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AFTER HARVEST CULTIVATION OF THE GROUND

AFTEA HARVEST vP

The yield of grain in eastern Canada, and especially in the Maritime Provinces, depends to a great extent upon the time of seeding in the spring. In other words, the earlier the ground can be prepared and the seed sown the better are the chances for a good crop.

The cost of production is also a big factor in successful grain production and the lower this is, without sacrificing returns, the more successful is the farmer. An experiment has been under way for five years at the Nappan Experimental Farm, testing different cultivation methods of sunflower ground for oats. The five year average yield of grain on the plots plowed in the spring is, 63.3 bushels. Plots which were disked in the spring, 69.6 bushels, or 6.3 bushels more grain at a much lower cost. None of these plots received any autumn treatment. Plots which were plowed in the fall gave a yield of 63.5 bushels and others, ribbed in autumn, 68.8 bushels. From these data we see that the cheapest and quickest preparation of a seed bed gave considerable higher yields than did the more expensive and slower methods usually followed by the farmers in Eastern Canada.

On land that is very weedy or grassy, it is advisable to plough before the grain crop, in the fall if possible, for this enables quicker preparation in the spring for seeding, but on fairly clean land, the practice followed at Nappan, the one recommended, is to work up a seed bed about three inches deep with the disk-harrow and get the seed into the ground just as quickly as possible after the land is ready to work.

This method is practiced on turnip, corn and potato ground, as well as on sunflower stubble and good results are being obtained.



Short of Breath Dizzy, Sinking Spells COULDN'T WALK FAR

Mrs. L. A. Oliver, Granville Ferry, N.S., writes:—"A few years ago I had dizzy, sinking spells so bad I could hardly stand up without taking hold of something to support me, and I could not walk any distance on account of being so short of breath.

"I had taken a lot of doctor's medicine, but it did me no good, only for the time being, so reading in the B.B.B. almanac about

I decided to try them and found them to be just what they are recommended to be, and I feel that I owe my life to them."

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GOOD BUSINESS FOR CANADA IN WEST INDIES

Head of a Big Nova Scotia Creamery is Back From a Cruise of the Islands.

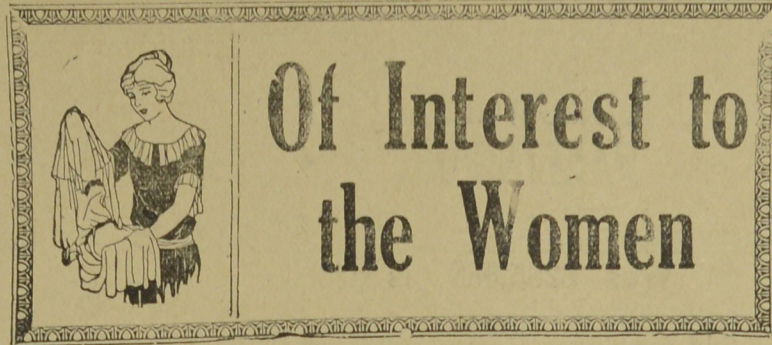
Moncton, N. B., April 4—There is business for Canadians in the British West Indies, but we don't get it by sitting on our office chairs up here, we must go down there and sell our products, so declared R. B. MacLennan of Truro, head of one of the big Nova Scotia creameries who returned from a tour of the eastern group of islands, including Barbadoes and Trinidad, a passenger on the Canadian Skirmisher of the Canadian National Steamships, docking at St. John N. B. this morning. Mr. MacLennan might be said to have been one of a group of business go-getters-men principally of eastern Canada who, inspired by the prospects of business in Canada's tropical province had been making tour for similar purposes. Among them were W. S. Cluney of a commission house of Halifax, W. Powell Roy of Wolfville, N. S., W. T. Selby of Toronto, Banker T. F. Montpenny, of Montreal, accompanied by Mrs. Montpenny and daughter, C. Manning of the Canadian National Railways, J. E. Gates, Port Williams, N. S., Dr. J. S. Glover, Toronto.

A Southern Visitor

Among the southern passengers coming to Canada was L. G. B. Powell, of Hamilton, Bermuda, who is strongly in favor of the Canada-West Indies Treaty, believing it to be a medium for a very substantial expansion of trade between the two countries. Mr. Powell said that business conditions in Bermuda were very good, indeed, and that Bermuda afforded an excellent market for Canadian dairy products, butter, cheese, eggs, hay grain, lumber, vegetables, and manufactured articles. He is of the opinion that the new ships of the Canadian National Steamships, Limited, will vastly increase trade both tourist and freight. Mr. Cluney of Halifax, was of the same opinion. Mr. MacLennan, while directly interested in the dairy products, said that he saw many evidences of opportunities for trade in the islands. The people of the British West Indies said he will give the preference to Canadian goods in every instance. All things being equal, he believes there is an opportunity for the increase of Canadian sales of condensed milk and canned goods. One secret was to offer the lowest priced, but good goods, in order to supply the cheap, but heavy demand of the civilized population. With regard to the new ships now building for the service, Mr. MacLennan said he saw every evidence that not only would there be a freight traffic for them, but an excellent passenger service, in fact he believes that the passenger travel that will offer for these ships will be greater than has yet been anticipated.

