

means level spoonfuls, does it not, E. J. F.? Measurements are usually level, nowadays, unless "rounded" is specified.

A Garden Scrap-Bag

UNCOVERING BULB BEDS.

As the weather grows warmer uncover the bulb and perennial root beds gradually. Do not strip them of all their winter protection at once.

POPPIES.

Sow poppies as soon as the frost is out of the ground. They do not bear transplanting well, and will have to be thinned out a little as they grow. Shirley, Iceland, and Californian poppies are very choice, and may be kept blooming for a long time if not permitted to go to seed.

FERTILIZING SHRUBS AND PERENNIALS.

Work in a top-dressing of very old, well-rotted manure about your perennial roots and shrubs. Never use new, raw manure on either flowers or vegetables, as it is likely to burn the tender plantlets.

RHUBARB AND ASPARAGUS.

Rhubarb and asparagus beds should be worked up and kept free from weeds. A little salt sprinkled over the beds of both, if done immediately will help the growth.

AIRING THE HOT-BED.

Don't forget that the plants in the hot-bed need ventilation, abundantly on warm days, enough of it to keep them from becoming weak and sprawling. As soon as ready they should be transplanted to a cold frame and left there until it is time to transplant them again into the open. If properly handled they should be sturdy, with stout stems and healthy, richly-colored leaves. Plants with weak stems and sickly, pale green leaves usually die on the final transplanting.

CARPET PLANTING.

To take away the bare look of newly-set shrubbery borders, "carpet" the ground beneath with forget-me-nots, pansies, phlox subulata (moss pink), alyssum, etc.

COLOR EFFECTS.

Plan for harmonious color effects in the garden. Don't have purple, blue, pink, scarlet and yellow all together, screaming at one another. Mass your coloring, as much as possible, and use plenty of white to separate and prevent clashes. For this purpose white June lilies, white asters, white phlox, white candytuft, sweet alyssum, gypsophila, Shasta daisies, white gas plant, white iris, white peonies, etc., are excellent.

A MINGLING OF SWEET ODORS.

Provide for some plants of sweet odors in your garden. They endear themselves both by their beauty and their perfume. Narcissus, lilies of the valley, tuberose, roses, lemon lily, Madonna lily, mignonette, stocks, nicotiana and heliotrope may be mentioned, with the dear old-fashioned "sweet Mary," "old man," thyme, sweet marjoram and lavender.

PLANTS FOR CUTTING.

All flowers are beautiful; nevertheless some are much more effective for house decoration than others. Asters, gaillardia, nasturtiums, sweet peas, roses, coreopsis are especially good for arrangement in loose masses by themselves, while baby's breath and the curious smoke-tree flower are excellent for mixing with such dainty blossoms as Shirley or Iceland poppies, sweet peas, etc. Iris, sprays of blossomed shrubbery, hollyhocks, larkspur, golden glow, sunflowers, even zinnias in rich colorings, are all good for house decoration, but they must be arranged with an artist's touch, and with especial regard to the vessels which contain them.

SWEET ALYSSUM.

Sweet alyssum is a little flower, not showy in itself, but invaluable to any garden if properly planted and cared for. Always so, the seed in masses (it is

fine for borders) about a foot from the edge of the bed, and as it grows cut it back for the first few weeks, until the plants are very bushy, then leave it to grow as it will, and you will have a bank of snowy bloom until snow sets in. Verbenas are fine also for late blooming, as frost has but little effect on them.

NATIVE PLANTS.

We are inclined to slight our native plants and shrubs as unworthy of a place in the garden or about the lawn, but many folk who are interested in our wild plant-life find that they are very effective, provided one can provide them with a deep, mellow soil. A lawn with a little grove of maple trees at the northern side of it; a mass of dogberry and beautiful Juneberry trees cutting off an unattractive view here, a hedge of red elderberry dividing off a driveway there; wild roses, ferns, iris, cardinal flowers, meadowrue and violets in a damp corner; trilliums, hepaticas, Solomon's seal, twisted stalk, columbine, bishop's cap, foam flower, phlox, pigeon berry, Indian turnip, and crowfoot under the maple trees; a stone fence covered with wild grape, wild clematis and bittersweet—can't you see the picture? And could you ever again despise our native trees, shrubs and flowers as adjuncts of the lawn and garden? But if you decide upon a "native garden," keep to it. It would be a shame to rifle the woods of these precious treasures, which are disappearing all too soon before the ravages of ploughshare and cattle, only to plough them all up from the garden within a year or so.

The New Public Health.

The Farmer's Advocate" Bureau of Public Health Information.

QUESTIONS, ANSWERS, AND COMMENTS.

Conducted by the Institute of Public Health.—The Public Health Faculty of Western University, London, Ontario.)

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[Questions should be addressed: "New Public Health, care of 'The Farmer's Advocate,' London, Ont." Private questions, accompanied by a stamped, self-addressed envelope, will receive private answers. Medical treatment or diagnosis for individual cases cannot be prescribed.]

Chronic Appendicitis; Acute Indigestion.

Ques.—(a) In your opinion is there such a thing as chronic appendicitis, or a chronic soreness in the appendix? (b) Would you please give a home remedy or relief for acute indigestion? (c) Could you kindly give some assistance to one troubled with fermentation of the food in stomach and intestines? I have tried to diet, but it seems all the same no matter what I eat; also, I have tried doing without a meal at different times and eating very little, though not suffering acutely now. Sometimes there is considerable soreness or tenderness to the touch. I have been troubled for several years with it. (Very much troubled with gas.)

SUBSCRIBER'S WIFE.

Ans.—(a) Yes.

(b) Acute indigestion of the simplest form is most quickly relieved by vomiting (fingers down the throat or hot mustard-and-water); follow with a laxative. The trouble with all "home remedies" lies in their application to the wrong person, or in the wrong case, or at the wrong time. Moreover, one should always look for the cause; not merely relieve the symptoms, and then remove the cause.

(c) All I can advise honestly is a thorough examination by an expert physician. Such conditions may arise from so many different causes that it is hopeless, as well as dishonest, to try to "treat by mail." For instance, sometimes washing out the stomach is all that is required. On the other hand,



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