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CASTORIA

The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Ayer*

In Use For Over Thirty Years

CASTORIA

THE VEGETABLE PREPARATION FOR ASSIMILATING THE FOOD AND REGULATING THE STOMACH AND BOWELS OF INFANTS AND CHILDREN.

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.

NEW YORK.

15 DROPS - 35 CENTS.

EXACT COPY OF WRAPPER.

Agricultural

INTENSIVE CULTIVATION OF POTATOES.

The ideal soil for the potato crop is free and light enough to offer no great resistance to the development of the tubers, a soil well supplied with organic matter, so as to be rather moist, but not wet, and plenty rich enough to supply the plant food necessary. The success of potato culture is largely dependent upon the preceding crop. In a rotation with clover, cowpeas or other leguminous plants, the stubble furnishes organic matter in the soil and adds to the store of nitrogen. Corn after soil may precede potatoes. This is one of the best rotations used in New Jersey. Clover sod is all right, new ground is always good for a crop of some kind. Just as the plants are beginning to appear above the ground, the field should be harrowed, inclining the teth of the harrow backward. Subsequent cultivation should be frequent, so as to accomplish these same needs. The first cultivation may be deep, but experience and exact experiments generally favor nearly flat or level cultivation. Excessive hilling during cultivation intensifies the injurious effects of dry weather and results in breaking many of the feeding roots between the rows. The cultivating should be completed before the tubers begin to form. If done after the tubers are formed it should be with a shovel plow in middle of the rows and shallow if a severe frost is apprehended soon after the plants come up. The tops should be covered by throwing a furrow cover each row.

The diseases of the potatoes with which we are blight and leaf spot. These can be prevented by applying bordeaux. The latter disease may appear at any time after the plants are from 4 to 6 inches high. At first, the oldest leaves show grayish-brown spots. The disease progresses rather slowly, the spots gradually becoming larger, especially along the edges of the leaves, but does not advance rapidly. For the blight and this disease there is nothing so effective as bordeaux prepared as follows: Pour into a 45-gallon barrel about 30 gallons water. Then weigh about six pounds blue stone, the in a piece of coarse sack and suspend just beneath the surface of the water by means of a string tied to a stick laid across the top of the barrel. In another vessel four pounds fresh lime carefully pouring on small quantities of water at a time, the object being to obtain a smooth, creamy liquid from the blue stone. This all the barrel with water. As soon as the blue stone is dissolved, which will require about one hour, take a pailful from each barrel and pour them at the same time into a third vessel to effect a thorough mixing. The bordeaux will then be ready for use. For insects add two pounds arsenate of lead or four ounces paris green to each 30 gallons bordeaux. In insect spraying when the plants are about six inches high and continue spraying until four to six applications have been made. If the season is rather rainy it will be best to apply as often as every ten days.

The normal death of the vines is the signal for digging the main crop. The time for digging is when the tubers are ripe in early digging is best. As a rule, the ground is in a better condition, and so are the potatoes. I think they retain their flavor better. My practice is to dig early and cover with hay and a little soil to keep the sun and air from them. Then before it gets too cold, remove them to the cellar for the winter. It will do to put them in a very dark cellar where digging should always be kept cool and dark.

Just Our Own

Dear Hostess:

I think your new column is a fine thing and I, for one, have benefited thereby already.

So many new recipes (so called) are as so many pitfalls for the unwary feet of the young housekeeper. But it is altogether different with those found in "Just Our Own." They have all been tried and tested, weighed in the balance and not found wanting—in any of the necessary ingredients. I have tried Anastasia's salad dressing and found it delicious. I have also followed Junipia's recipe for scalloped salmon and can recommend it. I wonder if any of your readers have ever cooked steak a la haricot. It is not a particularly good warm weather dish as it needs to cook a long time, though it could be made on a baking day without additional fire.

It is, however, a very nice way of cooking a steak which is not quite as tender as it should be.

STEAK A LA HARICOT.

