

Summer Food Care and Refrigeration

U.S. Department of Agriculture Gives Some Data of Value to Every Home

U. S. Department of Agriculture states that the temperature of food in which food is stored must always be kept below 50° F. If rapid growth of harmful organisms is to be avoided, as the temperature rises a few degrees above 50, the bacteria becomes noticeable. A well-built refrigerator maintains this essential uniform temperature, but the has been simplified in recent years by the thermostat control found in electrical or gas refrigerators.

It is important to keep the temperature of the refrigerator below 50° F. The cabinet is of good construction, and sufficient insulation in the inner chamber is provided. The best way to test the efficiency of your refrigerator is to place a thermometer in the coldest place in the refrigerator, and it is this range of the air in circulation. It is to determine the placing of the refrigerator, or with side cooling the coldest place is directly underneath or on top shelf of the refrigerator. The coldest place is under the cold-air outlet. There should be plenty of room between the foot-castles to allow circulation. You should not place food in the refrigerator.

Food, keep the following in mind: (1) Use the refrigerator to capacity for milk, butter, uncooked meat or fish. If they are to be kept for a long time, select cooked meats, covered cheese, and fruit and vegetables. (2) Give the refrigerator a thorough cleaning, wash with hot water, and use a disinfectant. (3) If the refrigerator should be wiped up at once. (4) Wash the refrigerator with a disinfectant. (5) If the refrigerator should be wiped up at once. (6) Wash the refrigerator with a disinfectant. (7) If the refrigerator should be wiped up at once. (8) Wash the refrigerator with a disinfectant. (9) If the refrigerator should be wiped up at once. (10) Wash the refrigerator with a disinfectant.

More time, patience, money and intelligence are required to develop a light harness horse, that is, a trotter or pacer, than are required to make a running horse. Also, it requires more skill and more mature judgment to win a light-harness race than a running race. That is why you very seldom see a mere boy in a sulky seat. It takes a man's brain and muscle to get the best out of a light harness horse. Galloping is a natural gait.

Most horses run, in pasture or on the road or track, naturally. Once in a blue moon a colt is born to the trotting or pacing gait—"hot trotters" or "hot pacers" they are called. But ninety per cent. of these natural-gaited ones are failures on the racing tracks until they have been manipulated.

Colts bred for track life are halter-broke almost as soon as they are foaled, whether destined for harness or saddle racing. Once the soft halter is on a colt's head it stays there until it is replaced by a bridle and a soft rubber bit—a teething ring, in other words. From that point, methods of training diverge. Light harness horses and running horses enter different schools, after they are six months old.

Back of the yearling is the trainer who holds the reins. Back of the trainer-driver is trotting-track history. He knows that from the time the first trotting track was opened—on Long Island in 1828—down to 1874, when the great reinsman Bud Doble drove Goldsmith Maid to her record mile, trotting, in 2:14, little attention was paid to horses' shoes.

Horse Trainers Find Difficulty With Trotters

Time, Patience, Intelligence and Money Must Be Applied, Turfmen Declare

GRATTAN BARS Goldsmith Maid's Winnings Largest of All Trotters

Among the 12,000 light harness horse fanciers who saw Grattan Bars win the \$25,000 New England pacing derby at Windsor, Conn., were some strangers to the trotting tracks who wondered that the big Canadian stallion came under the winning wire without a break.

It was a "driving finish." In horsemen's vernacular, which meant that Vic Flemming, from his sulky seat, piled his whip, writes Earl Chapin May in "Popular Mechanics Magazine." Reinsmen behind other horses in that race also lashed their light harness horses. But not one of the fast steppers broke into a gallop under punishment. Each stuck to its side-wheeling gait and did the best it could to win the race.

Ascribed to Hobbles Part of this willingness to stick to pacing under punishment was properly ascribed to the hobbles each racer wore. Hobbles are straps which hang over the horse's back and encircle each horse's legs. Pacers have more prominent in light harness racing since Hero and Pochontas won mile events and purse money on Long Island tracks in the early '50s. But hobbles did not come into general use until the '90s. Now nearly every fast-paced horse wears them.

