

MAGAZINE GUARDIAN



SCHOOL AND HOME

Mint sauce is fine served with lamb: Take one cupful of chopped green mint leaves, a half cupful of vinegar, a quarter cupful of powdered sugar and mix them one hour before serving.

Make twisted maple cookies with some of your maple sugar. They require one cupful each of granulated sugar, maple sugar and butter, or butter substitute, two well-beaten eggs, two tablespoonfuls of water and flour enough to make a dough to roll out. Cut in strips, twist and lay on pans, sprinkle with granulated sugar and bake until light brown.

Farm folk's salad dressing: To a pint of boiling vinegar add three tablespoonfuls of sugar, mixed with three tablespoonfuls of flour, one teaspoonful of salt, one teaspoonful of mustard and one-half teaspoonful of black pepper rubbed to a paste with three tablespoonfuls of butter and cook to the consistency of mush; now add one well-beaten egg and one-half cupful of good cream, and cook for two minutes longer. This dressing keeps well in sealed jars.

Spinach loses both color and flavor if it is cooked in too much water. The quantity of water that adheres to it from washing is enough to steam it tender; there should be just enough water to keep it from scorching. Garnish the cooked spinach with hard-boiled eggs put through a vegetable ricer, or cut in slices. The eggs improve both the looks and the taste of the dish.

When you cook vegetables such as potatoes, peas cauliflower, etc., put in enough water to have a cupful left as a foundation for a light, nourishing soup. Put two tablespoonfuls of butter into a saucepan; when it bubbles add a quarter of a cupful of flour, two cupfuls of milk and the vegetable liquor; add salt, pepper, kitchen bouquet and onion seasoning, if desired let it boil and serve.

Heavy cream is required for whipping, but is not always obtainable. Mock whipped cream makes a desirable substitute and is prepared by cooking together, until thick, one and a quarter tablespoonfuls of cornstarch, one cupful of milk and one tablespoonful of sugar. Add a quarter of a teaspoonful of salt. Beat separately the whites of two eggs, pour the sauce slowly over one egg white, stiffly beaten, then fold in the other. Flavor with vanilla.

Baked shad: Remove head and tail, split down the back, take out the backbone and the small bones along the edge, wash and dry with a cloth. Put a tablespoonful of drippings into a shallow pan; when hot lay in the shad, skin side down; season with salt and pepper, dust it with flour and pour over it a half cupful of milk. Put into a hot oven for thirty minutes. It should be light brown; if it browns too quickly reduce the heat, as half an hour is required to bake it thoroughly.

In canning rhubarb sugar may be saved in two ways—by using a small amount of soda to neutralize some of the acid, and by using corn syrup in place of the sugar generally required. Cuff the rhubarb in pieces and cover it with boiling water to which has been added one-half teaspoonful of

WEAK MOTHERS REGAIN HEALTH

Through the New Blood Dr. Williams' Pink Pills Actually Make

No mother should allow nervous weakness to get the upper hand of her. If she does worry will mar her work in the home and torment her in body and mind. Day after day spent amid the same surroundings is enough to cause fretfulness and depression. But there are other causes as every mother knows, that tend to make her nerves run down. A change would benefit her jaded system, and rest might improve her blood so as to give the nerves a better tone. The rest and change are often impossible, and it is then that all women need Dr. Williams' Pink Pills, which make new blood, rich with the elements on which the nerves depend. In this way these pills restore regular health, increased energy, new ambition and steady nerve. There is a lesson for other women in the case of Mrs. Harry P. Sneider, Wilton, Ont., who says: "Five years ago my twin babies were born, and I was left very weak and very miserable, hardly fit to do anything. The doctor gave me medicine, but it did not help me. Then I tried another doctor, but with no better results. One day I went home to my mother, telling her how miserable I felt, and that the doctor's medicine had not done me any good. Mother asked me why I did not try Dr. Williams' Pink Pills, and as it was glad to try anything that might help me, I got three boxes when I went back home. By the time these were used there was no doubt they were helping me, and I got three more boxes. But I did not need them all, for by the time the fifth box was used, I was entirely cured, and never felt better in my life. Now when I hear people talk about feeling weak or miserable I always recommend Dr. Williams' Pink Pills, and tell what they did for me, and in similar cases I shall continue to recommend them."

