LITTLE REST DAY OR NIGHT

Woman With Severe Neuritis

For the benefit of others who may be troubled with the complaint she suffered from, a grateful woman writes.—

"Last May I had a very severe attack of neuritis in the leg, which made it impossible for me to rest during the day, or to get regular sleep at nights—to say nothing of the intense pain.

"Various medicines gave me very little relief, and a friend advised me to give Kruschen a trial, as she had derived benefit from it whilst suffering similarly. I am so thankful that I took her advice. From the very first bottle I felt relieved, and now I am quite free from pain, and get a good night's sleep."—(Mrs.) H.C.

Neuritis, like rheumatism, lumbago, and sciatica, is often caused by needle-pointed uric acid crystals, which form as the result of sluggish eliminating organs. Kruschen helps to convert those crystals into a harmless solution, which is removed through the natural channels.

Gardening

NO HURRY

The average amateu. starts operations days or sometimes weeks too soon and stops long before satisfactory operations can be continued. With the general run of vegetables and flowers, there is no advantage in getting things in while there is still danger of serious frost. One set-back from a cold day or two completely offsets the early start and may indeed mean replanting the whole garden. This caution of course does not apply to the hardiest vegetables or flowers or to grass seed. These should be sown just as soon as grass it fit to work.

A SHORT CUT

For a short cut the gardener is advised to purchase a certain quantities of started plants of both flowers and vegetables. These are usually purchased from the greenhouse, florist or seed house. It is important to get the varieties wanted and on this account it is an excellent idea to consult a good Canadian seed catalogue before placing the order. The gardener can look over the various varieties offered in the catalogue and should make sure that the particular varieties wanted are in the boxes of plants bought.

Among the flowers which can be purchased as started plants are cosmos, zinnias, petunias, marigolds, salpiglossis, nicotine and a host of others. Cabbages, celery, tomatoes, head lettuce, egg and pepper plants in the vegetable line are all cold as started plants.

MOST FOR MONEY

Those with only a little land to spare should concentrate on those vegetables which give the biggest returns for the smallest space occupied. Among such kinds are beans, carrots, onions, lettuce, swiss chard, spinach, cucumbers and beets. In the lesser-known vegetables are leeks, egg and pepper plants, broad beans and cos lettuce. These can all be grown in almost any part of Canada. Experts advise the inclusion of something new in the vegetable line each year so that variety can be gradually widened.

More lo.. necks than you've met by daylight in a long time, not only for the bona fide afternoon frocks, but for the more dressed-up type of sports dress.

A New Streamlined Mauretania Nears Completion

A view of the new Cunard White Star Liner S.S. Mauretania, as it nears completion at the shipyard in Birkenhead, Eng. The vessel's streamlined beauty is a far cry from the appearance of its beloved namesake, the former British queen of the seas. The new Mauretania will sail from Liverpool on her maiden voyage on June 17.

Farm Forum

FERTILIZERS NOW AND THEN

Canada is a comparatively new country agriculturally, but her vaunted virgin soils are being fast depleted by cropping, by drifting and by erosion. Fortunately, the need for restoring lost fertility is now becoming recognized generally. History repeats itself, and the experience of British farmers of nearly 100 years ago has been that of Canada more recently, says B. Leslie Emslie, chemist-agronomist.

Original Superphosphate

Farmyard manure, the old stand-by, and still justly esteemed for its unique qualities, proved eventually inadequate to produce maximum crops. This was due to its deficiency in phosphoric acid, a discovery made when the stimulating action of ground bones on crop growth was observed.

The original superphosphate, produced by Lawes of England in 1842, was made by treating bone with sulphuric acid. Subsequently, the mineral phosphate rock was substituted for bone, with results no less satisfactory, and the process, identical in principle, continues to this day.

Need For Potash

It was not until 1860 that the need for potash in fertilizers was demonstrated by Liebig of Germany. Since then no addition has been made to the list of "essential" fertilizer constituents, and a "complete" fertilizer is one containing nitrogen, phosphoric acid and potash in available forms. Superphosphate constitutes usually more than half the weight of the fertilizer mixture.

Superior superphosphate of Canadian manufacture is prepared by improved mechanical process. As sources of nitrogen there are now at the disposal of the manufacturer the following materials containing the percentages of nitrogen shown in brackets: nitrate of soda (16), sulphate of ammonia (20), ..cyanamid (22), ..urea-ammonia liquor (45), urea (46), etc. The fixation of atmospheric nitrogen by electro-chemical means yield these materials.