They hasten the development of pacing horses by making an unusual gait more practicable. Pacers are frequently termed side wheelers because the pacer's legs on each side of it move forward and backward in unison. During 1928 when more than 1,500 light-harness racing meets were held in the United States and Canada and about 10,000,000 persons were spectators, more papers than trotters were entered in the events.

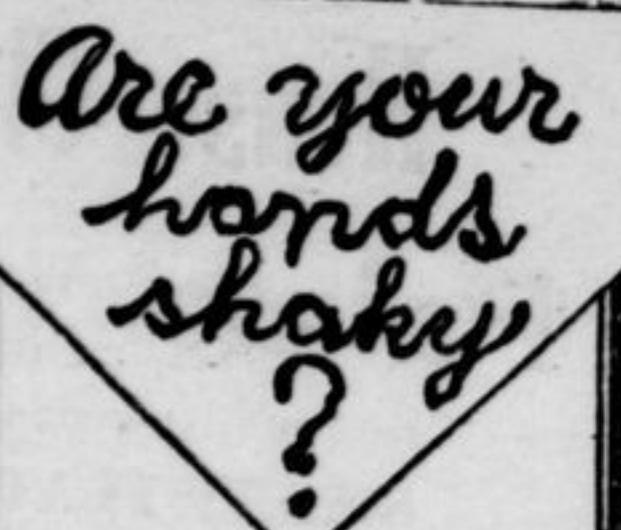
Grattan Bars from Canada, won first money in three of these \$25,000 races in three weeks, something no other horse has done. But this new world's record was made possible because of the skillful training given him.

Training a Specialty So carefully had the year's sensation been trained that he didn't break into a gallop under the whip—he flattened out and paced his fastest, which was what he was taught to do through three years of careful tutelage. About 10,000 pacers are being schooled in this manner. About 10,000 trotters are similarly schooled. In light-harness vernacular, all of them are "trotting horses," to distinguish them from the "gallopers" or running horses.

Breeding, training and racing all horses is a specialty—or two specialties, to be exact. For, with a few exceptions, those who specialize in light harness horses have nothing to do with the gallopers, which they refer to as "bangtails." Those who follow "bangtail" racing speak contemptuously of light harness horses as "turkey feet."

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Are your hands shaky?
THE nerves are fed by the blood. Poor blood means starved nerve tissue, insomnia, irritability and depression.

Dr. Williams' Pink Pills will enrich your blood stream and rebuild your over-worked nerves. Miss Josephine M. Martin, of Kitchener, Ontario, testifies to this:

"I suffered from a nervous breakdown," she writes. "I had terrible sick headaches, dizziness; felt very weak and could not sleep; had no appetite. I felt always as if something terrible were going to happen. After taking other treatment without success, on my sister's advice, I tried Dr. Williams' Pink Pills, and now all these symptoms are gone, and I am strong and happy again."

Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine or by mail, 50 cents, postpaid, from the Dr. Williams' Medicine Co., Brockville, Ontario.



Queen Mary recently went shopping in a 10-cent store. Must be trying to establish her claim to the throne of Scotland.—Los Angeles Times.

BOYD'S BICYCLES AT LOWER PRICES
Tires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and parts of Bicycles. You can buy your supplies from us at wholesale prices. Catalogue free.

Care for Your Hands
By Daily Use of **Cuticura Soap**
Heal Itches and Irritations with Cuticura Ointment

Owl-Laffs

Little sparks and bonfires Caused by careless hands, Make our giant forests Devastated lands.

We don't see why owners of tracks stick to solid rubber tires anyway, when air is so much cheaper.

A mule can't kick when he is pulling and he can't pull when he is kicking and neither can you.

Little Edgar didn't realize till he got home and unwrapped his purchase that his mother had bought him a two-pants suit.

"Look, mama, look," he cried. "That man threw in a spare."

"So you are Mr. Blank's secretary?" "No, his private secretary."

"What's the difference?" "A private secretary knows more and tells less."

"Hello, Roy. I hear you have an addition in your family."

"Yes; two."

"Oh, twins, eh?" "No, a baby boy and my wife's mother."

