

"Proper Food and Exercise," by ARTHUR A. McGOVERN Former physical director, Cornell Medical College

There are many benefits in horse-back riding

ONE of the most interesting and enjoyable of outdoor exercises is horse-back riding. While indulging in this recreation, it is virtually impossible to overdo or over-strain any muscle or organ of the body. Riding has the additional advantage of enforcing deep breathing and furnishing an increased amount of oxygen to the lungs.



You can reduce or pick up weight

our muscles in to play as will be quickly conceded by anyone after his first ride. Besides the general beneficial results from this exercise, it is a form of recreation that is thoroughly enjoyed and never becomes monotonous. The average person who goes to a private gymnasium or attends a club training class is always ready to shirk or take a day off when the opportunity presents itself. But the horseman is always ready for his sport.

We all know that sunshine and fresh air are nature's best purifiers, as fresh air contains the oxygen necessary to keep the blood in good condition. If the air we breathe is stale and stagnant the blood passes through our lungs to be purified, returns to circulate through our system with all its impurities retained. Therefore, the mild physical exertion required in horse-back riding forces us to take deeper inspirations; it gives us a generally systematic toning up. It brings most of

vate gymnasium or attends a club training class is always ready to shirk or take a day off when the opportunity presents itself. But the horseman is always ready for his sport. It is especially beneficial to those anxious to reduce in these cases, we recommend heavy underclothing which with the exercise induces a copious perspiration. Those underweight are also benefited as undernourishment is frequently responsible for this condition and the exercise together with the fact that we are out in the open induces a healthy and natural appetite.

BREAKFAST: Stewed fruit, unsweetened; dark cereal; cocoa, chocolate, milk or coffee substitute; dark bread toasted with plenty of butter. Between breakfast and lunch one glass of water and one glass of milk.

LUNCH: A thick cream soup, vegetable luncheon, dark bread, glass of milk. Between lunch and dinner two glasses of water and one glass of milk.

DINNER: For dinner, broiled lean meat, chicken or fish; a green vegetable, baked potato with plenty of butter; dark bread, cocoa or weak tea; dessert, stewed fruit. Between dinner and bed-time one or two glasses of water.

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SUMMER LAWN PRACTICE

Spots you missed when you seeded the lawn this spring or where grass will not come through satisfactorily will now be apparent and mar the velvet surface of the lawn. It is a simple matter to repair these breaches in the greenward by a fresh application of grass seed. In places where germination was poor, scatter fresh seed and it is more necessary now to press it into the soil earlier in the season when the rains could be depended upon to trape it into close contact with the earth. In small spots, either roll it into the soil or accomplish the same result by tamping the soil with the back of a spade, a brick or a tamper. Close contact must be established between the seed and the soil to get good germination. Rake or hoe the surface of the soil before seeding to give the seed a chance to gain contact with the soil. This is also an excellent time to scatter a good dressing of pulverized sheep manure, to be carried to the spot by rain or the sprinkler and give the grass a fresh food supply before the hot weather of July and August sets in. Late May and June are the great growing months for grass when it is preparing to go to seed if given a chance. After the seed forming season the stooling out process starts which is necessary to form a firm close knit sod. Light dressings of nitrate scattered now will be of assistance but this is only a temporary fertilizer. Some of the balanced fertilizer would be better and more lasting to sprinkle at this time. Mow frequently when the growth is lush as needed in this regard will make the task difficult and when the grass is too tall for the mower it is a matter of difficulty to secure an even surface and the close growing green will have to grow from the roots again after it is cut. Some authorities on lawn advice against leaving the finer clippings to be washed down among the roots and get as a much in midsummer, but the practice is debatable and is objectionable in destroying the neat appearance of the lawn until the dead clippings have been covered by fresh growth. It is advisable for small lawns to rake clean or use a grass carrier upon the mower to catch the clippings.

ANNUAL GAILLARDIAS

Annual gaillardias are becoming one of the perennial varieties for garden decoration as well as for cutting. The advantage of the annuals is that they will come into bloom in a few weeks from seed while the perennials will not bloom for another year. Some of the best are: 'The Annual Gaillardia', 'The Annual Gaillardia', 'The Annual Gaillardia'. The annual varieties bloom until killing frost if care is taken to remove the drying flower heads to prevent the forming of seeds. The annuals are known as 'petite Louisiana' and the double-flowered varieties are the finest, ranging in color from creamy white to deep maroon and usually tinged with some shade of yellow. The perennial varieties also bloom from June until freezing and are the best drought resistors among the hardy plants of the flower garden. The annuals are of greater and more compact growth than the perennials, reaching a height of about eighteen inches. The plants should be given a good soaking which will permit them to form the bushy plants and will make a gay display in the flower bed or flower border. They are excellent material for cutting, having good stems and lasting a long time in water.