At the first sign that the blood is out of order take Dr. Williams' Pink Pills, and note the speedy improvement they make in the appetite, health and spirits. You can get these pills through any medicine dealer or by mail at 50 cents per box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

soda for each quart of rhubarb. Then drain the rhubarb, pack it in jars, pour the syrup over it and sterilize according to directions for cold-pack and sugar may be used. The quantity of water added to the syrup depends on the size of the jars. Cook together three cupfuls each of rhubarb and sugar and an orange (including peel) cut fine, for a good jam.

Birthday cakes are prettily arranged on a board which can easily be made and kept for the purpose. The board should measure about eight inches more in diameter than the family cake pan; two rows of holes are bored around the edges. Rub the board smooth with sandpaper and apply several coats of white paint, the last one being an enamel paint. Place the cake on the board, decorate in any preferred way, provide a candle for each year that the "birthday child" has celebrated, and light the candles before carrying in the cake.

Cap for Chimneys

If building a new chimney or remodeling an old one remember that there should be a cap to it, to prevent gusts of wind careering down the flue and causing open fires to smoke and disarranging the draft in other fires. Remember that there should be four openings under the cap for the wind to draw through, from whatever direction it may come, and remember, also, that many fires occur from sparks falling on dry roofs. So stretch across the top of the chimney, below the side openings, some brass netting, similar to mosquito netting, as the chimney is built or remodelled. You will then have less fear of fire—and better drafts.

Homely Wrinkles

There are still folks just old-fashioned enough to think that the home is the greatest influence in forming the ideals of a people.

Wash the comfortable while they are not needed on the beds. The easiest way is to let the sun and rain do it for you. If spread on clean grass and left out through a long rain and dried without taking up, the colors will run less and they will have a clean, fresh odor different from that of washed bedclothing.

A delightful playhouse for the children can be made by fastening an old umbrella on top of a post driven into the ground. Dig a circular bed around it, a little larger in circumference than the umbrella, drive a peg in line with each rib and fasten a strong cord from each rib to the peg. Sow the bed thickly with morning-glory seeds, except between two ribs left for the door. The vines will soon form a blooming bowery to the end of the ironing-board makes a convenient receptacle for iron-stand holders, wax and cleaning cloths. When the board is not in use, the bag fastens flat against it by means of the button-hole in the tab, which is slipped over a button or a metal or glass push-pin.

Skim-Milk for Pigs

For pig feeding nothing combines with corn to give more satisfactory results than skim-milk. This combination makes a palatable ration, resulting in a heavier consumption of feed and more rapid gains than from any other ration. All of the cereal grains such as wheat, rye, barley and particularly corn, are low in protein and give inferior results when fed with some nitrogenous feed such as skim-milk.

When used as a supplement to corn and other cereal grains, nine pounds of skim-milk is equivalent to one pound of tankage; 3.7 pounds is equivalent to one pound of middlings; 9.3 pounds equals one pound of meal; 10.7 pounds equals one pound of soybean meal.

When tankage is worth \$2 a hundred, skim-milk is worth twenty-two cents a hundred; when tankage is worth \$4 a hundred, skim-milk is worth forty-four cents a hundred; when forty-four cents are worth \$1 a hundred, skim-milk is worth twenty-seven cents a hundred; when oil-meal is worth \$2 a hundred, skim-milk is worth \$2 a hundred, skim-milk is worth nineteen cents a hundred.

When cereal grains are worth \$1 a hundred pounds, skim-milk is worth twenty-eight cents a hundred pounds.

WARM WEATHER RECIPES.

A delicious salad for the hot weather is made of tomatoes and grapefruit, with French dressing. Have ready crisp, fresh lettuce leaves. Arrange on these alternate slices of tomato and grapefruit, sprinkled with pieces of olives; pour over the French dressing and serve very cold.

