

How to Dress Fish.

Do you dress fish or just clean 'em? There's a vast difference. A properly dressed fish is attractive to the eye and proves far more appetizing when served than one that has just been cleaned somehow.

Begin to care for your fish as soon as you remove them from the hook. If you wish to string your lake species such as bass and pickerel do it properly. Don't pass the string through the gills—that drowns them. Rather, pass the string through both lips. Burning in this manner a fish will live for hours and swim around the boat in comfort.

Trout and other delicate fish require careful attention if you would keep them in good condition for the pan. Kill your trout at once by striking it a sharp blow on the head with a knife handle.

If you want your trout to retain its color and form as much as possible after cleaning don't slit it down the belly as is usually done. Instead, just cut the small V-shaped piece of flesh immediately in front of the trout's pectoral fins, which will separate the belly from the head but allow the head to remain on the fish. Now you can remove the gills and you will find that the quiet, stomach and intestines will come out in one piece.

When you have removed these organs, wipe off any blood that may appear, with a damp cloth. Stuff the stomach cavity with grass or fern. But do not use water under any circumstances as its action on flesh quickly causes decomposition. Wrap the trout in a piece of oiled paper and place it carefully in your creel.

Never cut the fins off such fish as bass and perch or weakfish and other salt water species. If you use a shearer and cut them off close to the body you simply cut the fin bones in two and leave the sharp ends in the flesh. These are the offenders that get wedged between your palate and esophagus and make you put in a hurry call for the family doctor. Instead of cutting off the fins, use a sharp bladed pen knife and make a slit alongside each fin, and parallel with it. Then grasp the end of the fin with the knife blade and thumb and lift the whole thing out, bones and all. Only the ribs and backbone remain and they seldom give you any trouble. —Fleil and Stream.

Garnet Wheat Lives Up to Expectations.

Garnet wheat is making good every claim advanced by the experts of the Federal Department of Agriculture.

Hon. W. R. Motherwell, Minister of Agriculture, announced that reports from scores of farmers who grew Garnet last year are unanimous on the one vital claim made on behalf of the wheat—that it ripens ten days earlier than Marquis. The yields also have been very satisfactory.

Along the northern edge of the agricultural belt in the three Prairie Provinces, where the frost menace is so great as to make wheat-growing very uncertain, Garnet wheat has come through splendidly. Last year, while other varieties of grain were nipped and rendered unsalable except for chicken feed, Garnet was a good sample of marketable product.

Extraordinary yields are reported from many youths. T. Bain, of Henribourg, north of Prince Albert, a soldier settler, struggling along with 12 acres of land available for wheat, was given Garnet seed by the Department of Agriculture. He sowed it on the 12 acres and harvested 64 bushels to the acre. The market value of his crop was about \$2,000.

Mr. Motherwell declared that there could no longer be a doubt as to the benefit of Garnet. It has rolled back the northern boundary of agriculture in Canada from 100 to 150 miles, bringing all the meadow and lake country from Port Nelson and Port Churchill to the Rocky Mountains within the dominion of the plow.

The one defect of the grain, said Mr. Motherwell, was that it had a slight off-tint in the coloring. However, the millers always bleached the flour before selling, so that this was not a serious defect.

The Artist's Trees.

From an artistic point of view, a tree loses little by being stripped of its leaves. The bare branches of winter show drawing and reveal beauty of line and form. The strong, conical edge of the white oak, the angular twist of the black locust, the rambling reach of the sycamore, the irregular or unbroken fork of the neglected apple and cherry are illustrations to the point. That we often admire the drooping elm, or the spread-broom effect of the maple or the round ball top of the horse chestnut, proves merely that our range of vision is limited. Still even these—the commonest trees of the lawn or the pasture—will have a peculiar beauty which only winter can fully reveal to us. The beech is always admired for its beautiful bark, but is it ever so beautiful in texture, so distinguished in color, as in mid-winter? A few dull gold leaves clinging here and there and streaming with the wind seem to accent the silver trunk. Gold and silver and white, with blue overhead! What a color-scheme to baffle a Whistler whist!

One cannot forget what Corot made out of the common brook-willows at Ville d'Avray, and what pictures Monet produced with Lombardy poplars shivering in the wind.—From "The Meadows," by John Van Dyke.

In some deep mines it is necessary to place blocks of ice in the ventilation shafts for cooling purposes.