Take a good sized onion and fry carefully in butter until nicely browned. Lay your steak, in a whole piece, in the pan with the onion (a deep frying pan with a cover should be used). Salt lightly and smother with new carrots cut in rings. Fill the pan with water and cover letting it boil slowly for, at least, two hours. When perfectly tender take steak from the pan and serve on platter with mashed potatoe butter. Remove any pieces of carrot from the liquid and slightly thicken for gravy, adding a little Worcester sauce. If the meat should be without much fat, quite a large piece of butter should be used to fry the onion. I tried this a few days ago, cooking the remainder of a steak, the other half of which had been broiled the day before with the result nearly as impeccable and far previous as a piece of sole leather. We found our Haricot steak not only very tender but very nicely flavored. I varied the recipe slightly by using small new potatoes with sprouts of parsley instead of the mashed potatoe butter.

I hope some of "Just Our Own" will try this and tell me how they like it. In which case I shall feel like coming again.

And now, with sincere appreciation for our new column and with best wishes for its continuance and development,

I remain, dear Hostess and "Just Our Own,"

Very sincerely yours,
HAPPY HOUSEWIFE.

Some People try to make Lime Juice.

Dear Hostess:

Are you blessed with good sight? If so are you willing to help the blind to help themselves?

The School for the Blind at Halifax is free to the blind youth of Nova Scotia. New Brunswick, Prince Edward Island and Newfoundland.

The parents of partially or totally blind children, and those interested in the education of the blind will confer a favor by reporting to the Superintendent of the School, Dr. C. F. Fraser, the name, age and address of any boy or girl under twenty-two years of age who is unable, through lack of sight, to read ordinary print and attend the public schools.

During the past year one hundred and thirty-six pupils have been under instruction in the School for the Blind. Eight of these have recently graduated and are now in a position to earn their own living.

Mr. T. G. Shaugnessy has replied to the various invitations sent from Nova Scotia to the visiting English journalists as follows:

British journalists wish me to present their compliments and thanks for kind message conveyed through Mr. Ham. They are greatly enjoying the trip and deeply regret that they are unable to extend it to Nova Scotia in response to hospitable invitation as it is imperative that they be August 23rd, owing to professional engagements at home.

Some People try to make Lime Juice.

Sovereign Lime Juice

is the Pure Juice of the West India Lime Fruit, carefully filtered, which when diluted with water and sweetened to taste, makes a healthful and refreshing drink. All grocers.

NATIONAL DRUG CO. LTD.
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A GOOD INSTITUTION.

FLOUR & FEED

Try our FIVE ROSES or FIVE LILIES

We guarantee them to give satisfaction or money refunded. Other flour in Stock. White Star \$5.40; Goldie's Best \$5.25; Goldie's Star \$5.10.

Our line of Feed includes Corn meal, Middlings, Bar, Feed Flour, Barley Oats, and Corn Chop, Banner Chop, Model Chop, Jersey Chop.

Molasses 38c per gal.

TAKE A HOLIDAY AND VISIT THE

Exhibition AT HALIFAX

Sept. 25 to Oct. 3.

\$20,000 IN PREMIUMS.

Education and Amusement Combined.

No Department will be slighted and every effort made to equal last year's Fair.

J. I. FOSTER

Mail Contract

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until Noon on Friday, the 2nd August, 1917, for the conveyance of His Majesty's Mails, on a proposed Contract for four year SIX times per week each way, between BRIDGETOWN and GRANVILLE BRIDGE from the 1st October next.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Bridgetown, Granville Ferry, Upper Granville, etc., and at the Office of the Post Office Inspector at Halifax.

G. C. ANDERSON, Superintendent, Post Office Department, Mail Contract Branch, Ottawa, 29th June, 1917.

BALDWIN'S AIR-SHIP

Will be a novel feature, the first to appear in the Province.

For Entry-forms, and all information, write

M. McF. HALL
Manager and Secy., Halifax

WANTED.

A LARGE QUANTITY OF HIDES, PELTS, CALF SKINS TALLOW

CASH PAID AT THE HIGHES

MacKenzie Crowe & Co. Ltd.