Spiced beef makes a welcome change and can be eaten either hot or cold. The following recipe is among those given last year by the Canada Food Board, for which the cheaper cuts can be used:

Take a thick piece from the solid part of the flank, cover it with diluted vinegar and season it with pickle spices. Allow this to stand for several hours. Then bring it slowly to the boil and remove the spices. Add a teaspoon each of sugar and salt and simmer the meat until tender. Half an hour before it is done to serve, make a savory tomato sauce or add Worcestershire sauce.

A dainty molded beef salad is given by the current number of Good Housekeeping among the tested recipes, and it is as follows: 2 cupfuls tiny beans, 2 tablespoonfuls vinegar, 2-3 cupful hot water, 1 teaspoonful salt, 1 teaspoonful sugar, 1 head lettuce, 2 tablespoonfuls grated horseradish, 1 1/2 cupfuls granulated gelatin, 1 1/4 cupful cold water, 3/4 cupful mayonnaise. Scrub the beans thoroughly and boil until tender; rub off the skin. Add the vinegar, salt, sugar, horseradish, and

hot water. Let get thoroughly heated, and then add the gelatin which has been softened in the cold water. Pour into a shallow pan which has been previously wet with cold water. Set away to chill, cut in cubes, and serve on lettuce or cream with mayonnaise. This recipe will serve at least eight. Large beet may be used and cut into cubes about an inch in diameter after cooking.

Another tested recipe from the same magazine is for pineapple cocktail, sent in by a lady from Victoria, B.C.: 1 pineapple, 1 cupful sugar, 1-2 cupful coconut, 1-2 cupful orange juice, 1-3 cupful grapefruit juice, 1-3 cupful water. Boil the sugar and water together for five minutes, cool, and add the fruit juices. Cut fresh pineapple cylinders, using an apple-corer, put in glasses with coconut, and cover with the syrup.

Cold salmon soured in vinegar is a particularly appetizing dish for the hot weather, and is a good way of using up boiled salmon that is left over.

Simply place the cooked salmon in a deep-dish, with peppercorns, whole male, cloves and a very little mixed whole spice, and pour over a cup of hot vinegar. Let cool and keep on ice till required. Soured mackerel done in the same way is very good. A few bay leaves, if procurable, add to the flavor. Serve with thinly-sliced cucumber.

THE COOK SAYS

Here are a few things that every housewife ought to know. Turpentine is excellent for washing sinks that have become very dull and dirty and a little turpentine, dissolved in warm water is the best thing to wash windows, glassware and globes.

When an egg has been boiled too long it can be softened again by instantly lifting the pan off the fire and quickly placing it under the faucet, allowing a good stream of cold water to pour into it. The sudden shock from hot to cold has a curious effect of softening the egg.

When boiling new milk, to prevent a skin from forming on the top as it cools, add two tablespoonfuls of cold milk to every pint when, at a boiling point and stir for a minute. The so-called skim will then be reabsorbed and will not cover the top.

Never throw away any old pieces of soap. They can be used for making soap jelly, for washing flannels and a little turpentine, dissolved in you have a good collection, then pour on enough boiling water to just cover them and stir until dissolved. Keep in a jar, tightly covered, and use as you wish.

Rice waffles are nice for breakfast served with new maple syrup. Rub a cup of cold boiled rice through a fine strainer, add a teaspoon of baking powder, half a teaspoon of salt, two egg yolks and milk enough to make a thin batter.

Beat the whites as stiff as possible and fold into the waffle mixture, bake in a greased waffle iron and serve with hot maple syrup. Squash biscuit helps to use up a cup of cooked and strained squash. Add to this three tablespoonfuls of sugar, a cup and a half of milk, a tablespoonful of butter, one dissolved yeast cake and enough flour to make it like biscuit dough. Let rise to twice their size, shape into biscuit and let rise again twenty minutes. Bake in hot oven.

A nice muffin for breakfast can be made by mixing a cup of milk, two cups of flour, one egg, quarter of a cup of sugar, two teaspoonfuls of baking powder and one teaspoonful of butter. Bake in a hot oven fifteen minutes.

Now is the time to eat salads, and a salad should be served at least once every day. Try a Ray salad with your dinner tonight. Cream together a tablespoon of butter and one large egg yolk. Add a quarter of a cup of whipped nuts and turn into a small, well-greased baking powder can. Set on the ice to cool. When firm cut in thick slices, place on a lettuce leaf and on top of all place a teaspoon of current jelly. Pour over a sharp French dressing.

