

Wait, Mother—Ask Your Doctor First



Never Give Your Children Unknown "Bargain" Remedies To Take—Unless You Ask Your Doctor. Unknowingly You May Be Risking Their Health—Just To Save A Few Pennies

A MOTHER may save a few pennies giving her children unknown, unapproved preparations. But the life of a child is precious beyond pennies. So—ask your doctor before you give any remedy you don't know all about.

When giving the common children's remedy, Milk of Magnesia, never ask for "Milk of Magnesia" alone—but always ask for "Phillips'."

Because for three generations Phillips' has been favored by many physicians as a standard, reliable and proved preparation—marvelously gentle for youngsters.

Many children like Phillips' in the newer form—tiny peppermint-flavored tablets that chew like candy. Each tablet contains the equivalent of one teaspoonful of the liquid Phillips', and a big box costs but 25¢ at your drug store.

A bottle of Phillips' liquid Milk of Magnesia costs but 25¢. So—it is a fact that anyone can afford the genuine. Careful mothers ask for it by its full name "Phillips' Milk of Magnesia."



"Phillips' Milk of Magnesia"

RECREATION WORK, EGO IMPORTANT

TORONTO, Ont., January 27—Work, recreation, friendships and ego satisfactions are just as important for the mental health of an individual as are balanced diet, vitamins, sunshine, fresh air and exercise for physical health, according to Dr. C. M. Hincks, executive director of the Canadian National Committee for Mental Hygiene.

In a recent interview in Toronto, Dr. Hincks contended that the most difficult problems that confront men and women in these days of change are not only those that pertain to the sustenance of physical life, but include those pertaining to the satisfaction of vital needs of the mind and spirit.

It was his conviction that the most important of the basic mental needs of adults today is work. "Work can be viewed as the very balance wheel of life and is of fundamental significance to both physical and mental health," Dr. Hincks stated. "Work is an indispensable necessity. The whole question of work and personal security is the most important issue confronting the various countries in the world today. Every day a man is idle, his very fibre is exposed to a weakening

Gladiolus Grading Insures Quality Corms

The grading of gladiolus is chiefly for the purpose of insuring a supply of healthy and good quality corms to the buyer, particularly the forcer, states R. J. Hastings, Dominion Laboratory of Plant Pathology, Sarnia, Ont., B. C.

The first step in the maintenance of quality is inspection of the crop in the field. In these inspections all foreign varieties or rogues, and plants infected with virus diseases can be detected and eliminated. A proportion of the plants affected with fungous or bacterial diseases can be detected too, but these are usually the plants which have been severely attacked only. In the case of plants with incipient infection, often no symptoms appear, hence the subsequent careful grading of the dry corms is necessary in order to effect the removal of diseased corms.

The symptoms of virus can only be detected on the growing plant and are recognized by several types of spotting on the foliage, ranging from large red to brown spots to very small pinhead spots on the leaves.

The principal fungous and bacterial diseases of gladiolus include dry rot, hard rot, scab, Fusarium rot, and a number of storage rots.

Dry rot, caused by a fungus named Sclerotinia Gladioli is considered one of the most serious, and in the field affected plants are recognized by the dying of the outer leaves, and a decay of the leaf sheaths below ground, where later tiny black resting bodies of the fungus are formed. On the corms, the fungus causes numerous black spots or lesions varying in size from pinpoint to half an inch, which may later involve the whole corm.

Hard rot is another fungous disease, caused by Septoria Gladioli. It causes leaf spots of a purplish brown colour which are seen in July and August mostly on small planting stock but rarely on plants grown from mature corms. Affected corms have large reddish brown lesions usually on the side or lower halves of the corms. These lesions are

larger, more irregular in outline and more deeply sunken than those of dry rot.

Scab is a bacterial disease caused by Bacterium marginum, and produces at first tiny specks of bright brown colour mostly on the parts of the leaf sheaths. The central leaves usually die first.

There are numerous brown or black patches on the corm scales beneath which infected lesions occur on the corms. These lesions are shallow more or less circular, and surrounded by a definite margin. A bacterial exudate on the surface gives the lesions a varnished appearance.

Fusarium rot is classed as a storage rot but is fairly common in the field also. Affected plants are sickly yellow. Some have stripes of brown dead tissue on several leaves and the affected plants gradually die. The rot seems to originate in the old corm or roots and spreads into the base of the new corm. In other cases large hard shallow lesions, reddish brown to black in colour occur. These lesions resemble those produced by hard rot.