Proper selection of materials, their blending, processing and curing demand the application of skill and science by manfacturers of modern fertilizers for Canadian farmers.

Has Raised Fish Consumption

The Hon. J. E. Michaud, Dominion Minister of Fisheries with V. P. Reid, Toronto industrialist, appear above. Speaking from Toronto over a nationwide network to participating service clubs, the Minister reported that consumption of Canadian fish had increased from 21 to 30 pounds per capita.

Vete.. n.ineer Will Pilot Royal Train

Pic..ed in the cab of his locomotive at Quebec City, is Engineer Eugene Leolero, of the Canadian Pacific Railway, who will have the honor of piloting the royal train of King George and Queen Elizabeth when they visit Canada next month. Engineer Leolero was a fireman on the royal ..n of 1901.

What Science is Doing

MENTAL CURE IN FOOD

Chemists are to try food as a remedy for a numerous class of human half-wits—to see whether food can make better brains.

The imbecility to be treated with diet is a new type discovered in 1934 by Dr. A. Folling of Oslo, Norway. The report says it attacks one person out of every 25,000.

SUBSTITUTE FOR BLOOD TRANSFUSION

Successful use of an abdominal fluid as a substitute for blood in transfusions is reported by Dr. H. A. Davis, of the University of Tennessee.

Dr. Davis said the liquid is ascitic fluid and is chemically the same as blood except that it lacks the cellular or corpuscular structure.

CHEAP NEW EXPLOSIVES

Two new high explosives of cheap and limitless production, are announced by the head of Purdue University's department of Chemistry.

Air, steam, natural gas and a catalytic agent are all that is required for their manufacture it is said.

HALTS PROGRESS OF T.B.

Human tuberculosis has been completely arrested in about 100 guinea pigs by a new form of sulfanilamide.

The pigs were not cured, but the disease was entirely stopped from spreading and the animals lived in good health until killed to further verify these results.

No predictions are made as to whether the new drug will be useful to human beings.

Have You Heard ?

An attendant in a mental home was making his evening round when he came upon one of the patients industriously fishing in a wash-basin with rod and line.

Wishing to humour the man, the attendant asked him if he had caught anything.

"What!" said the patient, "in a wash-basin! Are you crazy?"

Mother (on train): "If you're not a good boy I'll slap you."

Junior: "You do and I'll tell the conductor how old I really am."

"It's lucky that Adam was the only man on earth, when he married Eve."

"How so?"

"Just think how he would have felt, if he had seen his rib walking around with another fellow."

"Didn't I shave you about a fortnight ago, sir?"

"No; I got that scar in France."

Rural Resident: "It's simply fine to wake up in the morning and hear the leaves whispering outside your window."

City Man: "It's all right to hear the leaves whisper, but I never could stand hearing the grass moan."

"I can think of nothing sadder than a man without a country."

"I can... A country without a man."

"Triangle" width is another name for skirts of dresses with a petticoat look.

Modern Etiquette

BY ROBERTA LEE

1.—Is it permissible to ask over the phone, "Who is calling please"?

2.—What day of the week should a girl choose for her wedding?

3.—When serving a breakfast between 11 a.m. and 12.30, should it be in the form of a breakfast or a luncheon?

4.—Isn't it all right to wait for a week before answering a dinner invitation, when one is not sure whether it can be accepted?

5.—Isn't it better for a person to talk very little instead of too much?

6.—What is a good toast for a son to offer to his mother?

Answers

1. —Yes. The person calling should inform one who it is without the necessity of being asked. 2.—This is altogether a matter of choice; one may choose any day desired. 3.—A luncheon. 4.—No. A dinner invitation should be answered immediately. 5.—Yes, it is far better, and causes much less harm. The old proverb says. "Eating little and speaking little can never do a man hurt." 6.—"To my mother: If I were not her son, I would want to be her husband."

Laundry Tips.—Before you put new curtains into the washer, soak them in four tablespoons of salt to each four cups of water.

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Add the juice of GARFIELD TEA's 10 herbs to loosen harmful undigested, *clinging* wastes. Makes your cup of hot water taste better and work more THOROUGHLY to clean out intestinal wastes and help you look, feel and work better. *At druggists—10c & 25c.*

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