

## STOMACH AND LIVER TROUBLE

Once the liver fails to filter the poisonous bile from the blood, there is a clogging up and poisoning of the whole system which causes many troubles to arise. Therefore, upon the liver, more than any other organ of the body depends the general health. Carelessness and neglect, and oftentimes wilful disregard of nature's laws will put the system out of order. The bowels become constipated, the liver inactive and the stomach upset. To bring the system back to its normal state, you should take Milburn's Laxa-Liver Pills. They live upon the liver, get the bowels back to their proper condition and tone up the stomach.

Mrs. G. L. Cackett, Enchant, Alta. writes: "I have used Milburn's Laxa-Liver Pills and have found them good for both stomach and liver troubles. I have told others about your valuable medicine and they have used them with good results."

"They are also good for headache." Milburn's Laxa-Liver Pills are 25c a vial at all dealers or mailed direct on receipt of price by The T. Milburn Co. Ltd., Toronto, Ont.

You may have known a man intimately nearly all your life and then not be able to recognize a sketch of him in a magazine.

Every wife believes she can read her husband's mind, but no husband tries to read his wife's. It doesn't stand still long enough.



### MAIL CONTRACT.

SEALED TENDERS addressed to the Postmaster General will be received at Ottawa until noon on Friday, the 16th July, 1920, for the conveyance of His Majesty's mails on a proposed contract for four years, as required, between the Fredericton, N. B., Post Office and Parcel Post Delivery, on and from the Postmaster General's pleasure.

Printed notices containing further information as to conditions of proposed contract may be seen and blank forms of tender may be obtained at the Post Office of Fredericton, N. B.

G. C. ANDERSON,  
Supt. of Mail Service Branch.  
Post Office Department,  
Ottawa, May 27th, 1920.



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THE PIANO PEOPLE

## THE BEST VEGETABLES FOR THE HOME GARDEN

Some Valuable Information for Those Who Cultivate a Back-yard Plot—Spinach and Swiss Chard Should be Grown—The Beet a Good Member of the Garden Family—Tomatoes Should Always be Staked.

### Country Gentleman

It does not follow that the most popular vegetables are also the most profitable, at least from the grower's point of view. But again, if all that is grown in the amateur's garden is intended for home consumption only it were absurd to grow a vegetable simply because it could be depended upon to yield a large crop, if that vegetable was not acceptable to the grower's family.

It is wonderful, however, how a taste may be acquired for certain foods which when first tried failed to appeal to the appetite. For instance, some lovers of the true spinach turn up their noses at New Zealand spinach which, by the way, is not a spinach at all, belonging to an entirely different family. Once upon a time I did the same, but am now converted to its flavor.

This is a truly profitable vegetable. The more we cut the ends of the shoots, the faster the plant branches out afresh, continuing to produce its succulent deep green leaves until killing frost. Those who appreciate and enjoy greens throughout the entire summer cannot afford to be without the rapid and perpetual growing New Zealand spinach.

There is another plant of equal importance and of similar use—the Swiss chard. Quite distinct in habit and growth from the New Zealand spinach the latter being procumbent or creeping, the Swiss chard is really a species of beet. Sometimes it is called spinach beet, but it does not form a bulb at the root. It makes immense upright leaves which will often average two feet in length. Each leaf is borne on a heavy broad, white stalk which is sometimes cooked separately from the green part of the leaf, using it as a substitute for asparagus.

### Swiss Chard is Good

Sown early in spring the first picking will be ready in July, and by taking the larger or outer leaves only the

plant will continue producing delicious greens until killed off by frost. In mild localities the plants are biennial and therefore live over the first winter, providing a supply of leaves again in the early spring or until they go to seed. This should be another stand-by in the garden which is planted for profit.

There are usually a few vacant spaces in the vegetable garden during August, made so by the completion of some early crops. According to the locality, these vacancies can be profitably filled again with other quick-maturing crops. Thus in the vicinity of Philadelphia we can sow beans, peas, kohlrabi, early beet, mustard, kale and so on, but have you ever tried Chinese cabbage? It is no use attempting to grow it during summer as the plants would "bolt" or run to flower without heading, but by sowing in the early part of August, say up to the fifteenth, it will make magnificent heads in the course of eight or nine weeks.

The beet is reckoned an indispensable member of our garden family though the mistake is often made of sowing too much at one time. By all means get an early start with a small sowing, but plan to allow room for successional sowings every three weeks until late July. By this method there will always be fine, tender, even sized roots, not too large, ready for use at all seasons, making full provision for winter storing.

### Coal Ashes for Carrots

In suitable localities cabbage can be considered a profitable crop. To grow good heads it is imperative that the soil should be well enriched, while the plants delight in plenty of moisture. Many promising crops are annually destroyed by the green worm and also the aphid, but if taken in time their attacks can usually be controlled by dusting or spraying.

Carrots are an easy crop to handle and give good returns except when sown on very heavy or clayey soil. Yet it is a simple matter to improve such soils and so bring them into a suitable condition to grow fair roots, such as will be acceptable for table use. We must eschew rank to fresh manure, but work into the row a very liberal quantity of fine sifted coal ashes. The latter will not provide plant food, but it will open and so lighten the soil that good quality roots can be taken from it.