The storage rots are essentially these fungous diseases which only affect the corms, but do no serious injury to the growing plants. Included in this group are Penicillium or blue mould and Botrytis or grey mould rot.

Penicillium rot may cause deeply sunken, narrow lesions which expand internally and cause a brown rot that may involve a considerable portion of the corm. Botrytis rot is essentially a soft moist rot that causes large decayed areas. When the diseased area dries up numerous black resting bodies of the fungus are formed on the surface of the mummified corms.

In the grading of corms for the detection of the several diseases that have been briefly described, the best time is immediately before planting when the husks may be completely removed to reveal the symptoms on the corms. When, however, the corms are being graded for sale, it is not desirable to remove all the husks. The removal of the two outer husks will expose the lower half of the corm and this is usually sufficient for diagnostic purposes.

A SNAPPY HAMBURGER ROLL TREAT

Next to Fish and Chips, which have a place of their own, Hamburgers hold an esteemed place as a meal for anytime of the day. Freshly boiled, the rich juices soaking into a hot roll, they hardly need an appetite or a second invitation to eat. But try them with a succulent oyster tucked in their middles, and learn a new taste sensation. It's good for luncheon or supper, grand for midnight snack, and when you come in from the cold, they're like manna fresh from the sea. Here's the way to do them.

CANADIAN OYSTER HAMBURGERS

1 lb. round steak, ground
6 soft rolls
6 oysters
Salt and pepper
Shave the ground round steak into patties, with an oyster inside. Broil, or pan fry until brown. (The oysters should be room temperature so they will cook through). Season with salt and pepper, and place between soft rolls. Butter the rolls if desired, and add a slice of onion if that is to your liking.
Serve with a pickle, a few potato chips, or a relish garnish.

Don't forget how good oysters are. Flipped in butter, and broiled quickly, and made into a sandwich with a piece of bacon. The traditional oyster sandwiches contain fried oysters, but for quick snappers and last-minute snacks, broiling is quicker. Of course, a hot beverage—tea, coffee or chocolate suggests itself.

For after-skiing parties, do remember how an oyster stew hits the spot. And the canned clam chowder needs only to be heated—and if the recipe on the label suggests it, milk added. Quick and easy, and oh, so good!

Very Finest Quality "SALADA" TEA

Perennial Vegetable Crops of Importance

The importance of having asparagus, rhubarb and horseradish growing in the garden for both home consumption and marketing can hardly be stressed too strongly, states T. F. Ritchie, Division of Horticulture, Central Experimental Farm, Ottawa. In the first place these three crops are true perennials, very hardy and are an important source of revenue to the grower. They also possess certain value as food plants particularly the two former which are always in demand in the early spring. Horseradish is used to quite an extent as a condiment.

Asparagus is an old world plant that has been introduced into practically every country in the world. While rich, deep friable loam soils are the best for the production of this crop yet fairly good results can be obtained from heavy soils provided the humus supply is sufficient to keep the soil friable. Drainage is also an important feature, but an ample supply of moisture should be available for growth. Being a gross feeder, asparagus requires the application of manure in abundance along with supplemental applications of fertilizer.

Rhubarb is also a very hardy type of plant and without doubt is in many cases the most abused crop around the garden areas. This crop requires an abundance of plant food and moisture, and on this account should be planted in the open where competition with tree roots and perennial weeds will not occur and where full unobstructed sunlight can be obtained. The soils best suited for this crop are the sandy or silty loams that are deep, rich and moderately moist. Manure in abundance should be applied to maintain

a plentiful humus supply. Commercial fertilizer can be used as a supplementary where necessary. Free-planting soil preparation is very essential. The manure should be spread on the land, ploughed in and thorough harrowing done. Spring planting is best, using single line root pieces from healthy crowns. The root pieces should be set in rows 4 feet apart and spaced from 2 to 4 feet apart in the row. The third season from planting a full crop may be harvested. The harvest season should not continue beyond 8 weeks.

Horseradish has a place in the manufacture of one of the finest condiments. The plant is a very hardy perennial and if not carefully handled is liable to become a troublesome weed. The soils best adapted for its culture are the deep, moist, rich sandy or silty loams. The land should be prepared as for any other garden crop.