Ideal salad is made by soaking a heaping teaspoon of powdered gelatin in a quarter of a cup of water. When dissolved pour over this a cup of boiling water, a quarter of a cup of boiling vinegar, a tablespoon of sugar, half a chopped green pepper, two sweet peppers and a cup of chopped cabbage. Add this to the mixture and pour into small moulds. Serve on lettuce with a boiled dressing.

POULTRY

HOW TO RAISE TURKEYS SUCCESSFULLY.

The young poult must be kept growing right from the shell in order to keep them in good condition. Early in life they must be taught to develop home at night; once the habit is developed with them they will return at a regular hour. This may be done by feeding regularly in the morning and at a night. If the young are being brooded by a turkey mother it may be necessary at first to hunt them up and drive them home, but they will soon learn to return alone.

After the poult are fully feathered and have passed through the "shoot-and-red" period, which usually occurs at about three months of age, the young are hardy and may be allowed unlimited range at all times. As long as they can secure plenty of insects while on range, they will thrive on two meals a day.

The young must be sheltered during rain-storms or they are likely to contract colds which quickly develop into roup or kindred ailments. They must not be allowed outdoors in the morning until the dew is off the grass, as they suffer from the slightest cold or dampness. For the same reason, the coop should have a board over. After the poult are six weeks old, the danger of loss is practically over.

Young turkeys should be taught to roost some distance from the ground. The danger from foxes and other wild animals and rodents is ever present, especially in newly settled sections when poult are permitted to roost on a rail fence or upon the ground. In the course of several evenings the young turkeys can be induced to walk up a long pole to the higher branches of trees, until they will do this regularly of their own accord. For half-grown turkeys a high roost in an open shed which faces the south is preferred to the closed house.

For the first twenty-four hours the newly-hatched poult should not be fed. Little and often is the rule for uncooked. Cooked food is preferred to uncooked. Young turkeys sometimes have greedy appetites and cannot digest all the food they eat. In part this may be overcome by feeding little and often, and in part by allowing them to exercise and thus stimulate better digestion.

Feed on clean surfaces; young stock especially can not stand filth. Some poultry raisers mix a little sand in the soft food given to the young. This aids digestion. Water should be given in shallow dishes. After turkeys are old enough to turn out on range it is very foolish to practise to stuff them with all sorts of mashes, as overfeeding causes liver troubles. The best food is chiefly grain, given dry. Avoid sloppy food. They must have something green every day, and also some finely cut boiled lean meat when they are confined.

HARVEST CLOVER AND TIMOTHY SEED.

The Seed Commissioner has just returned from the International Convention of the Seed Trade Association held at Chicago, and reports that there is very real cause for prospective high prices in clover and timothy

FRECKLES

Don't Hide Them With a Veil; Remove Them With Othine—Double Strength

This preparation for the removal of freckles is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold under guarantee to refund the money if it fails.

Don't hide your freckles under a veil; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely.

Be sure to ask the druggist for the double strength Othine; it is this that is sold on the money-back guarantee, prevent progress towards health.

seeds for autumn delivery. Through the greater part of the clover seed districts of the United States and Ontario the new clover crop was destroyed by drought in August of last year. The timothy acreage in the United States was also much reduced in order to grow wheat. There are practically no reserve supplies of clover seeds being carried over for next year, and timothy seed stocks are also very bare.

Prices are soaring in consequence. Red clover seed on the Toledo market was quoted on June 28th, at \$24.75 per bushel for autumn delivery, which is an advance of almost \$5.00 since May 16th. Timothy seed was quoted at \$13.50 per hundred pounds, and is advancing steadily.

Farmers in Eastern Canada who have clover or timothy crops, reasonably free from weeds, should consider separation, cut and dried, a strong demand for seed at unusually high prices. The Ontario Department of Agriculture is arranging to assist in the transportation of clover seed hullers, which can be spared from Western Ontario, to those counties in Eastern Ontario which have excellent clover crops for seed purposes. In Quebec, New Brunswick and Nova Scotia clover seed hullers are available for the use of farmers.

