

with which to settle the new soil compactly, cut back the branches one-fourth, and set the plant in a shady place for several days. If it is inclined to wilt much, give the foliage a daily sprinkling, but do not deluge the soil. Keep the soil just moist until signs of growth are manifest. Many plants must rest during the winter, and these should be watered sparingly, or set away in a frost-proof, not-too-dry cellar.

**Dahlia Tubers**—The large, heavy bunch of tubers must be taken up in compact form; do not break apart;

## 54,600 MEALS DID HIM NO GOOD

How One Man Wasted 50 Years of His Life. Thousands Like Him

"What's the use of eatin' anyhow?" said the scrawny dyspeptic to his ro-tund, prosperous-looking friend. "Here I've been eatin' three times a day, and sometimes twice a day, for fifty years, and look at me. I'm rawboned and skinny, still at the bottom of the ladder, sour on the world, and a pessimist. I know it, and I can't help it. If I had it to do over again, though, I would take care of my stomach, for I don't believe I ever really relished a meal in my life, not even mother's Christmas dinners, and I firmly believe that my way of eating or whatever it was, brought along with it darkness and impossibility of success."

"You're right," nodded his companion. "Of course, that isn't always the case. But in this age we must not only 'Trust in the Lord and keep our powder dry,' but we must swallow sunshine with our food. Cheerfulness, especially while eating, which is the most essential act of man, is as necessary to him as sunshine is to the flowers. Nothing normal can be produced in darkness."

"But this is what you haven't been doing, Mr. Dyspeptic. Your brain and your stomach, remember, are twins, and you have to treat them accordingly. Why not start now and repair the damage you've done. It is never too late, you know."

"You mean at my age? And suppose you can't always get the sunshine?"

"Absolutely, yes. Science has made it possible to get the sunshine, the health and the strength that your stomach needs, all put up together in little tablets. They call them Stuart's Dyspepsia Tablets, the most effective tablets in the world for this very thing. One ingredient in these tablets digests 3,000 grains of food without the help of the stomach. Two tablets after each meal can do more work, quicker work and better work, in digesting a heavy meal, than the stomach can itself. The stomach need not work at all. Stuart's Dyspepsia Tablets does all the work, and gives your jaded stomach a rest, the rest it needs. Meanwhile you cure yourself of brash, irritation, burning sensation, heartburn, sour stomach, acidity, fermentation, bloat, and the worst cases of dyspepsia and indigestion. You get rid of these for all time. And then, besides, you can eat all you want and whenever you want, and you will also relish mother's Christmas dinners if you will take Stuart's Dyspepsia Tablets after eating. That's the sunshine I was talking about. Then your face will reflect the internal change going on, you'll be more energetic, your mind will be clearer, you will have more confidence in yourself, you'll be happier, and you'll be yourself again."

"Your heart will change and you'll feel rosy. You'll enjoy your meals—and live. Let's walk down to the drug store and let me introduce you to one little package of these Stuart's Dyspepsia Tablets. You can get them at any drug store in the world for only 50c a package. It is worth it, Mr. Dyspeptic."

as the new growth in the spring starts from eyes on or near the junction of the tuber and stalk, if broken apart many are injured or destroyed. It is better to dig them when the soil is quite wet. They must not be dug too early—about the middle of November is about right, unless danger of the ground freezing—as the tubers must grow until they ripen fully, to keep well. Dry the clump, just as you dug them, letting all the soil that will stay on them; a shelf in some airy place is good, standing them so the stalk can shed or drain all moisture out of them. In order to do this, set them upside down; this prevents all danger from rot just where the stalks are attached to the tubers. Lay in boxes, on a generous bed of dry sand, and fill the box about and over them with perfectly dry sand or soil—though sand is the better material. They must not be exposed to frost during the winter.

**Canna Roots**—As soon as the frost destroys the foliage, cut it down to within a few inches of the roots. A few days after, the roots should be carefully lifted, placed in boxes or "flats" about six inches deep, and placed in a dry, airy situation where a temperature of 50 or 60 degrees of heat may be maintained, during the winter. The roots must not be placed closely together, and all spaces between must be packed with dry earth. They must be kept in a warm place in the cellar, with moisture, but not kept wet.