FATEFUL YEARS FOR ALL WOMEN

Much Suffering Can be Avoided Through the Use of Dr. Williams' Pink Pills.

The most fateful years in a woman's life are those between forty-five and fifty. Many women enter this term under depressing conditions; through overwork, worry, or a watery condition of the blood, and they suffer heavily.

Among the commonest symptoms are headaches, palpitations, dizziness, backaches, depression and other well recognized disturbances of the health which show that the blood requires attention. Women stand in need of rich red blood all their lives, but never more so than at middle age, when the nerves are also weak and overwrought. In this condition there is no other medicine can do so much for women as Dr. Williams' Pink Pills, for these pills make rich, red blood, which gives tone to the whole body, thus restoring robust health. Thousands of Canadian women have proved the value of Dr. Williams' Pink Pills in cases of this kind. Among them is Mrs. J. H. Johnston, Lion's Head, Ont., who says:

"I am writing to let you know the wonderful good your pills have done me. I was a complete wreck, and would faint if I crossed the room. I was going through the change of life, and was so weak I could not do my work. I went to Toronto, when my folks sold nothing but an operation would help me. But I said: 'No, Dr. Williams' Pink Pills helped me in girlhood, and I am going to give them a trial.' I took the pills steadily for a month, when I returned home a well woman, able to do all my work with ease. Friends here say it's a wonder I am alive after what I went through, and I am thankful to say I believe Dr. Williams' Pink Pills saved my life."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Speech. For speech I delve in a treasury wide as air. All found in it not everywhere. Every deliver puts more in. And takes, but leaves all. I begin to see the speech-board of all time And measure its demesne sublime. When I recall, "Let there be light," Thereafter, on, as opals in my sight, I may survey all speech to know. And speculate which glint shone for Which sage; which flame a seer would blow.

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The Bird Man.

Man's first dreams of flying as wings of some kind attached to his shoulders like those of a bird. The unfortunate Icarus devised wings like that, and Leonardo da Vinci, learned engineer, as he was, still thought of wings fastened to a man's body as the only means of keeping him buoyed up in the air. The airplane is a different kind of invention. It has wings indeed, but the wings are part of an engine-driven machine in which the flyer sits. Nevertheless, inventors are still trying to find a way to make man himself the flying creature and not a mere passenger. An Australian engineer, Anton Lutsch by name, has contrived a machine to be fastened to a man's shoulders, fitted with bat-like wings to sustain his weight and driven by a gasoline engine which rests against the man's back. Two helicopter screws peep up over the flyer's shoulders, and they are intended to enable him to rise quietly and almost vertically into the air. The apparatus weighs only eighty-eight pounds, and Herr Lutsch hopes to reduce that weight by twenty pounds by substituting aluminum for iron wherever possible. He says the machine can be built for about \$100.

Old Roads. Here where the rotting corduroy Wanders along the swampy places. Wanders as well a lonely boy Looking his last on phantom faces.

Berries are bright along the swale; Bright on the hills the Autumn burns. Silence is heavy on the trail That leads to nowhere and returns.

The trail returns; and the led, returning. Softly smiles as over the hill Nightfall carries the ancient, yearning. Rapid cry of the whippoorwill. He comes to the lighted homes of men With quiet in his heart at last, Never, never to walk again The ruined roadways of the past. —A. K. Laing.

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How to Tell a Classic.

In literature the word classic was originally limited to Greek and Latin prose and poetry. It has now come to mean any piece of literature whose quality is such that it has survived for fifty or a hundred years and is by common consent regarded as so good as to be permanent. A literary classic should possess one or all of the following qualities:

1. It should reflect the mode of thought and the customs and manners of its time.

2. It should be written in a beautiful and striking style.

3. It should spring from and appeal to a cultivated imagination.

4. It should be a contribution to the thought of the world and should stimulate the thought of the world.

5. It should possess a universal human interest and express all phases of human experience.

The Old Testament and Shakespeare's plays are examples.

No one generation can determine what classics it is producing. The final judgment must and will be pronounced by succeeding generations.

Walt Whitman and Lincoln were looked on with contempt by many of their most highly educated contemporaries. And yet Whitman's "O Captain! My Captain!" and Lincoln's Gettysburg Speech will live as long as the English language lives.

Nor does a classic have to be "high-brow stuff." If it is a genuine intelligent and witty picture of a certain aspect of society, even a best-seller may become a classic; although I am bound to say that most of our modern best-sellers have very little chance of achieving this immortality.

