

Announcement

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Eye Care and Eye Strain



BY C. H. TUCK, OPT.
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STEREOSCOPIC VISION
part two

Elements peculiar to this control. All are common in perfect vision, yet one or more than one may be missing and because of the mental interpretation with this lacking, vision was neglected until comfort was lost, or facial appearance lead to thoughts of change.

Suppression of vision in one eye
Suppression, alternating first one eye, then the other.

Stereoscopic Lack, or lack of fusion: eyes not properly working together.

Perspective, lack of perspective, flat appearance on the surface of things.
With all these elements properly functioning the perfect blending is evident and objects are seen in proper relief.

Lack of one or more of these elements may lead to these complaints in seeing, confusion, difficult fixation and difficulty in concentration, drowsiness and nervousness and migraine. The most pronounced these conditions may become the more are

we inclined to several things which may exist only for a short time at first and later may become more fixed. Seeing double, momentary turning of one eye for a time, later becoming fixed, alternating turning of the eyes, first one, then the other and also turning of both eyes. The brain does not desire to constantly see things double and often in the effort to see things singly and with comfort one eye will turn and as this habit may be for only a short time at first, it may later become more fixed and chronic.

(To be continued)

NEWS AND INFORMATION FOR THE BUSY FARMER

(Furnished By The Ontario Department of Agriculture.)

Haying Time Hint

Now that haying time is here again, it is well to note that, according to results obtained at the O. A. C., Guelph, sweet clover makes the best quality hay when cut late in the bud stage and about ready to blossom.

Certified Apple Orchards

The opinion that apple orchards should be certified is gaining ground among apple growers and horticulturalists. It is contended that certified orchards would raise the standard of apple growing throughout the province. A certified orchard would be one which had no hawthornes, wild apple trees, no neglected nor maggot-infested trees within 300 yards of it. A certified orchard would be one which was well-sprayed and free from apple maggot. With every orchard certified, bumper crops would be assured.

Defective Chicks

A casual glance over the chicks may not detect any culls or pickouts. But on closer examination it may be noticed that some are not doing as well as others. Some have defects of body conformation, feet or wings. These might better be taken out now than left to add to the crowding in the pen. There will be pullets that are off in type, have poor heads or some other defect and might better be sold as broilers than kept to maturity. Under present price conditions one can afford to rear and keep only the best for the laying stock.

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lets so as to give the pullets more room at the feed trough and on the roosts. Some of these cockerels may be sold as broilers, and the best carried along to be sold later as roasters.

Vegetable Growers' Report

Of interest to vegetable growers will be the 28th annual report of the Ontario Vegetable Growers' Association (1932) just issued by the Department and containing the following valuable chapters: President's address by C. I. Delworth; report of Secretary-Treasurer J. Lockie Wilson; report of Fieldman, Geo. Rush; The Trucking Problem as I See It, by Paul A. Fisher; Market Conditions by W. B. Somerset; Vegetable Diseases and Their Control, by Dr. H. W. Dye; Asparagus Culture, by Harper Secord; Cover Crops, by T. H. Hones; How to Cut Cost of Production, by Chas. T. Williams; Soil Heating by Electricity, by O. W. Titus; Possibilities of Western Markets by H. E. Toms; Fertilizers, by Major J. Black. Copies are obtainable from the Department or from your local representative.

New Health Broadcasts

Stress Value of Milk
The Ontario Federated Women's Institutes will present regular weekly Health Programmes over radio station CRCT. The first was given on Monday evening, June 19th, at 6.15 Daylight Saving Time.

These talks will stress the value of milk in the diet and, it is expected, will create a greater consumer appreciation of this important product of Ontario farms.

Such plans have been made possible through the courtesy of the Hon. T. L. Kennedy, Minister of Agriculture.