"Oh, yes," added the new bride, "I want some pepper."

"Black or red?" asked the grocer. "Red," decided the new bride. "Black wouldn't harmonize with my blue tablecloth."

The height of curiosity would seem to have been reached by the man who wants to hear what a slow-motion talking picture would be like.

ARTISTIC EGOTISM
The katydid a tune doth play With melody precarious, And values a hind leg, they say, More than a stradivarius.

Tramps looking at your door every day and begging a bite to eat is a sure sign that the country has again returned to its normal state of abnormality.

Teacher: "When was Rome built?" Percy: "At night."

Teacher: "Who told you that?" Percy: "You did. You said Rome wasn't built in a day."

I'm awfully sorry that an engagement prevents my attending your

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Schwegler's THOR-O-BRED
Oils for all types of engines and machinery.

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CAPTAIN E. GILLAM

who for many years has been piloting vessels of the B.C. Coast Steamship service, in and around the west coast, has been transferred to captain of the Princess Norah, newest ship in that particular service. He first took the bridge of the Norah last Sunday evening when the Vice-regal party were, guests of the Canadian Pacific Railway on a four-day cruise up the west coast of Vancouver Island.

charity concert, but I shall be with you in spirit.

"Splendid," replied his friend; "and where would you like your spirit to sit? I have tickets here for 50 cents, \$1 and \$2."

The more experience a man has in making good resolutions the poorer the quality he turns out.

It requires a won't power as well as a will power to succeed.

There are many professors of Christianity, but oh how few are the strict practitioners of it.

"I didn't expect you home so early," has all the earmarks of a nasty crack.

A bland flapper called at the hospital the day after an accident.

"I want to see the young man who was injured in the auto wreck last night," said she.

"Are you the girl who was with him?" asked the dainty young hospital nurse.

"Yes," was the reply, "and I thought it was only right to come and give him the kiss he was trying for."

Porfirio Gil, we read, is provisional President of Mexico. The provision being that no revolution succeeds.

Judge.

In Mexico the paths of glory lead to the border.—Louisville Times.

The British Preference

Calgary Herald (Ind. Cons.): The U.F.A. party in the Commons in a sub-emergency to the budget advocated still further reduction in the duty on goods imported from Great Britain. Public sentiment in the Dominion is largely behind this policy. The present lopsided character of Canada's foreign trade demands that immediate steps be taken to produce a remedy. The Dominion is buying goods from the United States to a value of more than \$800,000,000 a year, but selling only one-third that amount in return. Great Britain is Canada's best customer. It would seem to be good business to buy more from the nation which buys so heavily from this country.

A GREAT PUZZLE TO CAREFUL PARENTS

One of the greatest puzzles to the careful parent is to know just what medicine to give the little ones. When the child falls ill with griping, is seized with cold or fever, refuses food or vomits what he has taken, when he cries a great deal and cannot get the sleep so necessary to the growing child, the parent is in a quandary. What is to be done on such occasions? As often as not there is not a suitable medicine in the house. The puzzle is to what to give him to get him right quickly.

To meet such emergencies that Baby's Own Tablets were designed. These pleasant little Tablets quickly reduce fever, break up colds, relieve constipation and indigestion and allay teething pains. They quiet the nerves and promote restful health-restoring sleep. They are guaranteed absolutely harmless and safe for even the youngest and most delicate baby.

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Dog Poisoners

The Meanest Kind of Human Crawling on the Earth To-day
That the work of the dog-poisoners does not always stop with the dog has been proved by a recent case in Toronto, where a young girl was made seriously ill by drinking water from a pail from which a poisoned dog had drunk. The dog, a valuable pet, had picked up the poison outdoors, probably some that had been placed purposely. Then he went home, and, becoming ill, drank from the water pail in the kitchen. He was found dead in the house. The children came home, and one child took a drink from the pail and became very ill.

Dog-poisoners usually belong to the class of people mentioned in the old ditty:
"I want to kill and kill and kill to make the world more roomy; I hate to see a happy child, it makes me feel so gloomy!"

