hearing about some noxious insect, which showed him to be in possession of information worth some dollars to the farmer. The father's interest was then aroused and the ban against nature study was removed. He had come to see that nature study had a direct relation to the improvement of agriculture.

You argue, "Why bother with a garden in June, when in July, August is left in a neglected state? I contend that if the children were given something enviable to compete for, they would almost, by their own efforts, keep the garden in a good state, and weedless. Say, should the merchants offer special prizes for different specialties in vegetables, flowers, would not the children try even to win a cap, brush, box chocolates, hammer or tool of some kind, especially when offered by some citizen, taking an interest in their work.

In the beginning, gardens are usually begun to beautify or experiment and too often are neglected in mid-season, with the result that a crop of weeds is the harvest. Since production is the end in view, the crop and returns ought to be sufficient incentives to induce children to care for their crops and plots throughout the season, together with the interest and enthusiasm of their parents.

Some Plain Facts on Potato Growing

Potatoes may be planted at any time after the buds of the fruit trees start. They should be planted four or five inches deep.

Select the clean, medium sized potatoes having the nearest appearance to the usual type of growth shown by the variety. Long potatoes from a long variety, short round potatoes from a short round variety. In other words try to perpetuate the features for which the variety is known.

One piece, containing two eyes, with as much of the potato as possible to furnish it with nourishment while getting hold of the soil is the best method. Small weak places with the eyes do not give a good vigorous start.

Set the cuttings in a row at a distance of about 12 inches between each piece. Have the rows three feet apart for horse cultivator or a little nearer will do if hand cultivator is used.

In using commercial fertilizer, dig the trench an inch deeper than usual and rake in a little fertilizer with the soil on the bottom. After covering the seed, rake into the surface about a pound to each hundred feet of row.

Potato fertilizer should have as much potash as is possible in these times of scarcity of the potash materials.

Deep well pulverized soil, which is not too hot and which will hold moisture is the proper one for potatoes. About six or eight surface tillings during the summer will be of great advantage.

Except in wet soils potatoes do not need hilling. Hilling will allow the escape of too much moisture in warm soils.

The advantage of early planting is found in the fact that the moisture of the winter is preserved by early tillage. The surface cultivation may thus

be made available to hold in this water of the sub soil and make it last much longer.

In the home garden where a large crop for winter storage is not possible the early varieties of potatoes are excellent. For early yield select warm location, use fall plowing or forking, and quickly available fertilizers.

Too many eyes on a piece of potato tuber will make too many shoots and some of them are liable to be weak.

To protect seed potatoes from scab soak them in a solution of formalin, half a cup to seven gallons of water, for two hours. Put the potatoes into the solution whole. Spread the potatoes out to dry where there have been no other potatoes laid or streed.

For early potatoes, it is best to use the warmest part of the garden and to use a little more fertilizer than for the late sorts.

For potato bugs arsenate of lead in powder is good where there are only a few plants. The powder may be dusted on with an old flour shaker or an old cocoa can with a few holes punched in it.

For ordinary spraying with liquid solution a combination of insecticide and fungicide is the handiest form for the average gardener.

BIG FISH COMBINE PLANNED BY PERKINS

Wanted to Merge Business of Whole United States

[Boston Globe]

A gigantic fish corporation, capitalized for \$25,000,000, which would consolidate the business of the entire country, with George W. Perkins, New York, financier, as chief mover, was planned, according to testimony of William A. Beardsley, manager of the Boston Fish Pier Company, at a hearing Friday, before a Government examiner in the Government suit against the fish interests, for alleged violations of the Sherman act.

The outbreak of war held up the plans which had been formulated after thorough investigation by Mr. Perkins in New York and Boston, and his belief that the conduct of the business was antiquated. Following the inspection and investigation, a conference of the fish dealers of all the big Eastern cities was held at Hotel Manhattan, in January, 1916, when Mr. Perkins made his offer to finance it for \$25,000,000. Afterward Mr. Perkins went so far as to purchase wharf property in New York, Rockland and Gloucester.

Following the New York conference the Boston dealers, fearing such an amalgamation by New York financiers, formed the Boston Fish Pier Company, consisting of 28 of the fish dealers, and at about the same time the Bay State Fishing Company of Maine, was formed, which acquired the Bay State Fishing Company of Massachusetts and eight other dealers.