Honey Prospects Good

If Quality Maintained
Uniform quality, good packing, and continuity of supply are three important items in building and maintaining an export trade in honey. George R. Paterson, Overseas Commercial Representative of the Ontario Honey Export Association, recently returned from England, reports a good steady market for high quality Ontario honey in the British Isles. He said that consumers are gradually learning the importance of honey in the diet and also, to appreciate Empire brands. He states that quality in honey is judged by texture, flavour, and colour. Further, that British buyers think highly of the good clover honey from Canada, and are quite prepared to pay fair prices for a well-presented product.

In Holland there is a fair market for dark honey, and Ontario buckwheat competes quite well with Cuban, Russian, and that from other sources.

Crop Report

A review of crop conditions as of June 1st showed that pastures, hay and clovers had grown rapidly, showing much improvement over a month earlier. Clovers and alfalfa generally promise heavy yields. In Eastern Ontario new seedlings were badly winter-killed, but old stands appear good. Haying commenced early this year and has been in full swing in most counties. Fall wheat has come along rapidly except on low lands. The fall of moisture has been very uneven, with some sections suffering from drought and others needing rain. Crop prospects are good in Northern Ontario. Livestock on pasture have plenty of grass and are in good condition in western, Southern and central Ontario.

Bruce County reports many fields of fall wheat badly lodged due to unusually luxuriant growth. In Dufferin the growth of fall wheat, spring grains and meadows is most satisfactory. Huron County, in common with most of Western Ontario, suffered heavily from early June windstorms, in which many farmers lost barns as well as tomato and tobacco plantings. Brant County reports prospects for strawberry crop very good, with acre-



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Goes To Town First Time In Over A Year

St. John, N. E.—"This is the first time in over a year I've tried to make the trip down here to St. John and Sargon gave me the strength to do it," said Mrs. W. M. Breen, Ash Point, N. E. "I was in wretched health; everything seemed to be the matter with me—stomach trouble, headaches, rheumatic pains and constipation kept me suffering continually. Sargon made a marvelous change—in fact, every ailment I had is gone! Sargon Pills are wonderful for keeping the system regulated. They have rid me entirely of constipation."

(Your Firm Name Here)

R. J. Woollard

age down 25 per cent. from 1932. The Hessian fly has played havoc with fall wheat in Essex and much of the crop, 45,000 acres, will be affected. One hundred bacon hog boars have been purchased in Essex in the last 12 months. Down in Carleton County heavy losses are reported from wire worm on spring grains and corn. A practically all vegetable gardens and severe hailstorm inflicted a loss estimated at \$100,000 to \$150,000 covering green houses east of Ottawa. Orchards have had an unusually large show of bloom and the prospect for fruit of all kinds is favourable. Barley acreage is larger than usual and oats about average, both crops showing well.

Sow Buckwheat in July

The acreage of buckwheat has shown a steady increase in Ontario every year and now stands at 200,000 acres. Its popularity is increasing due to the opening up of the European market for buckwheat and to its ability to smother weeds. Buckwheat fits naturally into the crop rotation as a late sown crop or as a special smother crop, and for best yields and as a means of checking weeds, should not be sown until after July 1. The practice of some farmers in planting buckwheat in June results in buckwheat becoming mixed with clover and other light honey, with a tremendous loss to the beekeeper, cutting the sale value of the white honey crop 50 to 75 per cent. The apiary is a valuable asset to any farm in aiding fertilization of all plants especially fruits and the apiary owner should not be forced out of business by thoughtlessness on the part of farmers in sowing buckwheat early in the season.

Minister in England

Hon. Thomas L. Kennedy, Ontario Minister of Agriculture, is on a six weeks' trip to England for the purpose of personally canvassing the British market with a view to further stimulating the sale of Ontario farm produce and to make a study of what the British consumer wants and how it may best be served. He has been delegated by the Government to make whatever changes necessary to constitute Ontario house in London a great central point for marketing Ontario's produce and to bring back recommendations to aid exporters here.

