

## HOW TO DERIVE HEALTH FROM THE GARDEN; WHAT VEGETABLES IT IS ESSENTIAL TO GROW

In order to "grow health" in the garden it is not necessary to revolutionize methods, but simply to know the varieties to grow in order to benefit physically from the edict that has gone forth from the scientists and mediceos.

Heading the list is that vegetable-fruit the tomato. Cooked or uncooked the evasive vitamin remains to function in its health performing duty. There, it behooves us to plant this delicious vegetable-fruit. "Bonny Best" ripens earliest, followed by "Chalks Jewel" and "John Baer." We recommend these varieties as being especially choice for table use.

Next comes that splendid spring tonic, exceedingly rich in vitamins and losing little by boiling—spinach! This, allied with Swiss Chard, beet tops and cooked lettuce, is excellent.

Everyone knows the place lettuce holds in the gardener's affection, as well as the housewife's. "Grand Rapids" is the earliest, and can be sown in the hot-bed and transplanted when danger of frost is past. For heading purposes, one may safely choose

"Wayahead," "Big Boston," "New York," "Harrijoen" or "Iceberg."

Cabbage, by cooking loses considerable of its evasive vitamin, but served as cold salad, carries on its health-giving mission. Many persons who cannot digest cooked cabbage, can enjoy it uncooked, especially if served and combined with chopped nuts and harvest apples. "Jersey Wakefield" is on early variety, "Copenhagen," "Ten or Eight Weeks" and "Danish Ball Head" are excellent varieties.

Corn presents a problem unique in itself. If left too long it becomes tough, if garnered too early its unformed kernels are not appetizing. A safe rule to follow is, if the epidermis of the kernels can be punctured quite easily with one's finger nail, the cob is ripe. The sooner corn is cooked after picking the sweeter and more tender it will be. "Stowell's Evergreen," "Golden Bantam," "Country Gentleman," "Kendal's Early Giant," "Crosby," "Cory and Malakoff" are the best known varieties.

Beans are very sensitive about frost and one must watch carefully the bean bed for any perceptible drop in the thermometer. Watch the "Probs." If there is possibility of frost and you are in danger of losing the crop, cover lightly with matting or sacking, or if larger crops are in danger fires built nearby will keep the atmosphere warmer and save them. Beans have undergone so many changes in the last few years (thanks to hybridizers) that we can with impunity and safety be sure of not choking on the "strings," for the market now has for sale stringless beans, which live up to their reputation.

Some excellent pole beans have been introduced, "Old Homestead" is most popular to date. Of bush beans with which most gardeners are still satisfied, the favorite is "Golden Wax," "Bountiful" (a green bean), "Keeney's Rustless" (yellow), and the "American Stringless Bean."

Peas do take up a deal of room in a small garden. To overcome this, young tomato plants can be planted in between the rows, so when the pea bushes are pulled up, the young to-

Very Careful of Truth.

(From an Exchange.)  
The railroad porter was a very careful and truthful man. In his youthful days he had been severely reprimanded for inaccuracy and ever since he had been painstakingly correct.

An old gentleman approached on the platform and asked genially: "It this my train porter?" "No sir" replied the careful one: "It belongs to the company sir." "Don't be funny" snapped the old man testily. "You know I didn't mean that! I want to know if I can take this train to San Diego?" "There's no need sir" answered the porter; "that's what we've got an engine for."

Maxims of the Road.

(From the Jacksonville Times-Union.)

When you see a roached-haired shiek in a ninety-horsepower automobile with a cigarette hanging in the corner of his mouth that's an accident looking for a place to happen.

When you see a man driving a car over the road at a speed of fifty miles or more an hour you can lay a bet that he has nowhere in particular to go and has plenty of time to get there.

Absent minded Business Man (as he kissed his wife)—Now dear, I'll dictate a couple of letters.

matoes will be well established. Peas are hardy and can be sown in the open as soon as the ground is dry and the soil friable. "Thomas Laxton" is especially fine; "Extra Early," "Gradus" and "American Wonder."

Space forbid the discussion of the food value of Squash, Pumpkin, Celery, Cucumbers, Cauliflower, Parsnips, Salads, Peppers, Beets, Asparagus, Carrots, etc.

### Corns Stop Aching After Foot Bath

It's a new idea—and one that always brings sore corns to a quick end. This wonderful hot foot bath treatment is described in the directions for using Putnam's Painless Corn Extractor. Try it tonight—you'll get quick relief for your aching corns when you use Putnam's Extractor. Satisfactorily guaranteed. 25c. at all dealers.