ROSES FOR GARDEN AND SHRUBBERY

Early Varieties That are Easy to Grow

By John Duncan

The sweetest, Rosa Rubiginosa, is a well-known rose of vigorous habit, with foliage which exhales a delicious fragrance. The flowers are pink and double, as is also the fruit.

The dog rose, Rosa Canina, one of the English hedge roses, is best known in this country as a stock on which hybrid perpetual roses are budded, but it is well worth growing for its own sake and for the abundant fruit which lasts all winter. The flowers are usually light pink, but sometimes white.

The swamp wild rose, Rosa Carolina, is a sturdy red-twigged plant, with pink flowers which come somewhat late in the season. The growth is thick and vigorous, and although a native of swampy land, it succeeds in well-drained soil.

The wild rose, Rosa Lucida, certainly one of the most charming plants, it in many ways the best of this group. It does not grow so tall as the Carolina, but the twigs are brighter, the fruit more abundant, the flowers appear earlier and there is a charming variety in their bright pink tints. For any use to which a comparatively low-growing shrub can be put the wild rose is admirably adapted. Its cultivation is simple, its growth dense and compact.

Rosa Lucia Alba is a variety of the wild rose of great beauty and distinction with its snow-white flowers and yellow twigs. It is equally easy to grow, and is an important addition to the list of single roses. Rosa Nitida, which resembles Rosa Lucida, but is overgrowing in habit, has more prickles or bristles, and the flowers, which are very bright pink, come earlier.

These three roses are much alike, and should not be mixed in planting; each species should be by itself. Their brightness of fruit and twigs makes them particularly valuable for winter effects in large groups or clumps along the edges of shrubberies or beside paths or roads. They are apparently immune to both insect attacks and fungus diseases of a serious nature.

The cinnamon rose, Rosa Chinensis, has slender stems, but is vigorous, somewhat resembling Rosa Carolina, with which it can be associated in planting—that is, the double-flowered form of Carolina which is best known and which is found on deserted New England farms, escaped from cultivation. Rosa pendulina, a European plant, flowers freely and earlier than most roses, is of moderate size and suitable for planting with other wild roses.

RUBARB AND RUST A busy housewife writes that she has tried rubarb for the removal of rust stains, as given in a reader's letter, but without success. The correct method for using this remedy is to cut up one stalk and boil it in a cup of water, or

more in that proportion which gives a solution strong enough to dissolve iron rust. Peel the stalks first if they are highly colored. Boil the stain in the solution for fifteen minutes, or longer if necessary. Begonia leaves and stems are used in the same manner. Place several leaves with the stems in a saucpan with only enough water to keep them from burning. Boil the steam in the infusion until it disappears. Pineapple is also employed. Cut up a round slice, about half an inch thick and boil, with enough water to keep from burning. Boil the stains for five minutes or until they disappear. The pulp and juice from one-fourth of a fresh grapefruit is used in the same way as pineapple. Familiar detergents are: Salts of lemon. To apply, dissolve one-half teaspoon salts of lemon in one pint of water, immerse the fabric and boil until the stain disappears; then rinse very thoroughly. If it is not practicable to wet the entire article, moisten the spots with water and sprinkle salts of lemon upon them, allow to remain on the fabric for a few minutes and then pour boiling water from a height as in the case of fruit stains. If necessary repeat the process. Lemon juice and salt. To use, moisten the rust stain with lemon juice, sprinkle with salt and expose to strong sunlight. As the juice dries, add more lemon till the spot is bleached out. Rinse thoroughly. Any lemon stain which may remain should be removed with boiling water.

PLENTY OF ICE IS GOOD 'MILK INSURANCE'

Thousands of dollars are lost annually because of failure to have a sufficient supply of ice on hand during the warmer months. The losses occur because the milk or cream is returned to the farmers or is manufactured into a poorer grade of manufactured products, which mean lower prices.

In the past twenty years sickness has decreased rapidly in the adult but not so fast in the infant child. To a large extent, milk is the most essential food. When it is realized that these individuals are very susceptible to digestive troubles from any but fresh milk and that death is it any wonder that the public will be more particular concerning this most essential food.

Health authorities are daily becoming more and more strict concerning the conditions under which milk is produced and handled. Cooling milk and cream on the farm properly and promptly would prevent, to a large extent, the enormous waste which occurs every year. It is difficult to accomplish this without the use of plenty of ice.

