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HOW TO LIVE LONG

Frederic Harrison's Golden Rules—
People Eat Too Much

Five golden rules of health were given recently by Mr. Frederic Harrison, author, critic, bibliophile, ex-professor, barrister, historian, traveler, and amateur gardener, on his eighty-first birthday, celebrated at his home at Hawkhurst, Kent:

- (1) Abstain from tobacco, spirits, made dishes, and all such dreadful things. I am satisfied with a little bit of mutton and rice pudding.
- (2) Rise from a meal with an appetite. I believe people eat too much.
- (3) Walk every day for two hours. This I am going to do as soon as I get through a pile of letters and telegrams from Florence and Rome. I am too old to play at tennis, and golf is too slow.
- (4) Sleep eight hours. People cannot sleep who smoke themselves black in the face, eat too much and have not walked enough.
- (5) More important than all—be content with what you have got. Take things quietly.

STUDY OF FOLKLORE

Songs and Dances of the Past Which Might be Preserved

Mr. Alexander Fraser, president of the Canadian Folklore Society, spoke of the practical work the society could accomplish in a field almost unoccupied by others. He laid emphasis on the fact that the purpose of the society is the serious and earnest collecting and recording of the folklore of the many races mingling in Canada and making it valuable for succeeding generations as well as the present. It is then very plain that there is a similarity between the historian and the collector of folklore, but there is a difference. For some reason history deals more with potentates than people. It tells us of rulers and the laws that emanated from them, of wars that ensued because these laws were broken, of countries conquered by force means or otherwise, and treats generally of the bigger things that affect the world and its dependencies. Folklore takes in the smaller things, the customs, manners, superstitions, songs, dances, tales, and the like that enter into the life and homes of the people or "folk" of a country. The preservation of all of these are of much assistance in enlightening us as to the influences at work in the development of a nation. The study of folklore in Canada would bring us into intimate connection with the great tribes of Redmen, and where to-day we regard them as savages we would see that every head on their wampum belts, every design of their totem, as well as the different dances with which they celebrated defeat or victory, had everyone, a distinct and a definite meaning. The folklore of the picturesque habitant could not but prove intensely interesting and illuminating, supplying as it would, the link between the more serious "relations" and the perhaps more colorless life of the present day. Then, too, the legends of Hungarian, French, Pollock, Rutenian, and others from Europe, not to speak of our more immediate English, Irish and Scotch, have everyone their folklore, and in every case knowledge arising from research would prove of value. A branch of particular interest is the national music and dancing of a country, that is, of the people before they become modified by intercourse with others. The dances especially are, in many instances, most expressive and beautiful, those of the children imitating in some cases the occupations of the peasantry, such as scattering and sowing the seed, and in other ways throwing light on the ways and customs of the people. These dances show a freedom of movement and a poetry of motion such as are altogether unknown to our tangos and two-steps.—The Toronto World.

THIS SHAVING BRUSH IS USED BUT ONCE



A sanitary shaving brush which is designed to be used but once and then thrown away has been patented recently. To a handle of wood, or other inexpensive material, is fastened a meshed bag, or gauze container, in which are pieces of sponge and a small amount of powdered soap. By immersing the brush in water and then applying it to the face a lather can be worked up readily. The device is designed for use in barber shops particularly so that each patron may have his face lathered with a brush used on no one else. Since inexpensive materials can be employed in making these brushes, they can be discarded after being used once.—Popular Mechanics.

Care Well For Hens

To know what a hen is doing is a requisite to the improvement. When it is known that a hen produces from 10 to 15 pounds of eggs in a year it means that she must be fed so as to assist her in doing so. She should have the kind of feed that contains the elements of the egg in their most available form. Well cared for hens should give at least a 60 per cent. supply of eggs. Hudson says laying hens should never be so fat as to prevent the gizzard being felt. If food is given in excess of what is required to support life, it is disposed of mostly in three ways; some hens put on flesh, some fat, and some lay eggs. The flesh can be found in the breast, wings and thighs, the fat in the stern and abdomen, and the eggs in the nest.

Picking Good Layers

A writer in an Australian paper, in writing about picking out the best layers, said they cannot be infallibly detected by their appearance, but a first class layer is never a drowsy, lazy-looking bird. On the other hand it is bright looking and active, is early on the forage in the morning, and late in going to roost at night. Her eyes are usually bold and bright, and her comb very firm and blood red. But the Australian writer says he has had some extraordinary layers which had very little in outward appearance to distinguish them from birds of ordinary laying capacity.

Soap and Automobile

Soaps of any kind will not harm the running gear of an automobile. Of course, some discretion is used in placing the parts free of any of the cleaning agent after the dirt is removed. Wheels will stand a moderate use of soap, but require much care to see that they are not scratched by indiscriminate use of the sponge.