A one-egg cake baked in a biscuit pan and cut in squares, then served hot with foamy sauce, is a good dessert.

FARM

SICK FARMS MADE WELL.

Anemia is defined in the dictionary as a disease in which there is too little blood, or too few red corpuscles in the blood; bloodlessness. The blood supplies nourishment to the tissues, without it the entire system soon starves to death.

Many farms are afflicted with a disease similar to anemia. The soil has no blood in it—no life-giving nourishment for growing crops. This is the trouble with nine out of ten of the farms whose owners have written me for advice in these columns. The remedy is not the same everywhere—not even on two adjoining farms, unless they have the same kind of soil and the owners follow the same kind of farming.

Something also depends on how much the owner can afford to spend on a cure, for some medicines that do a lot of good cost a lot of money. Often the problem is like that of the poor fellow who wrote in: "I am poor and my land is poor. Please tell me the easiest way to get it up and make a living at the same time." That appeal touched me deeply, for I know what it is to try to redeem a run-down farm with very little money to spend in doing it.

I can not give any method that will be suited to all anemia farms. The best I can do is to tell from time to time the way that farmer has met the difficulty. The reader must then make his own selection of methods.

This story is of a man who lives in a region of naturally poor, sandy soil, within 100 miles of Lake Michigan, and within fifty miles of the state line between Michigan and Indiana. There are other farmers in this general region who are in the same fix. Ted Meris was the first to start to improve his farm.

Ted's grandfather homesteaded the farm long ago. Granfather and father together had gotten all the "good" out of the soil before Ted got hold of it. Ted was making "A Poor Living and Minus 10 p.c." when one day a government expert came along and started him on the upward road by a simple suggestion or two that put heart into his work. The expert came around several times later. He kept in touch with Ted for several years—in fact, until Ted had gotten out of the woods. This all occurred before the days of county agents. The government expert's name was Drake; Ted referred to him as "a duck by the name of Drake."

He grew several acres of corn, getting from nothing to twenty bushels an acre, according to the season. He grew a patch of rye which usually did fairly well. In order to get even these yields he let a good portion of his farm "rest" every year. This means that it was allowed to grow up in weeds. Sometimes he left a field in this condition for three or four years at a time.

Ted Planted Soy-Beans.

The first change he made was to plant a bushel of soy-beans, enough for three acres when planted in rows three inches apart. The seeds were inoculated for all but a few rows, which were left as a demonstration. The inoculated rows made a very good crop; the other rows didn't make anything. Next year, on the advice of the expert, several acres of the new crop were planted on a field including the three acres of the year before. Where the crop had been grown the year before the results were truly remarkable. Ted got eighteen bushels of seed an acre on these three acres, and about eleven bushels an acre on the rest of the field. Still following the advice of the government man, he sold some soy-beans and bought ground limestone for two of his fields. This was applied at the rate of two tons to an acre.

The next year the soy-beans were planted in another field, which was thoroughly inoculated both by the "glue method" and by hauling dirt from the old soy-bean field on to the new field. This was applied at the rate of a wagon-load to four acres. The corn following soy-beans made thirty-seven bushels an acre, and the new field of soy-beans made fourteen bushels an acre.

By this time Ted was ready for soy-hogs. He got a brood sow and raised a litter of pigs. In winter he fed them corn and some soy-bean hay. In the spring he pastured them on young rye. The land in this rye field had been well limed, and clover was sown on the rye in the spring. Ted had no pasture for his hogs after a little soy-bean hay. When the rye was dead rye—in fact, it was two weeks after it was ripe enough to harvest—he turned all his hogs into the field. They harvested the rye and ate a good deal of the young clover. They did well in this field with no other feed until the rye began to give out. He then took them up and finished

them on corn. He had quite a bit of money that fall, more than he had ever had in his life before, mainly from the sale of hogs and a few bushels of soy-beans for seed.

Hogs Harvest the Corn.

Very soon he worked round to this system of crop rotation: The first field in corn, most of which is harvested following the usual system, is sown to soy-beans. He says that for several years this method of harvesting added from two to five bushels an acre to the next corn crop grown on that field.