Sweet corn must be grown at home if we are to enjoy its true, sweet, sugary and satisfying flavor. The ears purchased at the store are, as a rule flat and flavorless, for this tiddit among vegetables must be used almost immediately after picking as it quickly loses its fine table quality. It is questionable if we can term sweet corn a profitable occupant of the small garden, but where there is room to spare we cannot possibly pass it by. There is no doubt about the popularity of corn. In the large garden, by means of successful sowings, there is no difficulty in having a continuous

supply of ears from July until frost. It is seldom that lettuce fails to find a place in the garden whether it be large or small. Universally esteemed, of easy culture, by a proper selection of varieties to suit the hot and cool seasons we can have it in prime condition in our home yard from June until November. Then by the aid of cold frames this time can be extended by several weeks. The choice of varieties is all-important; some are useless during hot weather. At that season reliance should be placed on the crisp-head sorts.

Onions are as a rule not grown so often from seed as they should be, at least in the home garden. Given good rich ground in a perfect state of tilth enormous crops can be grown from seed; five bushels from one ounce of seed is a usual crop in some locations. Usually the gardener relies on sets for his plantings, but as the bulbs grown from sets do not keep well, the onion patch should always be supplemented by a crop from seed. If the garden is not subject to the visitation of the onion fly—parents of the onion maggot no more profitable crop can be included in our list.

Peas are decidedly one of our most popular vegetables, but in many locations they cannot be termed a profitable crop. Deservedly regarded as one of the most delicious as well as the most nutritious vegetables, no other surpasses in delicacy of flavor the finer varieties of marrowfat peas. Hence the reason why the majority of gardeners never fail to make at least one or two sowings of this popular and valuable esculent. The pity of it is that only in fairly cool localities can we enjoy it throughout the entire months.

Radish must be grown quickly or their quality will be inferior. Grown in heavy or clayey soils the roots are produced so slowly that they are almost certain to become tough and wormy. It is necessary that this much appreciated salad plant be grown in light soil. Reaching maturity in the course of three weeks, they can be grown between the rows of slower growing crops, or even in the same row, as these early varieties have quite small tops. The slower maturing summer varieties should have more space, so individual rows must be allowed them.

Tomatoes must surely have a place in even the tiniest garden. Grown against the dividing fence or even trained to the side of the house, they will accommodate themselves to almost any position, provided they receive a fair share of the sun's rays. Even should there be no space available for any other vegetable we usually find at least a few plants of tomatoes, sometimes fighting for room among the flowers.

To get the best possible from the plants, tomatoes should always be staked. When the plants are so treated we can expect a much heavier set of fruit, while the fruit by being held clear from the ground is not so apt to crack or go bad. They also ripen more evenly and are earlier. To enjoy this fine vegetable over as long a season as possible, early and late varieties should be planted, making a point of setting them out just as soon as it is safe to do so.

Turnips, when well grown form an important article of diet. What is more delicious than a dish of nice young tender turnips and, in spring, a dish of turnip tops? This is another follow-on or successional crop, as the seed is not sown until late July or August, thus occupying the ground originally filled by some short-season vegetable. If the ground was well enriched for the first crop, as it would be in any good garden, it should be in first class condition for the turnips after being spaded or forked over.

Rutabagas or Swedish turnips are of much importance and should be more generally known. They are more nutritious than turnips and far surpass them as a winter dish. They are both white and yellow fleshed varieties, the latter having decidedly the finer flavor. Of much slower growth than turnips, seed should be sown in late June or early July.

Although decidedly popular, it is questionable if melons could be considered profitable in the home garden except where there is unlimited space. Yet I have seen fully half of a comparatively small garden devoted to this fine fruit.

Individual tastes and preferences will naturally be the deciding factor in planning and planting the garden. A number of other popular vegetables might also be mentioned, such as cucumbers, cauliflower, Brussels sprouts, endive, leek, pepper, and so on. There is no doubt but that they are all worthy of a place in a yard where conditions are suitable to their well-being.

### IT WAS WORSE.

Two motorists on a country road got out of their car to find the rear wheels into the mire up to the axle. "Isn't this hell!" said one of them. "No," the other contradicted, "hell is paved."

## WASHINGTON'S

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### NEWS AGENTS IN CITY.

THE DAILY MAIL IS ON SALE in the City of Fredericton at the places of business of the following:

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D. H. CROWLEY, 612 Queen St.  
ALONZO STAPLES, 100 York St.  
MISS QUINN, 147 Westmorland St.  
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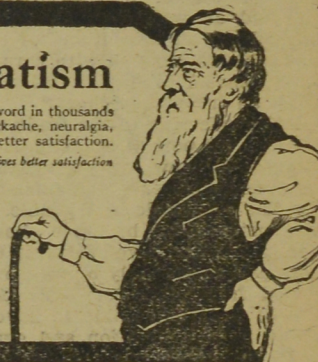
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EASTERN TIME.

### DEPARTURES—

5.45 A. M. EXPRESS FROM BOSTON, connecting at Fredericton Jet. for Fredericton, and at McAdam Jet. for North and South.

8.20 A. M. From W. St. John for St. Stephen.

8.20 A. M. Daily After May 8th—MONTREAL EXPRESS connecting for Fredericton and Branch Lines North and South of McAdam, except on Sunday.

4.10 P. M. LOCAL EXPRESS for Fredericton.

5.00 P. M. BOSTON EXPRESS, connecting for Fredericton.

6.45 P. M. MONTREAL EXPRESS, connecting for Fredericton.

### ARRIVALS—

5.30 A. M. Daily—EXPRESS FROM MONTREAL.

7.55 A. M. EXPRESS FROM FREDERICTON.

11.45 A. M. EXPRESS FROM BOSTON, Portland, Bangor, etc.

12.00 N. MONTREAL EXPRESS.

4.40 P. M. At W. St. John FROM ST. STEPHEN.

10.10 P. M. EXPRESS FROM BOSTON, Portland, Bangor, etc.

N. R. DesBRISAY, District Passenger Agent,  
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