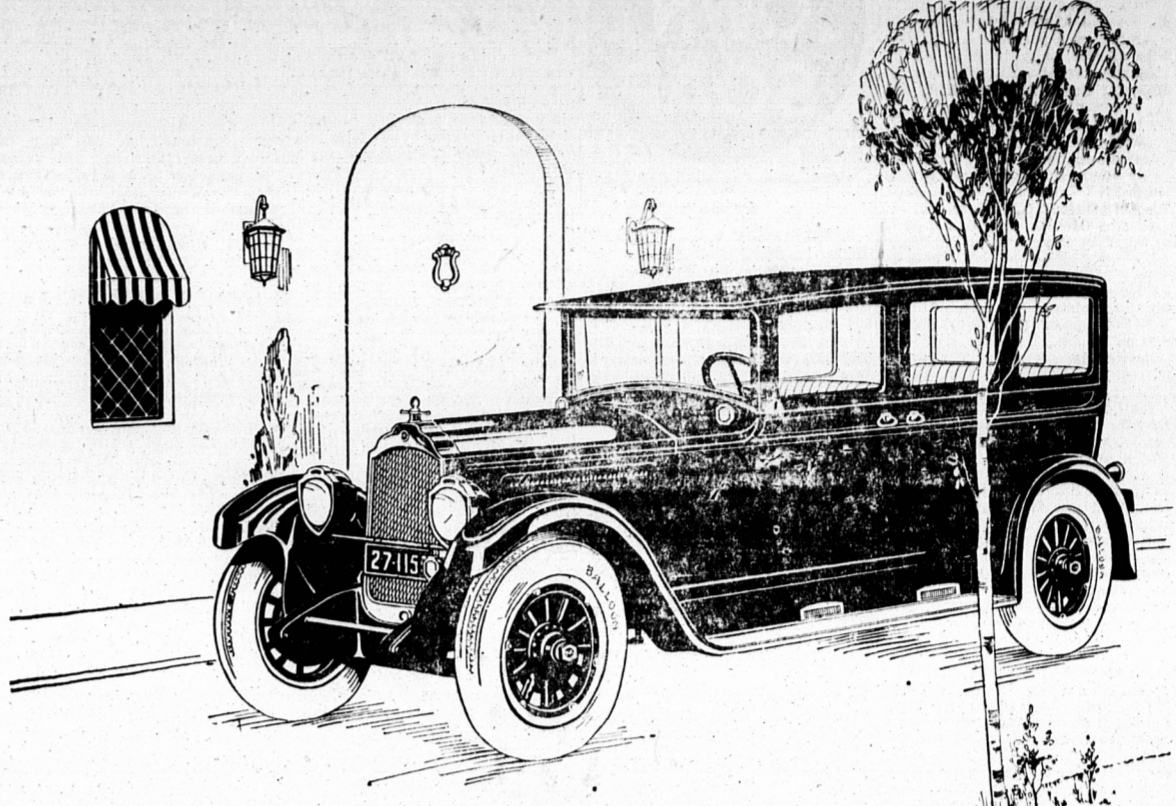
Milk directly from the cows contains but few bacteria, but others enter the milk as it is handled. These bacteria multiply in warm milk thereby causing souring and undesirable fermentation. A temperature of 60 degrees or higher assist in the souring process, consequently it is necessary that milk be kept below that temperature and preferably below 50 degrees.

A popular method of cooling milk is by the use of a spring or of a tank of water in which ice is kept. Spring water is seldom as cold as it is thought to be, and springs that are said to be "as cold as ice" frequently have a temperature as high as 56 degrees Fahrenheit. An accurate thermometer is essential, therefore, to determine the temperature of the water for cooling milk. Considerable bacteria, however, develops before milk becomes thoroughly cooled by this method.

An improvement over this is by the use of a cooler in which ice is kept and over which milk flows. The fact that precooled with a surface cooler is not practised and that ice is not put into a cooling tank until after the milk is put there, is the cause that much milk reaching the shipping station or the consumer in summer, soon sours.

To cool milk by use of the precooler and the tank will require about four tons of ice per cow, allowing for shrinkage. In storing ice the most essential features are good drainage and plenty of ventilation above the ice.

FIRST PRESENTATION



The Fine New WILLYS-KNIGHT SIX A Powerful, Luxurious Car

For those who want the finest—the new Willys-Knight Six is more than a beautiful new car with a six-cylinder engine.

that actually improves with use. The price of the new Willys-Knight Six is perhaps the most amazing thing about it. That a car of such extraordinary quality, powered with a six-cylinder sleeve-valve motor, can be priced on a level with the best poppet-valve sixes is the supreme accomplishment.

It far exceeds your greatest expectation of high powered six-cylinder performance, because it has the greater smoothness, power and acceleration that comes only from the Willys-Knight sleeve-valve motor. It is powered with the only type of motor

The new Willys-Knight Six now awaits your approval.