5-DAY RACE PROGRAM.

Detroit, April 3—A five day harness racing program will be conducted at the Michigan State Fair here, Sept. 3-7. Fifteen events, many of which will draw many of the country's star steppers, will be contested. They are the \$500 added Michigan three year old trotting futurity \$1,500 2.22 trot; \$1,000 2.13 pace, \$500 added The Breeders' two year old trotting stake \$1,500 2.20 pace, \$1,000 2.09 trot, \$500 added Michigan three year old pacing futurity \$1,500 Governor's Cup 2.12 trot; \$1,000 2.10 pace, \$1,000 2.60 trot, \$1,000 free for all pace, \$1,000 2.14 trot, \$1,000 2.18 trot, \$1,500 2.17 pace and \$1.00 three year old trot and under.



Of Interest to the Women

POND LILIES ADORN MILADY'S LAPEL.

Paris.—Drooping pond lilies with large leaves that sometimes measure six or eight inches across are among the new flowers women are pinning to the lapels of their coats. They come in black and purple as well as natural pink, white and pale yellow.

While lilies are worn on black coats, brown lilies on yellow frocks and yellow lilies on brown costumes several lilies, placed at the waistline, occasionally are seen on evening dresses.

Morning glories have appeared in satin bunches of half dozen on afternoon dresses, fastened usually at the base of V shaped necklines.

TO ARMS! THE BEAUX ARE SOON COMING.

An outstanding feature of summer sports and daytime frocks are soft self bows at the neck and waist. These are found on thin silks, on crepe or satin, even on knitted fabrics. Another feature is the sleeveless frock, line one, two or three piece costumes. Most of these are completely sleeveless, but there are a few drop sleeves, narrow bandings and cap sleeves covering the top of the shoulders and in some cases even ending a few inches above the elbow.

RASIN BRAN MUFFINS.

1 cup bran
1 1-2 cups flour
1 teaspoon salt
3-4 teaspoon soda
1-2 cup raisins
2 tablespoons melted shortening
1 egg, beaten
1 cup milk, sour
4 tablespoons molasses
Mix dry ingredients and wet ingredients. Combine mixtures and bake in a moderate oven 35 minutes.

MOLASSES PUDDING

1-2 cup dark molasses
1-3 cup melted shortening
2-3 cup sour milk
1 egg
1 1-2 cups flour
1-4 teaspoon salt
Grating of nutmeg
1- cup raisins
Combine liquid, add slightly beaten egg. Mix and salt dry ingredients add raisins and combine mixtures. Steam two hours.

MAYONNAISE

2 egg yolks
1 teaspoon salt
1-2 teaspoon sugar
1 pint salad oil
6 teaspoons lemon juice
Add all dry ingredients to the egg yolks and mix well. Add the oil gradually at first a few drops at a time, later by the teaspoons and so on, until the whole pint has been used. Add the lemon juice during the mixing of the dressing as the egg and oil becomes emulsified to thin it.

EGG SALAD SANDWICHES

Three hard cooked eggs, chopped.
1-3 green pepper, chopped, 1-4 cup celery chopped and two tablespoons mayonnaise to which few drops of onion juice have been added. Mix ingredients lightly with fork. This

Stinging Corns Drop Out in Hot Foot Bath

Corns and callouses come off under the Hot Water Treatment so quickly and painlessly that everyone should know about it. Here is what you do: Take hot foot bath, and put a few drops of Putnam's Painless Corn Extractor over the tender surface, and the pain stops. You get glorious relief from Putnam's Painless Corn Extractor. Remember the name. Costs but little and gives big results. Sold by all druggists.

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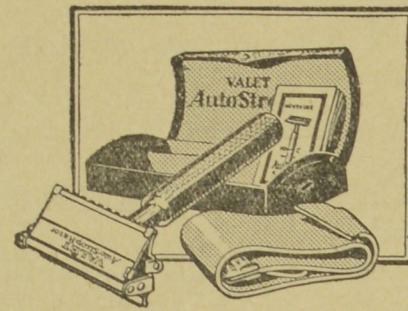
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