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We use this adjective advisedly.

Sufferers from Eye strain may have perfect vision and therefore do not suspect the presence of any eye defect. The motive power of the entire human organism is Nerve Energy.

Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eye strain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy, may seriously affect the functioning of other organs of the body, and produce ill health.

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 Ritley Building Charlottetown to wait for a rain to pound the soil

The Modern Miracle Dahlias

No garden is complete nowadays without a display of dahlias. This plant is one of the modern miracles of skilled horticulture, and tribute to the art of the hybridizer who has produced gorgeous creations ten inches across in dazzling colors. The crossing of the various types has, in a measure, blotted out the old-time class lines and the finest types are now hybrids of the small flowered cactus with the huge, peony flowered types and others into loose wide petaled forms as big as one's head. Dahlia plants can be secured



THE STately DAHLIA SHOULD HAVE A PLACE IN EVERY GARDEN.

From growers all this month and give even better results than plants grown from tubers. The dahlia, we know from study, is better planned in June than earlier in the season as was the custom for many years under the belief that it must be started early in order to bloom. Bloom, which is sometimes so shy in the dahlia family to day, is dependent upon main-stakes firmly in the ground before being steadily growth. If the dah-

Importance of Transplanting

Gardening has now reached a period when transplanting the seedlings which have been grown in hotbeds, cold frames and boxes in the house is the main task. The first of these to go out are the head lettuce seedlings which can stand considerable in the way of cool weather and like it.

In transplanting the lettuce, snip off the ends of the leaves for half their length. This will equalize for the disturbance of the roots in transplanting and the plants will take root much quicker. Set the lettuce plants eight inches apart in their beds and let the rows be at least a foot apart. A small bed which can be reached across by hand can be set eight inches each way to economize space. The wider rows permit hoeing.

Following the lettuce, the seedling onions to give the big onions next fall are due to go in and they, too, should be snipped off, this rule applying to all seedlings in the vegetable garden. Measure the proper distance between the plants as detailed on seed packets and stick to it even if the little plants look lonesome for the time being in their beds. They will fill their space in due time.

Real Art in Seed Sowing

Sowing seed outdoors, evenly and thinly, is a real art required only after considerable practice. The knack, however, is gained by trying it a few packets. The trick is in holding the packet flat between the thumb and second finger, with the forefinger held above in a position to tap the packet regularly and just sufficiently to cause the packet to open. When the packet is opened the flap is raised to make a little trough down the center through which the seed under the gentle tapping of the forefinger, will trickle slowly forth so that it is possible to sow it reasonably thinly.

More seed is wasted by thick sowing than in any other manner for when the plants come up in thick tufts from seed dropped in a mass only a very few of them have a chance to grow.

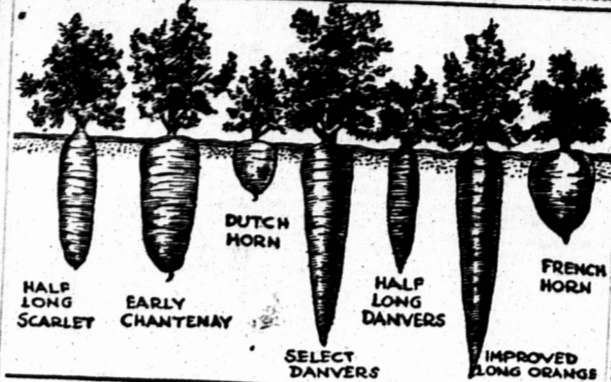
Sow seed as a general rule with a covering equal to twice its thickness. The finer the seed the less the covering of earth until the finest and dustlike seed only to be sprinkled upon the surface and pressed in. Vegetable seed, fortunately, is, for the most part, on the coarse side and can be sown much more easily than flower seeds, many of which are powder fine.

The ground having been spaded and worked to a fine tilth, make rows for the seed run north and south as far as practicable as a matter of fact, it is even division of sunlight. Make the rows with the point of the hoe or with a plant label for the smaller ones or some other convenient pointed instrument, such as the big blade of a jackknife, and then scatter the seed. The depth of the row for the seed is determined by the size of the seed. Thin sowing will do away with considerable thinning after the seed is up.

Carrot Color And The Soil

Carrots are well known for their rich orange coloring. Sometimes gardeners are puzzled that they produce a crop that is pale in coloring. The richness of the coloring of the carrot is due directly to the character of the soil. In light soils it will not be as richly colored as in heavier soils with more mineral matter in them.

Carrots, however, are a most convenient vegetable because they will do well in any soil. From cow fodder of two generations ago, the carrot has become an indispensable culinary adjunct. We use it in almost all meat dishes and it is also one of the vegetables now regarded as necessary infant food. Early carrots should be planted at once. For the early crop of baby roots plant the Oxheart, Early Scarlet Horn or some of the forcing

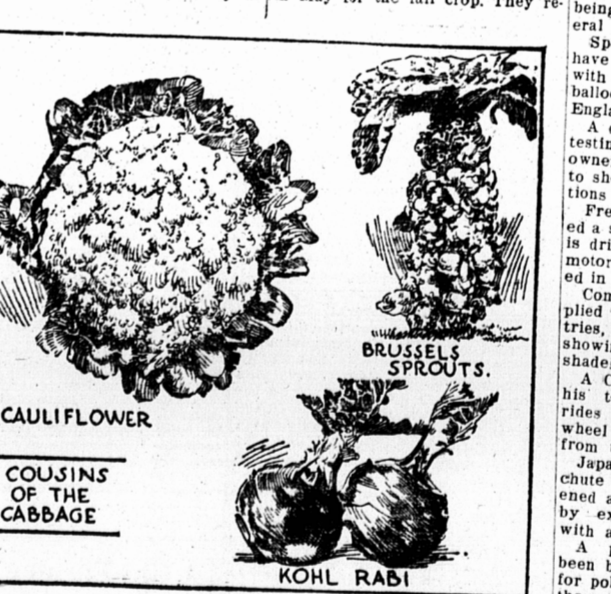


Red cabbage is in demand in city markets because of its ornamental quality in slaws and salads as well as its flavor. Rock Red is a small sure-heading sort. Sow it towards the last of May for a late fall crop.