## THE BERLIN-SOVIET TREATY FAILS TO AROUSE BRITAINS; BOLSHEVISM FEAR IS WANING

London, May 9—In the phrase though new treaties should be watched, they should not necessarily be regarded with suspicion," Sir Austen Chamberlain this week aptly summed up British reaction to the agreement just concluded between Germany and Russia. Another indication of British sentiment may be found in this week's "Punch," which, when it makes political comments, seldom finds itself for wrong as an interpreter of national sentiment.

This humorous weekly prints a cartoon showing a typical spectacled Teuton seated before a cafe which a sign designates "At the Sign of the Red Flag." A bewhiskered Russian is serving him with a drink of vodka. From across the street the proprietor of the "League of Nations" cafe is angrily demanding, "What are you doing in that place?" "Well," replies the German, "you wouldn't serve me before September and I couldn't wait that long for a drink."

As a matter of fact, the average Briton, without delving deeply into the rights, wrongs or complications of affairs, believes that Germany was played a shabby trick at the last meeting of the League of Nations in Geneva.

### Danger Seen in Treaty.

All the agitation that arose over the admission of Poland or Brazil to the Council of the League at the same time with Germany gave the average Englishmen the same impression that his bookmaker would if he tried to shorten the odds after having accepted a bet on a particular race.

Whether this viewpoint is logically defensible is a matter of argument; but that it exists is incontrovertible. Both "Punch" and Sir Austen Chamberlain therefore merely expressed in their own fashions the sentiment that prevails here. It has been left for "The Manchester Guardian" a newspaper which is seldom accused of hostility to Germany, to point at what in its view is the danger in the Russo-German treaty.

This organ of British liberalism treats the new agreement as being important and dangerous is so far as it constitutes an expression of the prevailing tendency to replace the comprehensive machinery of the League of Nations by sectional agreements. Recalling that France herself while keen fears of the good faith of Germany are being expressed, concluded with Turkey, which is not a member of the League, a treaty which contains neutrality clauses the extent of which is not yet known "The Manchester Guardian" expresses apprehension lest "the general atmosphere of fear which is expressed in all these treaties may throw all Europe back upon the old

methods with the old consequences."

### Western Europe to Blame.

Of course, alarmist viewpoints are to be found also in England. Thus "The Daily Telegraph" fears that Germany comes dangerously near suggesting that "whatever rights and wrongs of Soviet Russia are in dispute she could depend in any circumstances upon the Reich's unwillingness to agree with her critics or opponents." The answer of well informed diplomats to this and similar apprehensions is that if Germany is thrown into a closer rapprochement with Russia it will be the fault of Western Europe for not making sufficiently attractive the path of entry to the European family and to the League of Nations.

In this connection it is noteworthy that the fear of Bolshevism as a philosophy which has been evoked so often in Europe since the war has lost its potency and that even nervous old ladies on the Continent do not react with the customary shudder at the mention of the word "Soviet."

But this fear has been replaced by another which comes much closer to dealing with realities. It is the fear of the imperialistic aims which may be acquired by Russia as a nation. Already in the Near East while the politicians are focusing their attention on events in the Mediterranean basin they are beginning to say that the next decade there will be marked by the birth of a definite struggle between the British and the Russian systems. If the British Cabinet felt that there was any real danger of Germany being drawn into Russia's orbit this latest treaty would be regarded with far less complacency than exists today at Whitehall.

—Of pens and pencils both, there's quite a lot that can be said For when a letter you indite To drive a pen may be all right But pencils must be led.



If a friend told you of a simple remedy that would clear away your sniffling cold quickly—you would go to the nearest druggist for that remedy—sure you would.

The quickest remedy for a cold is CATARRHOZONE. You get instant effect from Catarrhozone, because you breathe it. Every breath you draw through the little inhaler carries a healing antiseptic vapor that can't fail to clear the nose, throat and breathing organs.

By using Catarrhozone several times each day you ward off Tonsillitis, Catarrh, Influenza — you keep clear of Sore Throat, Hoarseness and other winter ills.

No medicine to take—just a soothing vapor to breathe. You can use Catarrhozone at night in bed, use it in church, in the movie, on the street—use it with the first sneeze or shiver. Complete outfit \$1.00; small size 50 cents, at all dealers in medicine.