An attempt to push the sales of Ontario blue-cured tobacco, livestock, cheese and fruits is the primary object of his visit. There has been a very gratifying increase in sales of Ontario fruit in Britain due to the presence of a representative on the market who has studied the requirements of the British importers and has passed his knowledge on to Ontario growers.

It is hoped to extend the plan to include other farm products and the Minister's personal visit should go far towards providing the necessary information for pushing the campaign.

Drop Cakes

(Makes 5 dozen)

- ¾ cup shortening
- 1½ cups brown sugar
- 2 eggs
- 1½ cups quick cooking oatmeal
- ¾ cup cocoanut
- 6 tablespoons orange juice
- Grated rind of 1 orange
- 1½ cups flour
- 2 teaspoons baking powder
- ½ teaspoon each of soda, cloves and salt
- 1 teaspoon cinnamon
- ½ cup sweet milk

Cream shortening and sugar. Add well beaten eggs. Add oatmeal, cocoanut, orange juice and rind. Sift dry ingredients. Add with milk. Drop from teaspoon to well greased cookie sheet. Bake in a more than moderate oven (350 degrees to 400 degrees F.). Nuts or candied orange peel may be substituted for cocoanut if desired.

Orange Rice

- ½ cup uncooked rice
 - 1 pint boiling water
 - ½ teaspoon salt
 - ½ pint whipping cream
 - 1 cup orange juice
 - ¾ cup sugar
 - 1 tablespoon grated orange rind
- Cook rice in boiling salted water until tender. Do not overcook. Pour into a strainer and wash several times in cold water. Spread out on a cloth to drain. Sprinkle 1 teaspoon of the grated rind over the rice. When cold fold the rice into the whipped cream and serve with sauce made by combining the orange juice, sugar and rind, which has been stirred until the sugar is dissolved.

PARK ROADS BECKON

All the national parks in Canada are always accessible by motor car and within the borders of the parks are 567 miles of motor roads, 2,514 miles of trails and 1,066 miles of telephone lines. The smallest of Canada's national parks is at Point Pelee, a short distance from Windsor, Ontario, and Detroit, Michigan. This park, only 6.04 square miles in area, is at Canada's most southerly latitude. Next to Banff it attracts the largest number of visitors. Last year over 150,000 persons went there in 38,105 motor cars, over 60 per cent. being from the State of Michigan.

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Did You Ever Stop To Think?

By EDSON R. WAITE
Shawnee, Oklahoma

H. F. PULLEN, PUBLISHER OF THE PRINCE RUPERT (B. C.) DAILY NEWS, SAYS:

That Canada is the closest neighbour of the United States and the people of the two countries are so similar that it would be difficult for a visitor to either country to be sure on which side of the boundary he was if he were not told.

We are Canadians and the people of the United States call themselves Americans, but all come from the same original stock. In each country there is a predominance of people of British origin with British ideals and a British outlook. There is also a large admixture of other European peoples, all being gradually welded into a new nation, one to the south and the other to the north of an arbitrary dividing line.

The southern climate of the United States is more attractive to the ordinary visitor who wishes relaxation but the climate of Canada is the more bracing and tends to make a harder and more virile people.

Between the two peoples there is a tariff and immigration wall that separates them much more completely than does the Atlantic Ocean cut each off from Europe. Canadians cannot buy in the United States because the import duty is high and people south of the line cannot buy in Canada for a similar reason. People in one country cannot migrate to the other except under the strictest supervision. However, they do pay brief visits across the line and this interchange of visits is on the increase.

Today leading citizens on either side of the line are beginning to see the advantage of closer relations with their neighbours. Canada has a large market for many United States products and lumber and fish. We are developing business with countries thousands of miles away and neglecting to trade over the fence with our next door neighbours because they

have refused to trade with us. The logical move is for statesmen from Canada and the United States to sit around a table and discuss these matters as friends and neighbours and make permanent arrangements for buying and selling and for coming and going back and forth across the unfenced line.