Yellow Ponderosa tomatoes seem to have made considerable strides in popularity. They can start outdoors or the late crop. The squashes and melons can be given an early start under cover. Plant some of the big gourds for bird houses. A little hole admits proof home in some of these interesting fruits. You can gain two weeks by sowing cucumber seeds in pots under shelter and away from cold winds now.

Three Cabbage Cousins

Considering their popularity as table vegetables, their expense in the market and their ease of culture, it is surprising that so few gardeners have cauliflower, Brussels sprouts and Kohlrabi in the home garden. Cauliflowers from early sown seeds or plants from the seed houses may be set out for the early crop. Kohlrabis can be sown in the open ground. They should be treated the same as turnips. As they are an early summer or late fall crop, doing best in the cooler portions of the season, the seed should go in at once. They may be transplanted as easily as



cabbage but it is just as well to sow in rows and thin to six inches apart. They produce an upstairs turning, the swollen stem bearing the leaves being the edible portion of the vegetable, of delicate flavor somewhat resembling the cauliflower. They want rich soil and plenty of moisture. Broccoli, which most people cannot tell from cauliflower, is attaining much popularity in the Pacific

quire the same cultivation as the cauliflower and cauliflower and are at their best when the frost touches them in the fall. They make stems like leaves which are gradually moulted until only a tuft remains at the top and the miniature cabbage forms at the seams where the older leaves grow. All these plants need careful attention for plant lice and should be sprayed with a nicotine solution early.

Scientific Facts

NEWEST NOTES OF SCIENCE.

A resident of New York state has patented a berry picking tray that enables a person to use both hands at his work.

The Cuban national board of health has prohibited the use of white or live phosphorus in the manufacture of matches.

Rubber spats have been invented by a woman to protect shoes and hosiery of members of her sex when working in kitchens.

An electrical device invented in France for measuring altitudes is claimed to be eight times as sensitive as a barometer.

A Connecticut inventor claims to have successfully substituted disks of rubber for springs in suspending automobile bodies.

Metal holders to be attached to edges of dishes have been invented in Europe to prevent serving spoons slipping into food.

Apparatus has been invented to register the reactions of an aviator's body to an airplane's bounces, sudden turns and dips.

France is building the largest single span concrete bridge in the world to carry a highway over the Seine river near Rouen.

So sensitive is a new electric stethoscope that it makes audible the motions of the muscles as a man opens and closes a hand.

German steel makers have economized on fuel by drawing dry air from a height of 100 feet to furnish draft for blast furnaces.

A rubber handled screwdriver has been invented that can never be twisted within the rubber.

When pressure inside bottles containing volatile liquids increases a French inventor's stopper expands to prevent evaporation.

Claimed to be economical in operation, an electrical attachment for faucets has been invented to heat the water drawn from them.

Construction of an irrigation project that also will serve 50 towns with electric power has been begun on the Uhl river in India.

A press that can be mounted on wall or solid post has been invented to tighten loose wooden spokes in metal rims of automobile wheels.

A canal projected by Rumania from Cernavoda to Constantza will shorten the route from Danube river ports to the Black sea by 250 miles.

As fast as dirt and grit are picked up by the sponge section of a new vehicle washing device they are removed from it by a stream of water.

More than 40 agriculture settlements are being successfully established in Palestine under the auspices of the Palestine Foundation Fund.

An attachment for a tea kettle invented by a New York man neckties and other narrow fabrics by steam as they are passed over it.

An approaching train automatically drops a Swedish inventor's crossing guard across a road and of vehicles.

Heavy paper covers to keep tooth brushes clean when their owners are traveling have been invented, being durable enough to last several weeks.

Speeds up to 60 miles an hour have been attained by a motor boat with a hull shaped like a dirigible balloon that has been patented in England.

A device has been invented for testing a sample of hair before its owner is given a permanent wave to show the proper strength of lotions to use.

Remember to use OLD DUTCH



The blade of a new ratchet screwdriver that works at right angles to its handle is removed and placed in the opposite side of the head when its action is to be reversed.

French engineers have estimated that Turkish plans to improve coal mining facilities along the Anatolian Black sea coast will increase production to 1,000,000 tons a year.

An acetylene metal cutting outfit designed by a San Francisco man for the use of firemen is carried by two men like a stretcher, one end being raised on a tripod when it is used.

A new large wireless telegraph station has been opened near Rio de Janeiro by American, English, French and German Companies.

For drying clothes or warming a room a small electric heater has been invented that can be hung near any available source of current.

Silos are being more extensively used in the central zone of Chile where very little rain falls for eight consecutive months in each year.

Norway has established a postal service that connects with the London by way of cities in Germany and Holland.

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 These are strong, easy to pack, easy to erect. Seven foot width, seven foot length and three foot end wall. Special price \$16.98

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Sterno Stoves, two burners. Special 75c

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Goes Down Good

Good to look at, great tasting—Sussex RED OVAL Ginger Ale peeps you up all the way down. Does you a power of good when it gets there. That's why they give it daily to sick folks. That's why you see it on doctors' private tables.

The grand standby of promised mothers! The good you get out of Sussex RED OVAL stays with you.

Sussex RED OVAL Ginger Ale

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