



Shaving Single Handed in a Military Hospital

Only those who have been there can realize what the Gillette Safety Razor is doing for the wounded!

Clean shaving on the firing line, possible only with a Gillette, has saved endless trouble in dressing face wounds. In the hands of orderly or nurse it shortens by precious minutes the preparations for operating. Later, in the hands of the patients, it is a blessing indeed!

As soon as their strength begins to return, they get the Gillette into action, and fairly revel in the finishing touch which it gives to the welcome cleanliness of hospital life. For though he can use but one hand—and that one shaky—a man can shave himself safely and comfortably with a Gillette Safety Razor.

It may seem a little thing to you to send a Gillette to that lad you know Overseas, but to him it will mean so much! It will bring a touch of home comfort to his life on active service, and be even more appreciated if he gets "Blighty".

240



JUST LIKE A HOUSECLEANING

Every room needs an occasional "Cleaning up", no matter how carefully the regular sweeping and dusting is done. Especially is this true after any unusual event, a party, a wedding or a quilting bee.

So it is with your body. No matter how regular your habits or well cooked your food, there comes a time when you don't feel just right. You may recall an unusually hearty meal or two, irregular hours, or eating something that "didn't agree with you", or it may be just the "dust-gathering".

In any case a few doses of a really good cathartic is all you need to put you right. For this purpose nothing is quite so suitable as

Chamberlain's Tablets

Two or three after supper the first night, and one each night for two or three days, and your digestive apparatus is just like the well-cleaned room. Every part of your body is more vigorous, you go about your work with a new feeling and begin again to enjoy life. Are these benefits not worth getting? You know they are.

And you need have no hesitation about beginning them for fear you must "keep it up". The effect is just the opposite.

25c at all dealers or direct from

CHAMBERLAIN MEDICINE CO., TORONTO

CHAMBERLAIN'S TABLETS

25¢



GARDEN GOSSIP FOR JUNE

By D. W. GEORGE.

A Garden for Winter Use

NOW that the vegetable garden is well started, it will be well for us to plan early for the vegetables which we intend to store for use during the long months of the coming winter; for it is there that the real economy and usefulness of the vegetable garden is displayed to the best advantage. Some of these I mention you may not yet have planted, but there is still time to do so.

Fully as we all appreciate the vegetables during the summer months, it is in the winter time, when green things are scarce, that they have their greatest value.

Vegetables for Storing

Of vegetables which may successfully be stored for use in the winter, we have a good selection, and in case any of them should be overlooked, we shall now make a note of some special varieties suitable for this purpose.

BEETS may be stored in a cool, dark cellar, or in pits. The absence of light is an important feature in the storage of beets. Late beets may be planted in June and July.

BRUSSELS SPROUTS AND CABBAGE may be stored in the cellar, in trenches, or in pits. As, however, we are considering principally the small home garden, it is likely that our cabbage will be stored in the cellar, in which case they should be stored head down on shelves with slat bottoms, to assist in ventilation. These should be planted by this time.

CARROTS may be stored in barrels or in boxes of sand, in the cellar. The sand is to keep the air from them, and thus keep them from becoming dry and wrinkled. Late carrots may be planted as late as July.

ONIONS should be stored apart from other vegetables, or they will communicate their flavor to them. They may be stored in the cellar, on shelves with slat bottoms, hung in strings from the ceiling in baskets, or suspended from the ceiling. These, of course, you have already planted.

PARSNIPS may be either left in the ground all winter—which will do them more good than harm—or they may be piled on some flat boards on the cellar floor and covered with earth or sand to keep them from shrinking and becoming dry. Your parsnips should be planted by this time.

TURNIPS and WINTER RADISH may also be successfully stored in the cellar, in sand. The second crop of turnips may be planted as late as August, and radishes right up to September.

CAULIFLOWERS are difficult to keep. They may, however, be kept until about Christmas time, with care. Choose plants with small heads, lift them, root and all, and replant them in the cellar, in sand. If the cellar be quite cool, the heads will continue to grow; otherwise they may not. Late cauliflowers may be planted out-doors in the middle of July.

Lettuce and Radish

Too many people sow their first seeds with enthusiasm, but forget the continuation of fresh vegetables, which is so desirable. Lettuce and radishes in particular should be resown at frequent intervals during the whole season, so that young plants are continually coming along. They may be resown between the existing rows, so that, as one lot is used up, there is another row coming to take its place.