The Generous West

An immigration man persuaded E. Lamborn, a native of Denver, to visit Saskatchewan some three years ago. He did so and bought a 2,300 acre farm near Herschell, Sask., and he now has sufficient money to allow him to live in comfort for the rest of his life. He bought 2,300 acres for \$15 an acre and sold the farm for \$55 an acre, getting \$127,500 for the land he bought for \$34,500. He had 1,340 acres in fax his last year and the farm was worth \$127,500. He had a profit of \$166,000.

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FOR SASKATCHEWAN

Good Mixtures and Methods in South Half

Superintendent Ottawa of the Imperial Fair at Indian Head, Sask., writes on follows of hay crops in Southern Saskatchewan: We get best results here from a mixture of eight pounds of Western rye grass, four pounds alfalfa and four pounds red clover, sown at the rate of 16 pounds per acre on well prepared summerfallow, preferably without a nurse crop. Occasionally, it is desirable to use a nurse crop with the object of getting hay for feed. In this case oats should be used and sown at the rate of a bushel and a half per acre. The oats should be cut early and handled as a hay crop. This allows the young grass to make considerable growth before winter sets in. The above rotation is used exclusively in all our rotation work and gives very good satisfaction as a hay and pasture crop.

Very good results might be obtained by seeding grass mixtures on first year stubble after good summerfallow. Of course, in this case, much will depend on the amount of moisture present in the soil and the preparation of the seed bed. The land intended for seeding down should be handled as follows: Plow six inches deep early fall, pack and harrow to form a mulch. As soon as the rush of spring work is over the land should be surface cultivated and a good seed bed prepared. The seed should be sown as early as possible at the rate of about 16 to 20 pounds per acre. In this case no nurse crop should be used as all the moisture will be required for the young growing grass.

For an annual crop, in some parts of Saskatchewan, millets can be grown with good success. However, at Indian Head we have had very little success with millets. Where they can be grown successfully, we recommend the Hungarian variety. However, for a good nurse crop of hay, we recommend a mixture of peas and oats, sown at the rate of two bushels of the former to one of the latter. When cut in the early milk stage this makes an excellent hay for all classes of live stock.

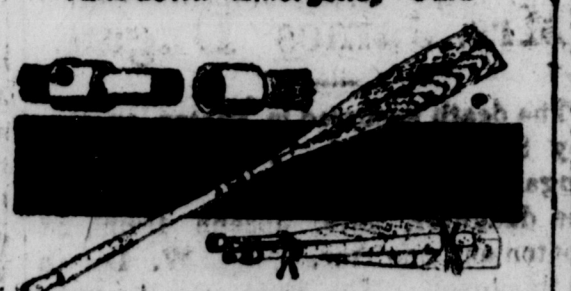
Those Who Remember

Bank clerks have a way of recognizing guests as soon as they enter a bank. Bank cashiers carry in their memories the faces and signatures of most of the customers of the bank. Detectives, too, get into the habit of remembering the faces of everyone with whom they have to deal, whether criminal or not.

Aluminum For Glass

A source of aluminum, used also in making soda and glass—is nearly wholly imported from Irving, Alaska, on the southern coast of Greenland.

Take-down Emergency Oars



Owners of sail or power boats will find the take-down oars shown in the sketch easily made and of value in an emergency far out of proportion to the space occupied in a boat. A pair of ordinary oars was cut as shown, and pipe fittings were attached to the ends to form a detachable joint. When knocked down the oars may be stored in a seat cupboard, or other convenient place.—Popular Mechanics.

Native Sons For Premiers

Of Ontario's seven Premiers every single one of them was born in Canada. And every single one, moreover, was born in the province of Ontario, from the first Premier, the Hon. John Sandfield Macdonald, who was born at St. Raphael, in the County of Glengarry, in 1812, to the Hon. William Howard Hearst, who was born in the Township of Arran, in the County of Bruce, in 1855.

When flying a Union Jack, remember that the broad, white stripes should go up in the upper corner next the flagstaff. The wind in England blows from the south-west on 112 days during the

FISH SCALES

Days Gone by Were Most Valuable Part of Fish

Among unconsidered trifles may be included the scales of fish. Of value and utility to the owner during its sojourn in the vasty deep, the scales are ignored after capture as good for the manure heap. But it was not ever thus. In days gone by fish scales possessed a real value, notably those of roach, bleak, dace, and whitebait. Older writers tell us how the scales of these fishes were collected and used in the manufacture of necklaces, ear-rings, and such-like ornaments. London fishermen used to catch the fish, take off the scales, and throw the body back into the river.

A pigment was obtained by treating the scales in a certain fashion, white-salt being the most popular fish used for the purpose. So great, formerly, was the demand at times that the price of a quart of fish-scales varied from one to five guineas. This treatment of fish-scales for making small personal adornments is attributed to the French. A Parisian artist one winter, it is said, used thirty hamperfuls of bleak scales in the course of manufacture. To-day, however, the industry is practically extinct.