**Large Geranium Plants**—If the cellar be "just right," old plants may be hung up by the roots, or packed in boxes and barrels, with some hopes of saving them over; but not every one is successful with this method. A good way is to dig the plants before they are blackened by frost—a few frosts will not hurt them unless very hard—leaving the soil on the roots, and pack closely in boxes, filling all spaces with soil, which should be given a good wetting so as to firm the soil about the roots. Then they should be given a good light in a comfortably warm cellar, and kept barely moist. They will shed all leaves, except a little tuft on the ends of the branches, but will come out in good shape for cuttings, or even for plants in the spring.

Plants intended for the house should be brought under shelter on cool nights, but have plenty of sun during the day. They should be brought indoors before the fires are permanently lighted, in order to get gradually accustomed to the change. They should have fresh air in well ventilated rooms, but must not stand in a draft of air. One of our readers tells me that gas will not harm the plants materially if plenty of ventilation is given the rooms. The use of paint on clay pots is objectionable, as it destroys the porosity of the pot, and prevents the circulation of air about the roots.

### Tin Cans

If you are short on earthen pots when potting time comes, gather up the cans you wish to use and see that they are clean. Baking powder, or other cans that have separate tops that can be lifted, are best. Lay the can on a bed of coals or a hot stove, until the seam is melted and the bottom unsoldered. Then, if you can find tops enough, set the unsoldered cans in the tops, which will serve as a bottom, and into this put your soil and set your plant. When you wish to repot you will have no trouble about transplanting, as the tin will open to allow removal. A can may be painted brown, gray or green, or it may be given a good coat of paint or varnish and rolled in sand while still wet and sticky; or tissue paper covers may be made. Some plants do best in tin cans, but they must have

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good drainage and not be kept too wet, as evaporation is slow in cans, and the soil may sour.

Do not allow yourself to be persuaded into buying Easter lily bulbs in late October. Good bulbs can hardly be had at that time, and the bulb, at best, will not bloom in time for Easter.

### "A Point of Honor"

One of the things which should not be tolerated, whether in child or adult, is the habit of pilfering little "bites" or eatables from the home pantry. Older persons may set the example, and the little ones may or may not realize that such acts are wrong. The reserve store set aside for common use should not need locks to keep it sacred from meddling fingers, and a child can be taught that such an act is as much a theft or breach of trust as to take money from the family purse, or pilfer from the grocer. It should be taught that these stores are set aside for certain uses, to be shared in by all the family, or perhaps intended for an invalid, and that meddling with it, or reducing the amount on hand may work a hardship on not only the housekeeper who counts on this reserve to round out a meal, but upon others who are thus deprived of their share. In order to fix the importance of this upon the mind of the child, example is better than precept, and every adult, no matter how privileged, should show respect for the things which belong equally to all the family. The child should be taught that honor, like cleanliness and bravery, is a virtue in itself, and is not to be used or neglected as our wishes or will may dictate.

### Darning by Machinery

It is stated that a device for darning and mending stockings has been invented by a woman, patented, and the first lot manufactured. It can be used on any sewing machine having a lock-stitch movement. It is a little band of soft steel, measuring about two and one-half inches by three and one-half. It has six sets of small

prongs to hold the stocking taut and flat, and six little movable arms to keep the bulk outside the oval space in which the needle moves backward and forward while filling the holes with thread. The whole trick in using it is in putting the stocking on the little frame, and the trick, like many others, is easy enough, once it is learned. It is claimed that the darning can be done in half the usual time, and by an expert can be made quite as beautiful and perhaps less noticeable than that done by hand. It is to be very inexpensive, and spool cotton will be used with it, anywhere from number fifty to one hundred and fifty being practical.—Modern Women.

### Query Box

(I must ask our readers to always give full name and address when writing, whether the information sought is to be given by letter or through the Query Box. If this is done, we can use our best judgment in the matter.)

**E. M.**—Crush a newspaper in your hands and use it to rub the top of your range after cooking. It will improve its appearance.

**S. S.**—The inlaid linoleum is best, but costs more at first buying. It will always look clean, and will not wear off as the figured, cheaper grade will.

**W. S.**—Write to the secretary of the Massachusetts state board of agriculture for the report on "Home Garden." It will be sent free, and, if you ask it, your name will be placed on the mailing list for future documents.

**Estell**—To rid the pots of the worms, try dissolving a tablespoonful of ground mustard in a half cupful of water and pour it on the soil. It will not hurt the plant roots, but will disturb the worms.

**Beginner**—I am glad if our talks help you—your kind words help us, too. Sprinkle dry salt on the milk, grease, or other cooking which is spilled on the stove, leave it for five minutes, and you can then brush it off clean. The salt will prevent smoking.