In our May issue I went thoroughly into the matter of the selection of different kinds of vegetables for the kitchen garden, and I am assuming that these have now been planted and are fast making progress. This month and next, we may plant a second crop of beets, bush beans, late cabbage, a late crop of corn, cucumbers, and summer and winter squash. Cucumbers should be sown on a piece of sod turned upside down, and they may then be transplanted without disturbing the roots. Lettuce and radish should be resown every few weeks.

Having put out our tomato plants early in June, we shall find them making rapid growth. The plants should all be staked, which will enable you to get your crop weeks earlier than if they are allowed to run all over the ground; and the fruit will be cleaner and less liable to be rotted by contact with unnecessary moisture. Four main shoots is all that should be left on any plant; all extra buds and side shoots should be systematically pinched off and the plants kept in good form. Are you particular about the kind of young tomato plants you put in? The best are the cheapest in the end; and none should be accepted unless their stems are the thickness of a lead pencil.

Early and Late Crops

The smaller our garden plot is, the more necessary it becomes to make every foot of space count for results; and for that reason, it is quite desirable to follow the early crops with later ones planted in the same positions, care being taken to work the soil well between the plantings and to add plenty of fertilizer to replace in the soil the nourishment that has been taken out of it. Thus, early potatoes may be followed by late celery, lettuce may be fol-

lowed by cabbage or parsnips, and peas and beans by winter radish.

Cress Sandwiches

Have you ever eaten cress sandwiches? They are delightful, made with thin bread and butter and sprinkled with salt. You will be surprised at the flavour, if you do not know it already, and you will find them delicious for tea on hot summer days when meat sandwiches are not so suitable. And then cress may be had all the summer through, if you will just remember to keep on sowing it at frequent intervals.

The Freshness of Home Grown Vegetables

Those of us who have been in the habit of getting our vegetables from the store will appreciate the freshness of those that come out of our own gardens. Lettuce is at its best less than an hour after it has been gathered, particularly when it has been left for a few minutes in the coldest of water. An interval of even a few hours takes a lot of the interest out of lettuce.

The Flower Garden—Perennials from Seed

How about the flower garden? Read in the seed catalogues something about the growing of perennials from seed. You can quite easily build up a beautiful perennial border by this method. July is the right month to sow them, though August is better for pansies and one or two other kinds. Most of them may be sown in finely prepared soil right in the open ground, in a sheltered, though sunny, position, provided they are shaded a little during the early stages; and in the fall the more delicate kinds may be closely planted in cold frames, where they will come through the winter splendidly and make beautiful, blooming plants for the following year.

Annual Poppies

Have you sown some annual poppies? They make a beautiful showing, and though you may not know it, they are really a pretty good flower for cutting, provided they are gathered very early in the morning and before the flowers are fully open. Many people lose them when they sow them, something seems to go wrong with the seed. This is what to do: Sow them lightly on fine soil, barely cover them, and then sprinkle some grass cuttings over the seed to keep the sun off until the little seedlings have a chance to get established.

The Roses and the Green Fly

Thrift is the word! And vegetable gardens are the subject! Even so, we have to say just a word or two about the flowers. How are the roses coming along? Don't let the green fly get too much of a start. They may be easily killed with sulphate of nicotine, and a fifty-cent bottle, diluted according to instructions, will make a lot of solution and put an end to a whole lot of green fly. If it happens that you use a garden hose, you can wash them right off, if you can get close enough to them.

Government Bulletins

Did you write to your own Provincial Department of Agriculture for one of their bulletins on gardening? If not, you should do so, as these books, which are issued free of charge, contain a lot of the most interesting and valuable information about vegetable gardening.

You'll get a lot of information from these bulletins that I have not the space to give you here; and there is also a great deal written in them about gardening on a larger scale. Certainly write for your copy. The Government wishes you to have it, and to make use of it, too; and the Canadian people, you, and I, and the rest of us, have all helped to pay for the printing of them; so we might just as well get the good of them.

Get Two Crops When You Can

I hope that those of my readers who have only small pieces of ground, will pay special attention to the matter of getting at least two crops from the same piece of ground during the summer, wherever possible. Of course, you will have to consider the length of your growing season, which varies so much in different parts of Canada.

Extend the Season

The use of cold frames will enable you to grow a fine crop of cress, radishes, and lettuce which will be unharmed by the early frosts in the fall. You can then plant the most delicate of your young perennial plants in the frames to be carried over the winter, and plunge pots of bulbs in the soil to root, so that you may take them into the house at any time you wish to during the winter months.