The dog-baiters hate to see a happy dog, it makes them think of strychnia, bichloride of mercury, etc. Whatever their opinion may be, they should keep it from taking form in action, for poison often reaches much farther than intended. Like evil thoughts, it carries far afield, and does not stop at the boundaries laid down for it. A bit of poisoned meat might be picked up by a small hungry child, in which case it would go hard with the poisoner if discovered. Even a dog's poisoner would hesitate to murder a child—although we should hate to trust him too far—and to find that his destructive deed had gone beyond his mark, and brought grief to a household, far beyond the loss of a dog, would be something to be remembered, even if he were never found out.—Humane Pleader.

Migration to Australia

Kenneth T. Henderson in the London Contemporary Review; A population of six millions cannot "digest" migrants by the hundred thousand, especially migrants with little or no capital, and therefore with little or no power for waiting opportunities or opening up independent fields of self-sufficient activity for themselves. A new and undeveloped country requires a certain power of initiative in its migrants—a power resident both in the character and skill of the individual and in the capital owned by him or lent him by the Government. That Australia will one day support from six to ten times her present population is estimated by economists, but her rate of absorbing newcomers can only increase more or less in proportion to the increase of her wealth and population. Meanwhile, Australia's population is increasing by about 2 per cent. annually—faster than that of any country in the world except New Zealand.

Use Minard's Liniment for the Flu.
People who say Mr. Coolidge has returned to private life never lived in a double house.—Los Angeles Times.
The hard part of connecting the air is to make it stay locked.—Publishers Syndicate (Chicago).
Lips that touch liquor have to be diplomatic.—Dallas News.

Communism in India

Truth (London): The wholesale arrest of agitators in Calcutta, Bombay, Poona and Allahabad is by no means a premature step on the part of the authorities. If anything, it is long overdue, for it has been an open secret for some time past that Communist emissaries have been active among the disaffected elements in India. . . . The most extreme Socialist who really knows India should be the first to suppress rebellion inspired by the Communists, for there is one section of the population which would suffer more than any other by the withdrawal of the British Raj; it is the toiling millions of humble workers, whose battle Socialists are supposed to fight. Without indulging in any Imperial claptrap, it is correct to say that it is to those, constituting by far the greatest proportion of the Indian population, towards whom we owe the biggest responsibility; and it is on the fulfilling of that responsibility that our justification for remaining in India ultimately depends.

Minard's Liniment prevents Flu.

The New York Times makes this head-line contribution to mixed metaphors: "Traffic Lights To Honeycomb New York. This, we presume, will make drivers beehive themselves."—Mobile Register.

Are You Ready



When your Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—what most physicians would tell you to do—give a few drops of plain Castoria. No sooner done than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation, or diarrhea; effective, too, for older children. Twenty-five million bottles were bought last year.

