

No baking failures here SHREDDED WHEAT

Requires no skill to serve
Just warm in oven, add hot milk
and delight the whole family
MADE AT NIAGARA FALLS

NOTICE TO HOUSEHOLDERS

WE UPHOLSTER FURNITURE, WORKMANSHIP
DONE BY THOROUGH TRADESMEN

- We move furniture
- We resilver mirrors
- We sell mirrors
- We crate furniture
- We sell wall paper suitable for every room.
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- We do picture framing.
- We sell upholstering supplies of all kinds.
- We sell Kopok.
- We buy feathers.

UPHOLSTERS, ETC.
HENRY McFARLANE

169 Kent Street



Melville Rogers of Ottawa, Canadian skating champion, and his bride, in the costumes they wore in their "pair" at the Toronto Skating Club carnival recently. The costumes were in pure white and as Mrs. Rogers skater, her tulle draperies floated out in a most artistic way, making a beautiful picture. Mr. Rogers is figure skating champion of Canada and North America.

Growing Plants Indoors.

One can get the garden off to an early start and also grow those tender plants which require a longer season than our climate allows by starting many flowers and vegetables indoors. Supplies for the window box or hanging basket can also be produced in this way. Among the flowers zinnias, petunias, cosmos, marigolds, in fact practically anything except poppies, which do not transplant readily, can be started under glass in March or April, and will benefit from being moved around a few times before they are placed in their permanent locations. In the vegetable line, tomatoes, cabbage, head lettuce, cucumbers, melons, and even a few early beets, carrots, and corn can be planted. A box a couple of inches deep with holes bored in the bottom for drainage and filled with sand mixed with a little loam makes the best material for indoor planting. If such material is not available, the nearest greenhouse man will be able to supply some. Moisten the earth, then mark off the rows, which need only be an inch apart, sow the seed and cover the boxes tightly with a piece of sacking or burlap. This covering will hasten germination and prevent the seeds from being washed out. It is best to get the plants started in a dark warm cellar, and after they have pushed up through the soil, remove the covering and place them in full sunlight, at least a foot away from the glass, if it is single or closer if a torn window has been provided. Make sure that they are protected on nights when the thermometer threatens to go to zero where a large quantity of plants is desired, it is advisable to provide a hot bed. This is simply a glass protected bed placed on a pile of horse manure, which should be fresh, at least, eighteen inches deep. The bed should face the south with the glass sloping a few inches that way so that water will run off, and the sun ray caught

fully and should not be planted until the manure is heated up and cooled down again to about seventy degrees. In the cold weather water very sparingly, and only on bright days. Ventilate a little by raising the sash, and keep this open longer as the weather gets warmer. Plants grown in a hot bed should be transplanted to a cold frame, that is a glass protected bed without the heating underneath where they are hardened off before transplanted outside.

CAN PLACE NO VALUE ON A GARDEN

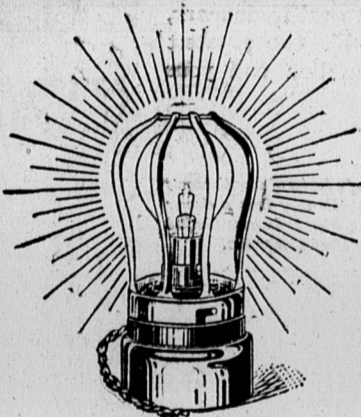
There will always be many critics who will maintain that, if the labour involved in gardening was valued at so much an hour, it would be cheaper to buy vegetables and flowers. Such a calculation, however, neglects to take into consideration the exercise and pleasure derived from the growing of vegetables and flowers upon which no proper value can be placed. No money could purchase the quality of vegetables grown within a few yards of the kitchen, or the flowers fresh picked from the beds at the door.

BEST VEGETABLE VARIETIES

The following list of vegetables, suitable for planting in Eastern Canada recommended by the government authorities at Ottawa: asparagus - Washington, satisfactory from the standpoint of disease resistance and a good cropper; beans - pencil pod was round red kidney wax, stringless green pod and early wonder golden green pod with Kentucky wonder pod as pole sorts; Beets - flat Egyptian early and Detroit dark red later; Cabbage - golden acre, as a round-headed first early, followed Copenhagen market and Erkuizen glory as mid-season with short stem Danish ballhead for winter storage; Cauliflower - early snowball and early dwarf orfart; Carrots - chameleon and danvers, com-extra, early corn, golden bantam and for later use, Stowell's evergreen; Cucumbers - perfection, celery - golden plume and Paris golden lettuce - Grand Rapids, Nonpareil, and Iceberg; Muskmelons - Hearts of Gold or Hoodo, Millers cream or Osage, Brads surpris and Emerald Gem; Onions - Yellow Globe Danvers, prize taker Yellow Globe, Red globe, Peas - Thomas Laxton, Blue Parsnip - Hollow Crown, Rashish, Bantam, Hunsford, Stratagem, Scarlet Turrill, White Tip, French breakfast, Spinach - Bloomdale and New Zealand, tomatoes - Canadian as first early, followed by Earliana with John Baer and Bonny Best as the main crop. It is well to remember that the quality of the seeds is even more important than variety, and that vegetables to have the highest quality must be grown quickly. To get this result, beds must be thoroughly worked before and after seeding and a quickly available fertilizer, such as nitrate of soda, should be applied every two weeks during the early part of the season. The easiest way to apply this is to dissolve about a table spoonful in a gallon and soak the ground about the plants with a watering can. Although primary education is increasing in India it has been estimated that, at the present rate of progress, it would require 40 years to gather all that country's boys into schools.

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C. E. PRATT & SON

ST. PETERS



Here are some Canadian women duly registered fliers, who are anxious to become lady Lindberghs. They are registered members of Canadian aero clubs and are: (1) Hilda Simmons, Calgary; (2) Louise Burke, Calgary; (3) Mrs. C. W. Leggat, Calgary; (4) Nan Eve, fifteen-year-old student of Victoria, B. C.; (5) Gertrude de la Vergne, Calgary; (6) A. Genier, Vancouver.

Turning a crank on a new machine winds strings around a bundle, ties it and cuts it off.

A tractor drawn scraper has been invented by a Virginian engineer to cut terraces in hillsides to prevent their recession by rain.

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—By George McManus