Artificial and pretentious writing never makes a classic. Sincerity, simplicity, and spontaneity are qualities that every true classic—whether in music, painting, prose or poetry—possesses; all others pretending to the titles are counterfeits. Not nobody hoodwink you into supposing that the classics are pompous, stilted, and boreome. If they were, nobody would read them—not even your teachers and professors. —Lawrence F. Abbott in The Outlook.

A Practical Hint for Children's Socks and Stockings.

Always try to mend the children's socks and stockings before they are washed. This applies also to all stockings, but it is especially necessary where there is a large weekly basket of mending.

Where there is a family of boys the inevitable football stockings will require much attention. It is a good plan to ravel the leg of an old stocking in order to mend the others with that yarn. Sometimes a patch cut from the foot will effectually transform a hopelessly large hole in the heel to a neat and successful mend.

Lay the piece under the hole to be mended, darn it down all round on the right side and cut away superfluous material. Do not cut too closely, however, and if possible press with a cool iron after washing.

Great care should be observed in washing children's little white woolen socks, for they should not be allowed to get smaller and smaller as will certainly happen with careless washing. Wash them quickly, one at a time, in warm (not hot) water with soap lather.

Only when necessary to remove some stain from a brown shoe or from mud splashes should the soap be rubbed on them. Rinse them in water about the same temperature, softened with a shake of soap. Then squeeze out the water, never wring it out with a twisting motion of both hands, and finally squeeze it in a towel.

When all are ready to dry, hang them up by the toes, each one separately, in a draft or in a warm place, but never before a hot fire. See that the sock hangs in the shape of the foot as worn, not as folded when new. Endeavor to stretch each one, while drying, from heel to toe; if possible, do it several times. Pull hard. This will keep its original shape and one will be surprised at the increased length of usefulness obtained thereby.

Song. There are no warblers on the boughs, No robins in the grass; But there are songs within our hearts That will not pass.

There are no leaves on brush or tree, The roses prostrate lie; But there are hopes within our breasts That will not die.

So let the tempest wreak its will On forest, field and bower; My house of dreams will hold me safe, With love's bright flower. —Thomas Curtis Clark.

Warm for Early Risers. With the cold weather, students in the dormitories at the Massachusetts Institute of Technology have designed several automatic devices for closing windows and turning on the steam heat about a half hour before rising time. One of the most ingenious plans is a switch, operated by clockwork, closing the house current circuit through two stops, one of which has a pan of cereal upon it, the other a coffee pot.

Minard's Liniment for animal ailments

Women of Canada Pay Striking Tribute to Aluminum — the Modern Metal

FROM Windsor, Ontario, to Hudson's Bay, from Halifax to the Rockies, RED ROSE TEA within the last few weeks has scored an extraordinary increase in sales.

It is because we have stopped using paper packages, and are again packing this finest of teas in the old, familiar Aluminum package of years ago.

The reception it has been given demonstrates beyond all doubt that housewives of Canada recognize Aluminum as the perfect container.

For more than thirty years we have been experimenting with packages — trying lead, paper and Aluminum — seeking always a material that would protect and be worthy of Red Rose quality.

But it was only after Red Rose has been offered to the public in all these packages—first lead, then Aluminum, then paper—that the great advantages of Aluminum were proven.

Aluminum keeps out moisture, preserves the flavor and protects the quality. Paper packages, on the contrary, absorb moisture which occasionally impairs the quality.

So now and in the future RED ROSE TEA will be packed in the Aluminum package, as it was in years gone by.

T. H. Estabrooks Co., Limited

Saint John Toronto Winnipeg Calgary Edmonton

Angus Knew.

The London newspapers like to tell funny stories about the countrymen from the north of Scotland, who come down to enjoy the sights of the great city; and the Scots are too fond of a joke themselves to mind it. Here is one from Sunbeams:

Two Highlanders were on a visit to London when a watering cart passed them in the street. Donald was very much excited and shouted at the top of his voice, "Hey, mon! Yer losin' all yer water."

Angus turned to Donald and said, "Heeds, mon! Dinna show yer ignorance. That's just ta keep the bairns frae hingin' on behind."

When you get that tired, lay-me-down-and-die feeling take 15 to 30 drops of Seigel's Syrup in a glass of water. Does the trick and safely. You'll feel like new.

A Tip for the Sleepless.</