In April, 1916, at a meeting in Boston, when it was planned to combine all the dealers at the Boston Fish Pier, for fear Mr. Perkins' scheme would go through, a Mr. Mills offered to finance the new Boston company to any amount, but the meeting was without result, the Boston Fish Pier Company and the Bay State Company continuing.

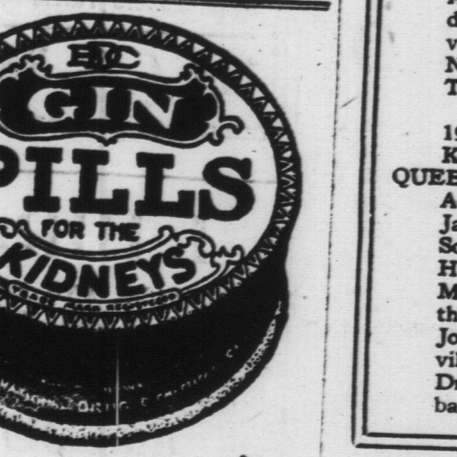
LEMONS WHITEN AND BEAUTIFY THE SKIN

Make This Beauty Lotion Cheaply for Your Face, Neck, Arms and Hands

At the cost of a small jar of ordinary cold cream one can prepare a full quart of lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and add two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

Keep Mincard's Liniment in the house



They Have Brought Relief To Thousands WHY NOT YOU? 50 Cents per box. Six boxes for \$2.50



The Practical Economy of Good Paint

Good paint is never an expense, but a saving. By its use you save your buildings from a steady deterioration in value.

Economy in painting demands the use of Quality Paint—Martin-Senour "100% Pure" Paint—the paint that protects and preserves. The use of cheap materials is a waste of money—a waste of time.

MARTIN-SENOUR "100% PURE" PAINT

wears longest, covers the greatest surface (900 sq. feet per gallon) and because of its even texture, takes least time and is easiest to apply. It is absolutely guaranteed—"100% Pure" White Lead, Zinc Oxide and highest quality Linseed Oil. It is admittedly the most economical paint on the market.

Take no chances. Make your investments secure by applying on your buildings, inside and out, protecting coats of Martin-Senour "100% Pure" Paint.

Ask for "Farmer's Color Set" and "Town and Country Homes". Just what you'll need in planning your painting.

KARL FREEMAN, BRIDGETOWN.



MILITARY SERVICE ACT, 1917

PUBLIC NOTICE is hereby given that, by the effect of the regulations of the Governor General of Canada in Council of the 20th of April, 1918, and the Proclamation of 4th May, 1918, recently published, every male British subject resident in Canada, born on or since the 13th of October, 1897, who has attained or shall attain the age of 19 years and who is unmarried or a widower without children must, (unless he is within one of the classes of persons mentioned in the schedule of Exceptions to the Military Service Act) report as hereinafter directed on or before the 1st day of June, 1918, or within ten days after his 19th birthday, whichever date shall be the latter.

Such report must be in writing and must give his name in full, the date of his birth and his place of residence and also his usual post office address.

NOTE: The men required to report should address their reports as follows:

ONTARIO—To the Deputy Registrar under the Military Service Act, 1917, London, if they reside in the County of Essex, Kent, Lambton, Elgin, Middlesex, Oxford, Waterloo, Wellington, Perth, Huron, or Bruce.

To the Registrar under the Military Service Act, 1917, Toronto, if they reside in the County of Lincoln, Welland, Haldimand, Norfolk, Brant, Wentworth, Halton, Peel, York, Ontario, Grey, Parry Sound, Algoma and Nipissing north of the Mattawa and French rivers (including the Townships of Ferris and Bonfield).

To the Deputy Registrar under the Military Service Act, 1917, Kingston, if they reside in the County of Durham, Northumberland, Victoria, Addington, Frontenac, Haliburton, Carleton, Lennox, Glengarry, Renfrew, Russell, Stormont, Grenville, Lanark, Leeds, Prescott, or the District of Township south of Mattawa river (exclusive of the Townships of Ferris and Bonfield).