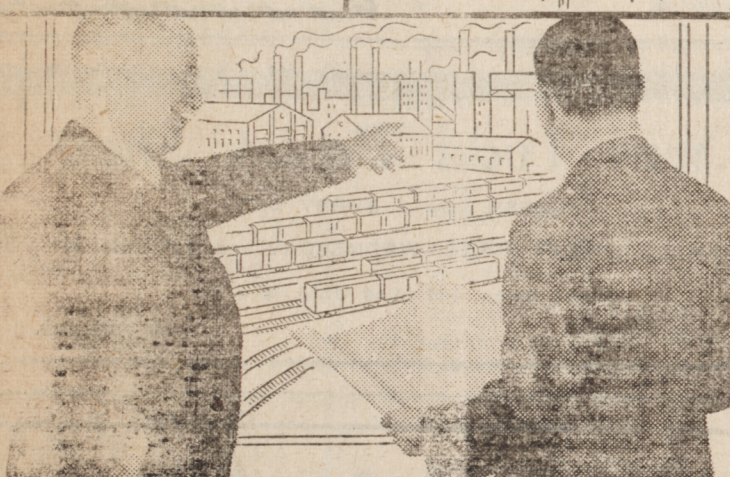
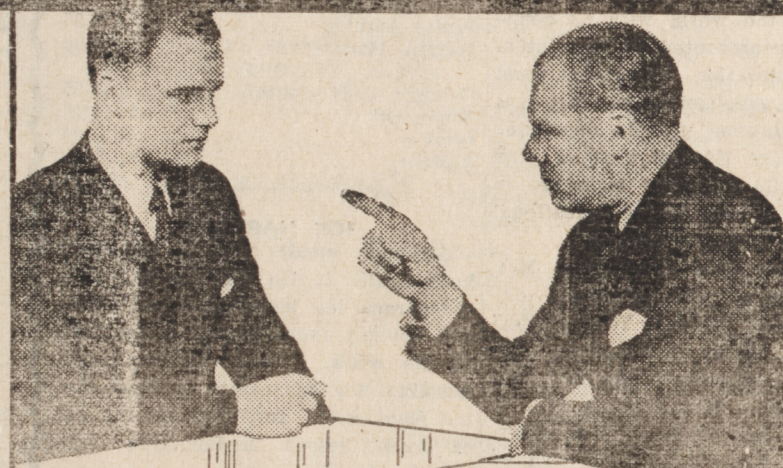


"NO ONE LIKES TO BE ORDERED ABOUT" SAYS DALE CARNEGIE

Author of the famous book: "HOW TO WIN FRIENDS AND INFLUENCE PEOPLE"

"In the all-important business of getting along with people, we should strive to remember that no one likes to take orders."

"A knowledge of this basic trait in human nature has helped many successful men to acquire a reputation for uncanny ability in handling people."



"For instance, the closest associate of the head of a great industrial enterprise employing many thousands of people once declared he had never heard the chief give a direct order to anyone."

"This man achieved his results by giving suggestions instead of commands."

"He never said: 'Do this', or 'Don't do that'. He said: 'You might consider doing this', or 'What would you think of doing it this way?'"

"A technique like this is easy on people's pride. It makes them want to co-operate. So remember, to get what you want, without giving offense, offer suggestions instead of giving direct orders."



Have YOU Smoked a Turret Lately?

If you haven't smoked a Turret lately, why not consider trying a package today? By accepting that simple suggestion, many, many smokers have gained an entirely new idea of how good and how satisfying a cigarette can be. Your experience may be the same, because you'll find Turret an unusual cigarette—a cigarette that is milder and cooler, with an original and unique blend of Virginia tobaccos which makes Turret just that much better, just that much different. Even the Turret package is better—it has a handy calendar on the back to keep you up-to-date!

Imperial Tobacco Company of Canada, Limited

Turret
CIGARETTES
PLAIN or CORK TIP
For roll-your-owners we suggest Turret Fine Cut



"Listen, Mr. Picobac."

Razor in hand, Les Sharples, proud proprietor of the original two-chair barber shop of Essex Centre, paused and declared, "Nobody trusts a mugwump. You never know which side of the fence he is on."

"I'm not talking about mugwumps," replied Mr. Picobac brushing the blue smoke aside. "I'm talking about keeping an open mind. An M.P. should vote and smoke as his conscience guides."

"You always smoke the same kind of tobacco, I notice," continued Les.

"You bet I do," rejoined the Barley philosopher. "I smoke Picobac, the pick of Canada's Barley Crop, grown in Sunny Southern Ontario. I like a mild... cool... sweet smoke. The more I smoke it, the better I like it. But I'm open-minded. You show me anything better and I'll try it; but you can't do it."

Picobac
"IT DOES TASTE GOOD IN A PIPE!"
Grown in Sunny Southern Ontario
Have you tried Picobac Sliced Plug—vest pocket tin 15c