Ice Cream and Luncheon Parlor

Mrs. Congdon will be pleased to serve luncheon at any time of day or evening, including ice cream cake, pastry, rolls and cold meat if desired. Tea, coffee or cocoa will also be served.

Orders for home delivery solicited.

EXECUTOR'S NOTICE.

All persons having legal demands against the estate of the late Richard Shipley, of Bridgetown, County of Annapolis, are requested to render same within three months from date thereof. All persons indebted to the said estate are hereby requested to make immediate payment to

ISABEL F. SHIPLEY,
Executrix.

SUCCESS WITH RASPBERRIES.

(N. E. Homestead.)

We plant them out in the fall when convenient, 3x5 feet, giving clean and frequent culture. We use mostly commercial fertilizer. Our method is two parts of treated ground bone to one part high-grade sulphate of potash, about 600 pounds to the acre. It is better than too much nitrogen, as that tends to produce tender wood and consequently winterkills. Our plantations are started by setting the sprouts, which usually spring up in abundance and are treated as weeds except when wanted for sets. We remove the old canes as soon as convenient after the fruit is off, leaving them there till the spring pruning, when they are all raked out together.

In pruning the new wood grown the last season is shortened back quite a little. Then we give clean culture as before till July 15th, then let them remain till after fruiting. The varieties we have used for 20 years and have seen no reason to change, save the Hazard for early and Culbert for late.

The blackberry requires nearly the

CHAMBERLAIN'S COLIC, CHOLERA AND DIARRHOEA REMEDY, BETTER THAN THREE DOCTORS.

"Three years ago we had three doctors with our little boy and everything that they could do seemed to be gone we began using Chamberlain's Colic, Cholera and Diarrhoea Remedy and in a few hours he began to improve. Today he is as healthy as a pig and parents could wish for."

Mrs. B. J. Johnston, Linton, Mass.

For sale by W. A. WARREN, Thom. R. Cook trouble you any more—D.

THE RED ANT NUISANCE.

Dear Hostess—I do not think that M. A. B. will find anything to drive away red ants. For years they have well nigh made my housekeeping life miserable. They presented the flour, sugar and lard buckets, and dined and supped on cream, meat, butter, cake, etc. I tried everything suggested. Sponges dipped in melted lard were soon swarming with them, and dropping into scalded water; bits of wood smeared with grease would soon be covered and were thrown into the fire, but there was no perceptible lessening of the ants. At last I had a milk can made with supports that could be set into water. A table with legs set in dishes of water held cream, lard, butter, etc. other tables were similarly fixed. As long as the water is kept in the vessels there will be no danger from the ants. Once I had a sad experience. I was absent from home a week, and the water from one of the jars evaporated. I found lard, butter, and meat literally swarming with red ants.—(Larabell.)

Dear Hostess—I would say to M. A. B. that I have found that spirits of turpentine will drive away red ants. Trace out to where they enter the house and pour turpentine around the place freely. I am sure they will be gone.

Is It Your Own Hair?

Do you pin your hat to your own hair? Can't do it? Haven't enough hair? It must be you do not know Ayer's Hair Vigor! Here's an introduction! May the acquaintance result in a heavy growth of rich, thick, glossy hair! And we know you'll never be gray.

"I think that Ayer's Hair Vigor is the most wonderful hair growth that was ever made. I have used it for some time and I can truly say that I am greatly pleased with it. I especially recommend it as a splendid preparation."—Miss V. Stacey, Westfield, Mass.

Made by J. C. Ayer & Co., Lowell, Mass.

Ayer's
SARSAPARILLA
PILLS
CHERRY PECTORAL.

Grass For Sale.

Burton Marshall, Arlington, offers for sale 40 acres of grass standing. Also his farm complete. Apply on premises or to W. A. Marshall, Bridgetown.

BARGAINS!

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1 Woodpecker Gasoline Engine

1 Backus Water Motor

2 Step Pulleys.

M. K. PIPER, Publisher