FIRST WESTERN PAPER

Made Its Appearance on December 28, 1859

The Nor-Wester, the pioneer newspaper of Red River, founded by William Buckingham and William C. K. well, made its first appearance on December 28, 1859. It consisted of four pages of five columns. The lengthy prospectus published in the first number took for its text the country watered by the Red, Assiniboine and Saskatchewan Rivers. The declared aim of the Nor-Wester was to stimulate the industrial life of the Settlement and to assist in the work of Government organization. It is a curious commentary on the state of the country in the late 'fifties that most of the advertisements of the first number of the Nor-Wester came from St. Paul. The paper constitutes a gold mine of information for the closing decade of the history of the Council of Assinibolia, the first local administrative body of the west. It reports the proceedings of the courts, gives agricultural and commercial intelligence, publishes the regulations of the Red River Post Office, gives in full Bishop Anderson's charge to the clergy of Rupert's Land, prints editorials on the progress of the Settlement, and protests against the Council of Assinibolia as a form of government.

MILLIONS IN FISH

The Industry at the Coast is Only in Its Infancy

The fisheries of British Columbia are the most valuable in the Dominion. Of the \$25,000,000 worth of fish produced from all the Provinces in Canada last season this one contributed fish to the value of \$14,000,000. Salmon, halibut and herring are the three chief varieties of fish which inhabit the waters of British Columbia, and of these salmon are the most valuable. The Fraser River, especially that section of it flowing through the lower mainland, contributes most liberally to the fisheries of the Province. The salmon pack in all parts of British Columbia last year amounted to 995,576 cases, of which the lower mainland district, including the Province's largest canneries at New Westminster, contributed 173,921 cases, or almost twenty per cent. of the entire pack. The fishing business on "the coast" is only in its infancy. The rivers of the northern part of the interior are practically unknown, so far as their fertility is concerned, and the fishermen of the coast are only beginning to realize the immense wealth which lurks in the numerous bays and inlets of the Pacific coast.

ORIGIN OF GYPSIES

The first official recognition of the presence of Gypsies in England is contained in an act prohibiting their itinerancy, dated 1540. Bands of Gypsies appeared in Germany, Italy and France early in the fifteenth century, but it is to be supposed that they did not reach England in considerable numbers until the early part of the sixteenth century. The law referred to recommended Englishmen to refrain from all intercourse with the dark-skinned tourists, and during the reign of Charles I. thirteen persons were executed at one assize for having associated with Gypsies. In both England and America, up to comparatively recent times, Gypsies were treated as vagrants, and often persecuted. There are many theories in regard to the origin of Gypsies, but the one most generally accepted is that they are the descendants of low-caste Hindus expelled by Timour about 1398. Despite their association with other peoples, the manners, customs, superstitions, visage and appearance of the Gypsies remain practically the same as when they made their first appearance in Europe five centuries ago, and they continue to make the same professions of a knowledge of futurity.

PAVEMENTS OF RUBBER

Expensive as Yet But a Distinct Probability of the Future

It is not yet practicable to construct roads with surfaces of rubber except at a cost of \$25 per yard, but there is little doubt that they will ultimately be adopted, says The Canadian Engineer. At the International Rubber Exhibition held in London recently, rubber paving was shown both for use on footways and on carriages. In such cases the rubber constituted a surface cushion on blocks of jarrah wood, the material being held tightly in position by dovetailing, while a special joint locked the paving, preventing, when laid, the access of water to the concrete foundations. It is contended that thinner foundations are necessary owing to the reduced amount of vibration which occurs by heavy and fast-moving traffic, and further, that it never becomes slippery and that motor vehicles do not "skid" upon it under unfavorable conditions of weather. A section of rubber paving laid in the Old Kent Road, London, where the traffic is heavy, is not perceptibly worn after a year's use.

Concrete as a Bridge Material

Without an arched support or centre pier a single span concrete bridge 64 ft long, strong enough for the heaviest vehicle traffic, has been built ininois.

Clipping to Better Nerves

One theory that mountain climbing develops the nerve system as the muscles a Philadelphia college physical director has his pupils climb the sides of crannies.

SOME HEART BEATS

To live long and well, save your heart by conserving your heart beats. This may be done by avoiding extreme emotion and violent physical exertion and by sleeping long hours. The human heart beats from seventy to 150 times a minute, and each beat means work equivalent to raising a 3-pound weight 1 foot. If this does not seem like work, try to lift a 3-pound weight seventy to 150 times a minute.

Anything that quickens the heart's action increases its labor. Accurate tests have shown that a man riding a bicycle up a 10 per cent. grade for 2,904 feet in four minutes adds an amount of labor to his heart that would lift a ton and an eighth 1 foot. Violent physical exertion of any kind quickens the heart beats. Strong emotion has the same effect. Intense anger may increase the heart's labor from 150 pounds per minute to 25 pounds. Under such a strain the heart of an animal has been known to literally break, causing almost instant death. According to a heart specialist, he who returns to bed at ten instead of twelve saves the heart 250,000 foot-pounds a year. Lying on only half an hour daily lessens its labor in the same period by 219,000 foot-pounds.