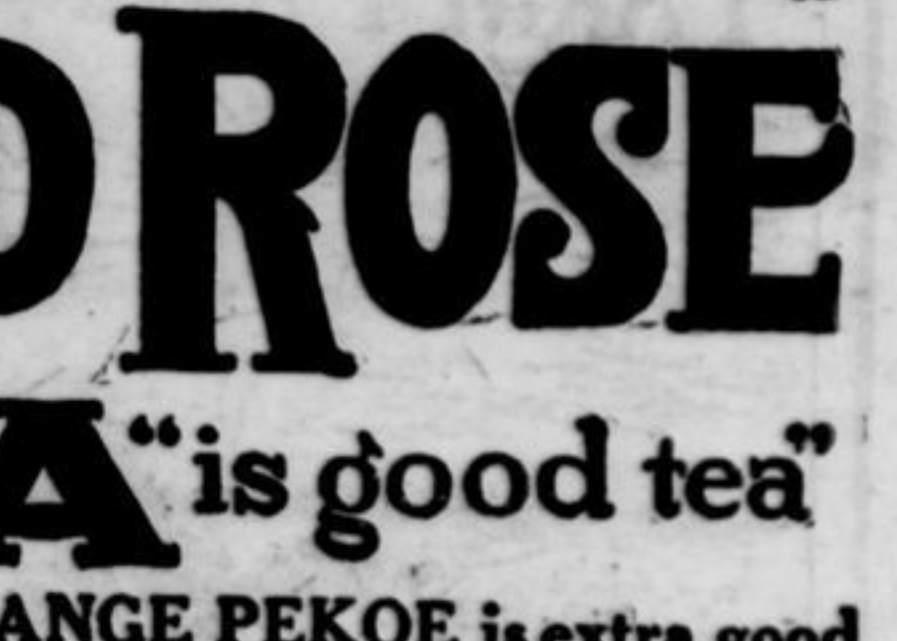


Fletcher's CASTORIA



What most people call indigestion is usually excess acid in the stomach. The food has soured. The instant remedy is an alkali which neutralizes acids. But don't use crude helps. Use what your doctor would advise. The best help is Phillips' Milk of Magnesia. For the 50 years since its invention it has remained standard with physicians. You will find nothing else so quick in its effect, so harmless, so efficient.

The finest tea you can buy—Red Rose Orange Pekoe. Made from juicy, flavor filled leaves—three days in bud. Every package guaranteed.



RED ROSE ORANGE PEKOE is extra good

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PEDIGREED CHINCHILLA RABBIT, one dark stock, all eyes, 12 to 15. Breeding stock registered. Buff Orington hatching eggs, 15. 42. P. Jay Gardner, Priceville, Ont.

A-I BABY CHICKS. WE HATCH four varieties, price 25¢ per pair. Write for free catalogue. A. H. Switzer, Granton, Ontario.

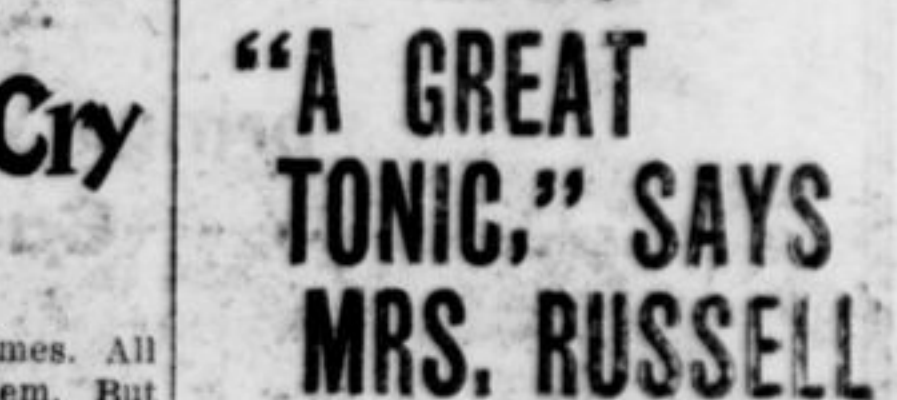
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For Influenza

The Liniment that Relieves All Ailments.



"A GREAT TONIC," SAYS MRS. RUSSELL

After Taking Lydia E. Pinkham's Vegetable Compound

Fenwick, Ont.—"I am taking Lydia E. Pinkham's Vegetable Compound during the Change of Life for nervous feelings, loss of appetite and to gain strength. It is a great tonic and I have taken a dozen bottles at it. It was recommended to me by a friend and now I recommend it to all women for such troubles as come at this time."—Mrs. W. V. RUSSELL, R. R. No. 1, Fenwick, Ontario.



Indigestion
One tasteless spoonful in water neutralizes many times its volume in acid. The results are immediate, with no bad after effects. Once you learn the fact, you will never deal with excess acid in the crude ways. Go learn—now—why this method is supreme. Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

CANADA ENJOYS A SPLENDID RECORD OF SAFETY IN AIR TRAVEL. HAZARDS ARE REDUCED TO THE MINIMUM BY RIGID REGULATIONS CAREFULLY ENFORCED—MOST CANADIAN AVIATORS PREFER IMPERIAL OIL PRODUCTS SO MARKED IS THIS PREFERENCE THAT IMPERIAL PRODUCTS ARE USED 90 OUT OF 100 MILES FOR EVERY 100 FLOWN YOUR CAR, TOO, WILL BE BETTER WITH