McLaine Service Station 186 Grafton Street



Report of Women's Institutes, of Prince Edward Island

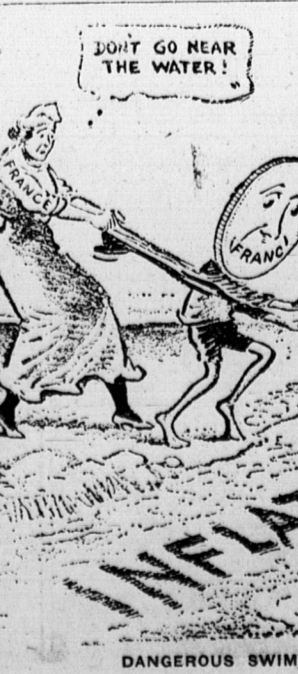
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gave an interesting talk on Institute Work. The financial statement shows a balance of \$5.79. The following officers were elected: President, Mrs. J. C. Campbell, Vice, Mrs. A. M. Green, Secretary, Mrs. Miss May MacGregor, Directors, Mrs. W. Moore, Mrs. Brown and Mrs. Murry. Auditor, Mrs. Walter Williams and Miss Jean Glover. It was decided that each member should take her turn as leader—for the ensuing year Mrs. George McKay to be the leader for the May meeting. The Misses Marion Murry and May MacGregor were appointed delegates to the Convention. An Ice Cream social was discussed as a means of raising money to provide the schools with blinds etc. The Secretary arranged to forward the subscriptions of members to the Red Cross Society. The President was appointed to write a letter of sympathy to Mrs. A. M. Green. After a social hour, the meeting adjourned.

RED POINT Institute held its Annual meeting at the Schoolhouse on April 6th, with eleven members and two visitors attending. After singing the Ode, the minutes of the previous meeting, Annual report and financial Statements were read and stood approved. The following officers were elected: President, Mrs. Albert Garrett, Vice, Mrs. J. C. Campbell, Secretary, Miss Alice Malone, Directors, Mrs. Chng, Mrs. Kidson and Mrs. E. S. Rose, Auditors, Miss Ema Garrett and Mrs. William Chng. Delegates, Mrs. J. C. Campbell and Mrs. R. K. Mason. A letter relating to the Tourist Association was read. This was followed by an interesting discussion on the Women's Institute Exchange. It was moved and seconded that a friendly letter be written to Mrs. T. S. Robertson, a faithful member of our Institute, who has been confined to her home on account of sickness for the past four months. A paper, entitled "Ten things that keep us apart" was read by the Secretary. Mrs. William Chng kindly invited the members to her home for the next meeting.

each member giving a suggestion for the school lunch. The meeting closed by singing the National Anthem. York Institute held their March meeting at the home of Mrs. Heath Vessey with twelve members present, who answered roll call with Irish Stories. After the minutes were read and approved, bills amounting to \$9.35 were ordered paid. A request for singing books

for the school children was left to the direction of the teacher with the understanding that the Institute would stand behind any arrangement she made. It was reported that the Institute had purchased two window shades and six lamp-burners for the school, and also paid half the cost of having the Hall cleaned. The next meeting will be held at the home of Mrs. Milton Vessey.



NEW STRENGTH FOR WEAK GIRLS Pale Anemic Girls Regain Health Through the Rich, Red Blood Made by Dr. Williams' Pink Pills They Give New Vitality—and more.

HERE IS THE PROOF: Miss Matilda Breen, King Highway, Newcastle, N. B., says: "I was in an extremely run-down and nervous condition. I was losing flesh, had a poor appetite, always pale, and suffered frequently from headaches. In fact my condition can best be described as miserable. I had tried several treatments, but they did not help me in the least. Then, reading one day about Dr. Williams' Pink Pills, I decided to try them. After using three boxes I was much improved, but continued until I had taken six boxes, with the result that I am now well and strong, with good color and a hearty appetite. In view of what Dr. Williams' Pink Pills have done for me I cannot recommend them too highly."

Other weak, ailing girls can obtain new health, as Miss Breen did, by giving Dr. Williams' Pink Pills a fair trial. You can get these Pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

St. Peter's South, Fourteen members attended the March meeting of this Branch which was held in the Schoolhouse. The meeting was called to order by the President, Mrs. Power. The "Creed" was read and each member answered roll call by giving a Hint on Housecleaning. After some discussion the members decided to procure a new pump for the school and a committee of three ladies: Mrs. Power, Mrs. Dewar and Miss Gillis were appointed to interview the trustees in regard to this new work. A Demonstration on "Making Divinity Fudge" was given by Mrs. Power, and greatly appreciated by committee. Twelve members paid their dues and one new member was welcome to the Institute, when roll call will be answered by

DANGEROUS SWIMMING HOLE - Knott in the Dallas News.