

aring Chicks

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Doctors' Report Gives Method to Prevent Colds

Poor Ventilation, Bad Diet and Lack of Sunlight Are Contributing Causes

How many of us go through a winter without at least one attack of common cold? Possibly only the proverbial one-tenth of 1 per cent.

The final test of all advice recommended on this subject must be the success of the method as applied to large control groups of people, some of whom take the treatment and others who voluntarily refrain from taking it.

Medicine has for many years fought this contagious infection with but a small amount of success, handicapped, at least in one respect, by the absence of large test groups upon which controlled experiments may be made.

Because of the lack of disciplinary authority these tests have been limited in the past to military units, but have recently been applied to groups of university students.

With the problem of isolating the cold germ stopped by lack of suitable laboratory equipment—for the germ is known to pass through the finest filters and to be invisible even with the best microscopes—the report of Drs. D. F. Smiley and G. F. Maughan, of Cornell University, as published in Scientific Monthly, comes as a welcome sign for all people interested in cold prevention methods.

Every employer is only too well aware of the serious loss of time and efficiency on the part of his help because of absence caused by the common cold. In a like manner, every university finds that a large share of the student "cuts" are from this same cause.

Gold epidemics are limited to a group which comprises approximately 25 per cent. of the whole student body which are classed as "cold susceptible," with men averaging a few percent higher than the women.

Of the several contributing factors which tend to reduce the resistance of the student body during the dark, cold months of January, February and March one of the most important is the old problem of ventilation.

The atmosphere of the classroom during the winter months is likely to be dry, hot, quiet and considerably polluted by infective moisture droplets talked, coughed or sneezed out of many throats.

The more modern buildings adequately keep the temperature at its proper level but the majority of the older buildings are inhabitable only by the process of keeping windows closed.

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Garden Talks

Put These Vegetables on List

The average gardener is often bewildered by the large number of vegetable varieties offered and so for his particular benefit, the following list based on expert information is offered:—Asparagus. Mary Washington, satisfactory from the standpoint of disease resistance and a good cropper; Bama, Bendit, Pod Black Wax, Royal Pot Kinney Wax, Stringless Green Pod with Kentucky Wonder Wax and Kentucky Green Pod as pole sorts; Beets, Early Wonder, Flat Egyptian Early and Detroit Dark Red, later; Cabbage, Golden Acre, as a round-headed sort early, followed by Copenhagen Market and Eshkolim Glory as mid-season with short stem Danish Ballhead for winter storage; Cauliflower, Snowball and Earliest Dwarf Erfort; Carrots, Chantenay and Danvers; Corn of the early varieties Golden Bussine, Pictorial, Early Mayflower, Early Marzhan, and Golden Bantam are recommended, with Stowell's Evergreen for later use; Cucumbers, Improved White Spine and Davis Perfect; Celery, for the first early Golden Plume or Wonderful, and White Plume, for early second, Paris Golden Yellow or Easy Blanching—for winter keeping Giant Pascal or Winter Queen; Lettuce—Grand Rapids is one of the most popular leaf varieties with a New York and Non-Parrel where a head sort is wanted; Muskmelon, Improved Montreal and Extra Early Knight are good varieties; as well as Golden Champlain, Miller's Cream or Osage; Onions, Yellow Globe Danvers, Red Wethersfield, Prize Taken Yellow Globe and Prize Taker Red Globe, Peas, Thomas Laxton, Laxtonian, Gradus, Little Marvel, Laxton Progress and, of course, American Wonder, Parsnip, Hollow Crown; Radish, Scarlet White Tip, French Breakfast and Scarlet Globe; Spinach, Bloomsdale and King of Denmark; Swiss Chard, Lucullus, the leafy part of this vegetable is used as a spinach while the fleshy stem may be cooked as asparagus and is delicious served with cream sauce; Tomatoes, Earliana, John Barber, Bonny Best, Chalk's Early Jewel and Livingstone's Globe, while Grand Rapids and Sunrise are two of the best forcing sorts. It should be remembered that this seed is suitable for Ontario. It is also well to remember that vegetables of the highest quality are the ones that are grown the most rapidly. The soil must be well prepared, well fertilized and well cultivated, particularly during the early stages. In small gardens it is often quite practical and very advisable to water during rapid weather in order to make sure that the vegetables come on without a check.

Spring Work With Lawns

A good lawn will require a little attention every spring. There will always be bare spots to be reseeded, paths to be broken up, weeds to be taken out and fertilizer to be added. The roller should be used at this time so that the fine roots which have been heated out of the ground by the frost will be packed into the soil again. Dig out the weeds, rake over the bare spots and reseed heavily with the very best seed procurable. Give the lawn an application of fertilizer. Well-rotted manure is good early in the spring but may be somewhat objectionable in certain places and often it results in adding more weeds. Pulverized sheep manure is steamed before being put up so that all weed seeds are killed. Nitrate of Soda or a good mixed chemical fertilizer is often used as there is no objectionable odour and no unsightly appearance following the application. If the position of the lawn is open and exposed to plenty of sunlight ordinary lawn seed will do, but if shaded, select a special brand which all seed houses carry for this purpose. Too much emphasis cannot be laid on good lawn seed, as this is the only kind which will result in a permanent, fine and velvety sward. Constructing A Hot Bed Where one plans to use a large number of those plants which must be started indoors, or where one is

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NO SNOW ON THE BOARDWALK HOTEL STRAND Atlantic City, New Jersey Sends Greetings to its Many Friends in Canada. We are quoting such a very low American Plan rate that you will find it cheaper to stay at the "Homelike Strand" than staying at home. Write us so we may quote them to you—so you will know the exact cost before leaving. Music—Salt Sea Baths—Complimentary Tea Daily, 4 to 5 p.m. We will personally see to your comfort. T. E. ANDREW, Mgr. H. BRADFORD RICHMOND, Prop.