### Don't Sniffle, Sneeze Till Head Aches

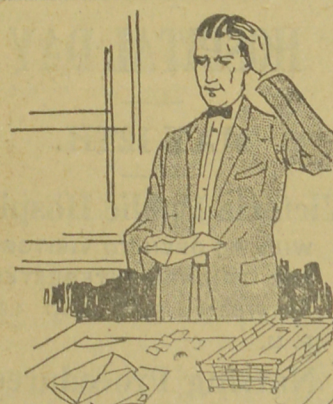
GERMS OF NASAL CATARRH QUICKLY DESTROYED BY Catarrhozone

Most sniffing colds are due to irritation caused by germs. These germs maintain a congested condition of the throat and nasal passages.

To stop sniffles, to relieve a hacking cough, just breathe CATARRHOZONE. It is Nature's greatest healer, full of soothing essences that comfort and ease a distressed nose or throat.

Catarrhozone dislodges disease germs quickly. That is why it is so successful in Catarrh, Coughs, Sore Throat and Bronchitis. Get it today. Complete outfit, containing hard rubber inhaler, \$1.00; small size 50 cents. At all dealers in medicine.

### BLUNDERS



### WHY IS THIS WRONG?

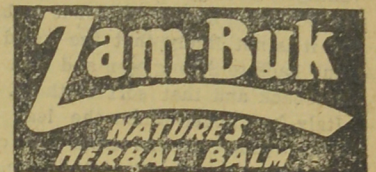
It is unwise to guess the weight of a letter to determine the amount of postage required. Such guessing often results in "Postage Due," which may cause delay in delivery, and, in the case of business letters, often results in a dissatisfied customer.

## Piles QUICKLY BANISHED

"I suffered years of agony through blind itching piles," says Mrs. W. Hughes, of Hochelaga St., Montreal.

"Pain, loss of strength, complete misery, was my daily lot until I came across Zam-Buk. I know now that there is nothing on earth to equal this grand herbal healer. Since it lifted me from misery my earnest wish is to make Zam-Buk known to all sufferers."

Moves Pain Like Magic!



"Mr. Smith," said a lady at a church festival, "won't you buy a bouquet to present to the lady you love?" "That wouldn't be right," said Mr. Smith. "I'm a married man."

### BLUNDERS



### WHY IS THIS WRONG?

One of the many annoyances that the postal service has to contend with is the receipt of bundles of carelessly sealed letters, many of which are stuck together. Since letters can be run through the cancelling machines only one at a time, all those stuck together must first be pulled apart by some postal employee. This may result in mutilation of the addresses or in placing the letters to one side until other mail has been handled.

## CANADIAN PACIFIC

Chicago

### Eucharistic Congress

For railway and sleeping car fares, hotel reservations in Chicago, and detailed information, apply to the nearest Canadian Pacific Ticket Agent, or write,

G. BRUCE BURPEE,

District Passenger Agent.

Saint John, N. B.

## Where An American Hangs His Hat

Once a hat was not just a hat; it was also a badge of sectionalism. That was when the broad-brimmed Stetson and the nobby derby seldom met. When South, East, North, West lived differently, dressed differently, and thought differently. When a traveling American could feel like a stranger in his own land.

Before advertising—

But now Mrs. Green of Boston and Mrs. Brown of El Paso use the same vacuum cleaner, face powder, soap; Adams of Boston and Sims of Seattle are alike in the cut of their clothes. And where an American hangs his hat, within the borders of these United States, he feels at home. Advertising did that.

Advertising is still at work helping to make these states united. Here is a better bed, a handsomer shoe, a more delicious food. Let it be known from Maine to California, from Washington State to Florida! Here's a healthier way to live, another safeguard for your family, a new service of self-improvement. Spread the news everywhere!

Advertisements.

Read them. They are Couriers of Progress and Unity. Without them you'd lack half the comforts you now have. Ignore them and you'll miss many a good thing to come.

TO KEEP PACE WITH THE TIMES, READ THE ADVERTISEMENTS EVERY DAY

## GUARD YOUR FAMILY'S HEALTH BY USING

### A Paris Refrigerator

To those who have never enjoyed Refrigerated Foods the pleasures and benefits from the use of a Refrigerator can hardly be appreciated.

There is really a world of difference between foods kept in a cellar or cupboard and food stored in a "PARIS" REFRIGERATOR.

The reason is that there is a constant changing of air in a "PARIS" and the odors from the foods are eliminated before they can mix up with and taint other foods.

YOU TAKE NO CHANCE WHEN YOU BUY A "PARIS" BECAUSE THEY ARE ALL GUARANTEED TO GIVE SERVICE.

## E. E. CAMERON

Complete Home Furnishing Store

KING ST. E.

FREDERICTON N. B.