OSHAWA FACTORY SPEEDING UP

Gratifying increases in retail automobile sales in the early part of May prompted the upward revision of production schedules to the plant of General Motors of Canada, Limited, in Oshawa. Demand for cars of General Motors of Canada was so brisk, according to a statement from R. S. McLaughlin, president, that schedules had to be boosted by 1600 car units over and above the anticipated schedules for June and July. A later statement from Mr. McLaughlin intimated that if sales were maintained at such a level there would have to be still another increase in the factory schedule.

CANADIAN PACIFIC to CHICAGO

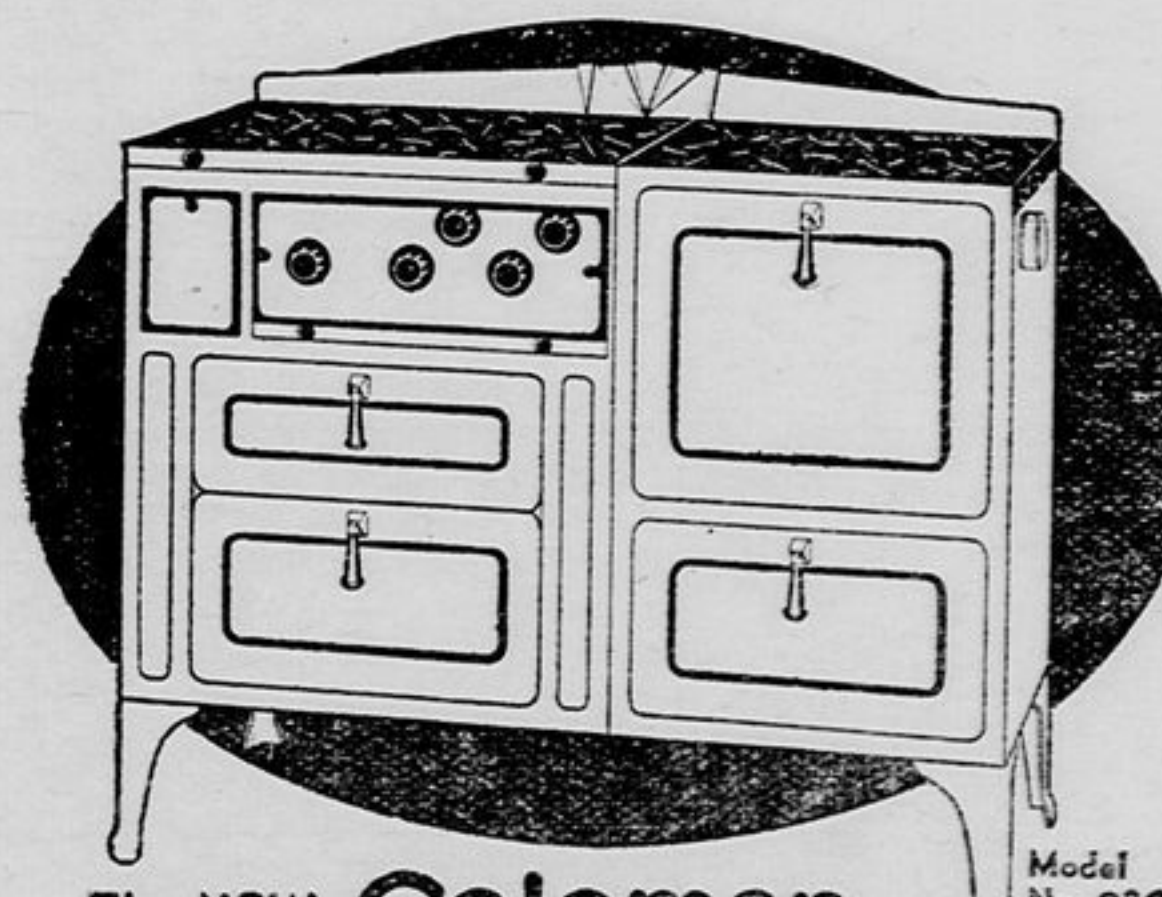
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