The second field in the rotation is half in corn and half in soy-beans. The corn is cut for fodder, the soy-beans are cut partly for hay and partly for seed, the hay being used mainly as winter feed for the hogs.

The next field is in rye, on which clover is sown in the spring. The rye is pastured off by the hogs, beginning two weeks after it is ripe, or when the heads have begun to fall over and touch the ground. This softens up the soil, and the hogs eat it readily. Ted says that 100 hogs do as much harvest work in a day as an ordinary farm hand. The clover is left over for another year, and is used mainly as hog pasture.

Ted is now getting good yields on all his fields, and is making some money. Since his land is low priced, he is really in the "Good Living and 10 p.c." class. He says that soy-beans and the system of pasturing off the crops with hogs are at the foundation of his success. Some years ago he began to use fertilizer on his land. He wants a little nitrogen, a lot of phosphoric acid and a moderate amount of potash in the fertilizer mixture, but can't get the potash now. He says fertilizers don't pay on his land until it contains a good deal of humus, and unless he uses lime once in a while.

RHIZOCTONIA SOLANI OR POTATO DRY STEM ROT

Dry stem rot of potatoes is caused by a fungus (Rhizoctonia), which attacks both vines and tubers. On the vines a variety of symptoms may appear. The fungus may attack the stems of the young plants, usually below the ground, and cause brownish injuries which result in the dwarfing of the plant. Sometimes young sprouts are killed and are succeeded by others, these in turn may be killed and still others grow from below the point of injury, thus causing the production of several weak sprouts. The stems of older plants may be partly killed, and, as a result, large bushy vines bearing little potatoes on the branches are produced. If the injury occurs below ground, many small tubers may be produced at or just below the ground level. The leaves on such vines are often rolled upward along the midrib. This may be confined to the upper branches, or the whole vine may be affected. A thick, dirty growth may appear on the green parts of the stem, this being another stage of the fungus, which causes the disease. Dark brown or black bodies, from the size of a pin head to that of a grain of wheat, are produced on the tubers. These small bodies are dense masses of fungus threads which live over winter on the tuber and may cause the disease again the next year. Sometimes a russet scab and cracking of the skin occurs.

It is hard to eliminate the disease entirely, because Rhizoctonia is a common soil fungus which grows on a large number of other plants, including many weeds. Disinfecting the seed with corrosive sublimate and rotation of crops will decrease the injury.

WHAT TO DO WITH ROCKS

By CHARLES BROWN, Missouri.

I will tell you what I do with my field rocks. In slack times I go over the fields and wood pastures and gather all rocks from the size of an egg up, and haul them to where I intend using them. In the course of a year I accumulate a great pile of rocks.

With a mixture of one part cement and six of sand and water added, I put up not only such buildings as chicken, hog, sheep houses, above ground cellars, etc., but build porches, and walls around bridges and sunken gardens, etc., so that I have the most useful farm home in the Missouri Ozarks.

The cost is almost nothing. The only actual expense is the cement. The porch I just mentioned cost \$10.20, not including labor, since I did the work in my spare time instead of loafing.

For more than eighty years the rocks shown in the porch had been in a cultivated field where they were out of hundreds of plow-points and several teams.

I have three such porches to my house, and next year I intend building a large barn of cobblestones or field rocks.

An Indiana farmer who put in a large number of concrete fence-posts expressed himself thus:

"Ever since I bought this farm ten years ago I have been replacing fence-posts. The bother of it has been more than the exence, although I had figured the time it has taken to get the posts, distribute and set them, including the nuisance of removing and restapling the wire, I have no doubt the actual cost of each post would have been three times what I paid for it."

"Finally I made up my mind I was through mending fences. The wire was pretty well played out anyway and in a few years I should have to replace it. Consequently I pulled it out-posts, wire and all. The concrete posts cost me somewhat more than the best ced-

ars posts, but I've got a fence now that's going to last longer than I will. Every time I see it I feel repaid for what it cost. It is a permanent improvement—one that raises the value of the farm considerably more than what the fence actually represents."