To the Registrar under the Military Service Act, 1917, Winnipeg, if they reside in the Districts of Kenora, Rainy River, or Thunder Bay. To the Registrar under the Military Service Act, 1917, Montreal, if they reside in the County of Jacques Cartier, Hochelaga, Laval, Vaudreuil, Huntingdon, Laprairie, Argenteuil, Chateaugay, Mountains, Montcalm, L'Assomption, Joliette, Two Rivers, Maskinonge, St. Maurice, Three Rivers, St. John, Iberville, Missisquoi, St. Hyacinthe, Bagot, Drummond, Richelieu, Yamaska, Nicolet, Arthabaska, Sherbrooke, and Stanstead.

To the Deputy Registrar under the Military Service Act, 1917, Quebec, if they reside in the County of Wolfe, Richmond, Compton, Beauce, Bellechasse, Bonaventure, Dorchester, Gaspé, Kamouraska, Lévis, Montmagny, Matane, Mégantic, Rimouski and Témiscouata.

To the Deputy Registrar under the Military Service Act, 1917, Hull, if they reside in the County of Timiskaming, Pontiac, Ottawa and Labelle.

NOVA SCOTIA—To the Registrar under the Military Service Act, 1917, Halifax, if they reside in the Province of Nova Scotia.

NEW BRUNSWICK—To the Registrar under the Military Service Act, 1917, St. John, if they reside in the Province of New Brunswick.

PRINCE EDWARD ISLAND—To the Registrar under the Military Service Act, 1917, Charlottetown, if they reside in the Province of Prince Edward Island.

BRITISH COLUMBIA—To the Registrar under the Military Service Act, 1917, Vancouver, if they reside in the Province of British Columbia.

SASKATCHEWAN—To the Registrar under the Military Service Act, 1917, Regina, if they reside in the Province of Saskatchewan.

ALBERTA—To the Registrar under the Military Service Act, 1917, Calgary, if they reside in the Province of Alberta.

MANITOBA—To the Registrar under the Military Service Act, 1917, Winnipeg, if they reside in the Province of Manitoba.

YUKON—To the Registrar under the Military Service Act, 1917, Dawson, if they reside in the Yukon Territory.

INDIGESTION CONSTIPATION

Quickly Relieved "Fruit-a-lives"

"I suffered for many years from Indigestion and Constipation. A neighbor advised me to take 'Fruit-a-lives'. I did so and in a few days I was surprised by my doctor, I improved and he advised me to take 'Fruit-a-lives'. I consider that I owe my health to 'Fruit-a-lives' and I want those who suffer from Indigestion or Headache to take 'Fruit-a-lives' and you will be cured." CORINE GAUD

50c. a box, 6 for \$2.50, trial at all dealers or sent post free.

Fruit-a-lives Limited, Ottawa

TRAVELLERS' GUIDE

DOMINION ATLANTIC RAILWAY

Change of Time January 7th, 1918

For information at all folders apply at nearest office.

R. U. PARSONS, Gen'l. Pass.

H. & S. W. RAILWAY

Accom. TIME TABLE IN EFFECT days only March 10, 1918

Read down	STATIONS
11.10 a.m. Lv. Middleton	Ar. Port Wade
11.41 a.m. " " "	" "
12.00 p.m. " " "	" "
12.32 p.m. " " "	" "
12.45 p.m. " " "	" "
12.52 p.m. " " "	" "
1.12 p.m. " " "	" "
1.30 p.m. Ar. Port Wade	Lv. Middleton

Connection at Middleton points on H. & S. W. Railway, Dominion Atlantic Railway, W. A. CUNNING, Div. F. & E.

The Safest Matches in the Also the Cheapest

are Eddy's "Silent 5"

SAFEST, because they are impregnated with a chemical which renders the "dead" immediately extinguished.

CHEAPEST, because they are more perfect matches, sized "box" than in any other on the market.

War time economy and good sense will urge the use of buying none but Eddy's MATCHES.

WAR-TIME SUMMER SCHOOL

At the urgent request of men and others who cannot sufficient number of Maritime assistants, or classes will be conducted during July and August under direction of our senior teachers. Enrol any day at the

MARITIME BUSINESS COLLEGE

HALIFAX, N. S.

E. KAULBACH, C. A.

NOTICE

ALL persons having legal claims against the estate of E. Beardsley, late of Port Lorne, County of Annapolis, Mercher County, are requested to send same duly attested within six months from the date hereof; persons indebted to said estate are requested to make immediate payment to

SUSAN BEARDSLEY, Exe.

Probate granted the 8th day of March, A. D. 1918.

Port Lorne, N.S., March 11th, 1918.

Buy of MONITOR Advertisers