PHILLIPS MILK OF MAGNESIA For Trouble due to Acid INDigestion SOUR STOMACH HEAVINESS CONSTIPATION GAS, NAUSEA ACID after meals

Owl Laufs

There was a time when the millers sold shorts. Now they can be bought only at the department stores.

"Papa left me four hundred dollars to buy a memorial stone for him after he died," said Darling Dora. "How do you like my new diamond?"

Teacher—"Johnny, if your father earned \$40 a week and gave you your mother half, what would she have?" Johnny—"Heart failure."

The peculiar characteristic is the one somebody else has. Daddy—"I greatly disapprove of your young darling, and one particular reason is his lack of interest in his calling."

Golf Definitions Dub—"One who plays golf the way you did last year. A Good Lie—When the last man in the forecourse tells his score. Sand Trap—A device placed in the fairway to increase the vocabulary of the player.

When the young mother begins to talk about lessening the risk of the baby's second summer you may know right well she has been talking to the baby's grandmother.

Girl's Dad—"So you're the young man with both feet on the ground, eh? What do you do for a living?" Girl's Boy Friend—"I take orders from a man with both feet on the desk."

Too much time on the hands makes the feet wobbly. What has become of the old-fashioned woman who made it a point of pride to have her wash first on the line Monday?

He—"I like your bathing suit." She—"It doesn't take much to please you."

First Lady Bridge Player—"I say, I wish to goodness you'd hold your hand up. I can see your cards." Second Lady Bridge Player—"All right, only you needn't be so snappy. You've been showing me yours all afternoon and I haven't complained."

It is amazing to see how much misinformation may be accumulated by one who diligently seeks it. She—"Oh, go and commit suicide." He—"That's the last thing I'd do."

The last word in preparedness was undoubtedly achieved by the sleighing party which hooked its sleigh on behind an ambulance. If your overcoat is too loud, wear a muffler. Fortune does not smile on those who wait. It laughs at them.

AGENTS WANTED Can you sell a small article that instantly relieves pain. It sells for \$1.00. You get 40c. A real good income and a business of your own. You have no competition and everybody is a prospect. We want an agent in your district. Write for full information. MEDICAL HEAT PAD Co. 169 Yonge Street, Toronto

Building Statistics Montreal, Quebec. — The building permits issued by 61 cities in December represented construction work valued at \$15,439,964, as compared with \$11,791,478 in November and \$14,688,682 in December, 1929. There was, therefore, an increase of \$3,648,486 or 30.9 per cent. in December as compared with the figures for December, 1929. In the record going back to 1920, the December, 1930, figure was only once exceeded, the total for December, 1928, having been \$16,095,160.

How the Alphabet Came Into Being

"Influence of mouth gesture on the development of the Alphabet," was the subject of an address by Sir Richard Paget before the anthropology section in London. It was pointed out by Sir Richard that, just as speech appeared to have developed from pantomimic gesture, owing to an unconscious sympathy between the movement of the human hands and body with those of the human mouth.

The alphabets of different nations were examined it was found that in the letters standing for the sounds of P, B, M, and W, and also those for the vowel sound U—in all of which the two lips are more or less protruded and brought together, either of the hands and body with those of the human mouth.

Examples given from our own alphabet: A, which was originally written lying on its side, suggests an open mouth facing right. B is the profile of two lips, pointing towards the right.

E represents a mouth pointing to the right, with the tongue at mid-height, as in pronouncing the sound of e in men. I is an elevated tongue, as in the sound of ee in eat.

L is another vertical tongue sign. M represents two lips in profile, pointing upwards. O is a front view of a rounded mouth.

T is a vertical tongue, touching the horizontal palate. U and V are both pairs of protruded lips. W is a pair of lips, like M, but pointing down instead of up.

Every letter of our alphabet, except possibly H and Q, said Sir Richard, was closely related to the shape of mouth which produces it.

Restless CHILDREN CHILDREN will fret, often for no apparent reason. But there's always Castoria Harmless as the recipe on the wrapper: mild and bland as it tastes. But its gentle action soothes a youngster more surely than a more powerful medicine.

That's the beauty of this special children's remedy! It may be given the tiniest infant—so often as there is need. In cases of colic, diarrhea or similar disturbance, it is invaluable. A coated tongue calls for just a few drops to ward off constipation; so does any suggestion of bad breath. Whenever children don't eat well, don't rest well, or have any little upset—this pure vegetable preparation is usually all that's needed.



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BLACKHEADS Don't suffer any longer from these unsightly blemishes. Overcome them at once! Get 2 oz. Peroxine Powder from your druggist. Sprinkle a little on the face both, apply with a circular motion. The blackheads will be all WASHED AWAY. Satisfaction or money returned.

for NEURITIS One thing that helps is to warm a dish, pour in 25c. of... Pain eases off! MINARD'S "KING OF PAIN" LINIMENT

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Genuine Gratitude Compels Tribute. Mr. Victor Hills, of Thornton Heath, writes—"For many years I have suffered with that distressing complaint—constipation, and its attendant effects of sick-headache and indigestion. It was a red-letter day for me when a friend recommended me a treatment of Carter's Little Liver Pills, and I can honestly say that results have been truly marvelous. I now enjoy good health and feel that life is worth living. The relief I have experienced compels me to add my sincere tribute." Take Carter's Little Liver Pills. All bottles 25c and 75c red pigs.