O. C., Illinois.

HOW TO MAKE SPRAY MIXTURES

To make Bordeaux mixture take four pounds of copper sulphate, four pounds of quicklime, fifty gallons of water. Dissolve the copper sulphate by putting it in a coarse cloth bag and suspending the bag in a barrel partly filled with water.

Slake the lime in a tub and strain the milk of lime into another tub or barrel. Pour the dissolved copper sulphate and the milk of lime into a supply tank, at the same time add enough water to make fifty gallons.

For Bordeaux 4-5-50 use six pounds of lime instead of four.

To make self-bolled lime-sulphur 8-5-50 referred to in the first article, use eight pounds of unslaked lime, eight pounds of flowers of sulphur, fifty gallons of water. Place the lime in a tub and add enough water to cover the lime. When the lime begins to slake add the sulphur, which should be made into a paste by mixing it with water. Strain the cooking mixture and add water as needed to keep it in the form of a thick paste, which should become thinner as the mixture cooks. In ten or fifteen minutes the heat from the slaking lime will cook the mixture and enough cold water should be added to make fifty gallons. This is the standard summer spray for peaches.

Mrs. Chas. Peden Gained 27 Pounds

WAS TWICE EXAMINED AND TOLD OPERATION WOULD BE HER ONLY HOPE

"I have just finished my third bottle of Tanlac and have gained twenty-seven pounds," was the truly remarkable statement made by Mrs. Chas. Peden, residing at 550 Mill street, Huntsville, Alabama. Mrs. Peden is one of the best known and most highly respected women of that thriving little city where she has made her home for a number of years.

"When I commenced taking the medicine," she continued, "I only weighed ninety-eight (98) pounds; now I weigh one hundred twenty-five pounds and never felt better in my life. For years I have suffered with bad form of stomach trouble, constipation and a general feeling of back. At times the pain took the form of torture and I was twice examined and each time told that an operation would be my only hope. I had fallen off until I only weigh ninety-eight pounds and was so weak I could hardly get around."

"I had no appetite scarcely at all, and what little I did eat would cause gas to form in my stomach which gave me palpitation of the heart, sick headaches and a dizzy feeling about the head. When those spells came, I would get awfully nervous, I would about myself until I could rest, and sleep but little."

"I had fallen off until I was almost 'skin and bones' and my strength and trend of the future could scarcely be hoped for. I had a good operating table and knife. I had a horror of an operation, but had made up my mind that it was either life or death and had prepared to submit to it. I had made all preparations for the operation and called on my sister to tell her good-bye, as I did not know whether I would live to see her again or not. My sister begged and pleaded with me not to allow them to cut on me and told me to wait and see a good tonic for a while. The next day I returned from the consultation room I obtained of what she said, and as I had heard so much about Tanlac, I decided to try it as a last resort, and stopped at the drug store and got a bottle. Of course, I had lost heart and had no faith in medicine, but to take it and see what happened. I never returned to the operating table, but just kept taking Tanlac and my improvement has been so rapid that none of my clothes fit me. Right from the start I began to improve. The medicine seemed to take hold right at once. It had a soothing effect, and in a few days I felt no pain at all. I was so happy over my wonderful improvement that I sent for my neighbors to tell them how much better I felt. I sent and got another bottle of Tanlac and have just finished my third and feel like I have been made all over again into a new woman."

"As I have said before, I now weigh one hundred twenty-five pounds and none of my clothes are big enough for me, and I will have to make them over again. I now have a ravenous appetite and my husband says I am simply eating him out of house and home. I have even gone back to my coffee which I was told not to touch. Those horrible pains in my back and head have all disappeared and I sleep like a child. I am no longer nervous, and when I get up in the mornings I feel refreshed, cheerful and bright. I am now able to attend to my household life all over. My husband is highly delighted and my recovery is the talk of the neighborhood. I do not regret a thing and rejoice all day long over the recovery of my health and praise Tanlac to everybody."

"I feel so grateful for my escape from the operating table and I know that you may publish what I have said, you may if you wish, tell other women suffering as I was, to come to see me and I will be glad to tell them about my case."

Tanlac is sold in Charlottetown, by Reddin Bros. (Adv.)

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles, or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box, from The Dr. Williams' Medicine Co., Brockville, Ont.