BUCKWHEAT FOR 1918.

The growing of buckwheat has fallen into disrepute in most places. The fact that it is often spoken of as a lazy man's crop should not deter others from raising it, and the old principle that it requires little or no cultivation should not be followed. When the country was new, and the soil rich, any kind of scratching of the soil was considered sufficient, and in this way, very few gave to the crop the proper cultivation.

Easy to Produce

Buckwheat is really one of the easiest crops to grow. The seed requires planting at a leisure time, and will grow a good crop on land that is almose worthless. These commendatory qualities of the crop seem sufficient to overcome those put in the opposite scale.

If buckwheat is grown on the true and right principle that whatever is worth doing at all is worth doing well, there is little doubt that it will prove profitable, whether the soil is poor or otherwise. If for no other reason, it seems advisable to grow a small patch of it for the breakfast cakes that it yields the family during the winter season.

Suits Many Soils

The buckwheat that is sown on rich soil will, of course, yield better than that sown on new land which has just been scratched over by the plow and harrow. If the soil is mellow and well worked, a peck of seed per acre will give a good yield. There is one advantage in thin seeding, and that is that it encourages the branching of the plant so that the seed is borne very thickly.

The choice of the seed also affects the growth of the plants considerably, although the black and the gray appear to grow almost equally well on average soils. On a thin, gravelly soil which is in good condition, the gray variety yields more and better flour than the dark, thick-skinned kind.

The question of fertilizers for buckwheat is one to which little attention has been given. Why any fertilizer of any kind should be used may seem strange to those who have been accustomed to raise the grain on poor land, where it seemed to flourish under the most unfavorable circumstances. On rich soils it would at first glance seem that manure would be sheer waste. It may be said that this is partly true, but we have found that lime applied to the soil is not time or money lost. The application of plaster is also beneficial.

A Short Season Crop

Buckwheat is a short season crop. We have sown the first week in July and secured a mature crop. The last week in June is, all things considered, the best time to sow in Ontario. The best way to harvest it is to cut it with a mower, let it lay in the swath for some days, then put in into cocks, allowing it to cure thoroughly before threshing.

INTERNATIONAL LESSON MAY 19.

Lesson VII. Jesus Exercises Kingly Authority—Mark 11. 15-33.

Golden Text, Matt. 28. 18.

Verse 15. Entered into the temple—In the early part of his ministry, as recorded by John (2. 13-17) he had cleansed the temple, but now the old traffic was in full swing, and perhaps worse than before. He now with great vigor and authority expels those who profane the holy courts. Cast out them that sold and them that bought—Victims for the temple service, wine, oil, salt were the various things purchased. That they could be purchased within the temple precincts was doubtless a great convenience to the pilgrims, but the sordid mercenary spirit which had grown up turned all the traffic to desecration, profanity, greed, and fraud. Overthrew the tables of the moneychangers—The temple tax of a half-shekel which every Jew had to pay annually had to be paid in Jewish money. Pilgrims from all parts of the neighboring world brought with them Gentile money which naturally would have to be changed for the current coin of the Jews. Great profits came to the moneychangers at this time, who were not slow, as in Cairo, Jerusalem, and Constantinople to-day, to reap rich results from extortionate charges. Them that sold doves—The Levitical law (Lev 12. 8; Luke 2. 24) provided that those who were unable to purchase lambs might purchase doves.

16. Carry a vessel through the temple—Any kind of implement. They had fallen into the habit of making a thoroughfare of the temple precincts, which the Jewish authorities had prohibited.

17. And he taught—Stirred by what he saw he seized the opportunity to instruct them on the proprieties of the sanctuary. Ye have made it a den of robbers—The din of traffic is not in harmony with the spirit and practice of prayer in the house of God. The chaffering of traders, the noise of sacrificial beasts, the noise of men tramping through the sacred courts, was not so bad as the greed and robbery by which unscrupulous traders had enriched themselves at the expense of the thronging pilgrims who had come to worship.

18. The chief priests and the scribes heard it, and sought how they might destroy him—Since all this traffic took place by the sanction of the priests, and since all animals offered for sacrifice had to pass the priestly inspection we may well understand how bitter was their rage toward Jesus, when we are told that the priests derived revenue from this barter. To sweep out of the temple the entire miserable crew of traffickers interfered with the gains of these secularized religionists. They feared him—We have two other instances where they combined against him (John 7. 32 and 11. 47, 57). He had the people with him and they did not dare arrest him before the crowd, who undoubtedly looked on with supreme satisfaction as they beheld his fearless attack upon the corrupters of the people and despisers of the common folk.

28. By what authority . . . who gave thee this authority?—This was on his third visit to the temple at this time. He is challenged by all three classes, including the custodians of the temple, who might reasonably claim to inquire why he presumed to exercise authority in a region over which they had special jurisdiction.

29. I will ask you one question—He now brings up the mooted question of John's authority to do as he did. What authority has any man to move out of the conventional order, unless he is moved with a mighty call to his day! Why did John baptize and so scathingly arraign the leaders of his day?

32. They feared the people: for all verily held John to be a prophet—Consequently, to have lightly esteemed John was to bring upon them the popular indignation. Instead of frankly owning to their conviction of John's divine call they took refuge in a cowardly profession of ignorance.

33. Neither tell I you by what authority I do these things—John's fearless action was the action of a prophet; Jesus' conduct was likewise the procedure of one moved by divine authority, but he refused to answer men who were moved only by a hostile curiosity.

A May Frolic.

A host of little raindrops hurried out
one day;
A host of little sunbeams followed
them in play.
When Miss Polly saw them frolicking
together,
"Mother, look!" she cried. "What lovely rainbow weather!"

Hoptoad's New Coat.

"Homely Little Hoptoad,
Sitting by your door,
Just come up to sunlight,
Now the winter's o'er,
Oh, but aren't you dingy,
Such a looking sight,
Here among the blossoms blithe,
All so fresh and bright!"

Humble Little Hoptoad
Never answered back,
Just began to wriggle—
Coat began to crack!
Wriggle, wriggle, wriggle!
Cracking, bit by bit.
"Mercy me! He's pulled it off,
And he's swallowed it!"

Happy Little Hoptoad,
Blinking in the sun,
Shining like the blossoms,
Almost looks like one,
For beneath the old coat,
Ready, all the while,
There had been a new coat fine,
Just the season's style.

Highty-tighty Hoptoad,
Starting for a stroll,
In his eyes so sparkling
Is a twinkle droll;
Maybe he is thinking,
"Don't you wish that you
Got your new spring toggery
Just the way I do?"

The Journey

The journey of life?
It is but the stepping from the valley,
That lies dark and dank in the mist,
To the hill-top,
Bright and clear in the sun.
And for the journey,
Be it one day or a thousand years,
A knapsack filled with love.

Sure Cure for HEAVES

Here's what Pte McLennon, Sherrville P.Q. says about CAPITAL HEAVE REMEDY. "I used CAPITAL HEAVE REMEDY beforeon a horse that another man turned on a bare pasture to starve. I cured her with the powders. I can prove this about the old horse; I have her yet; she has never showed Heaves since."

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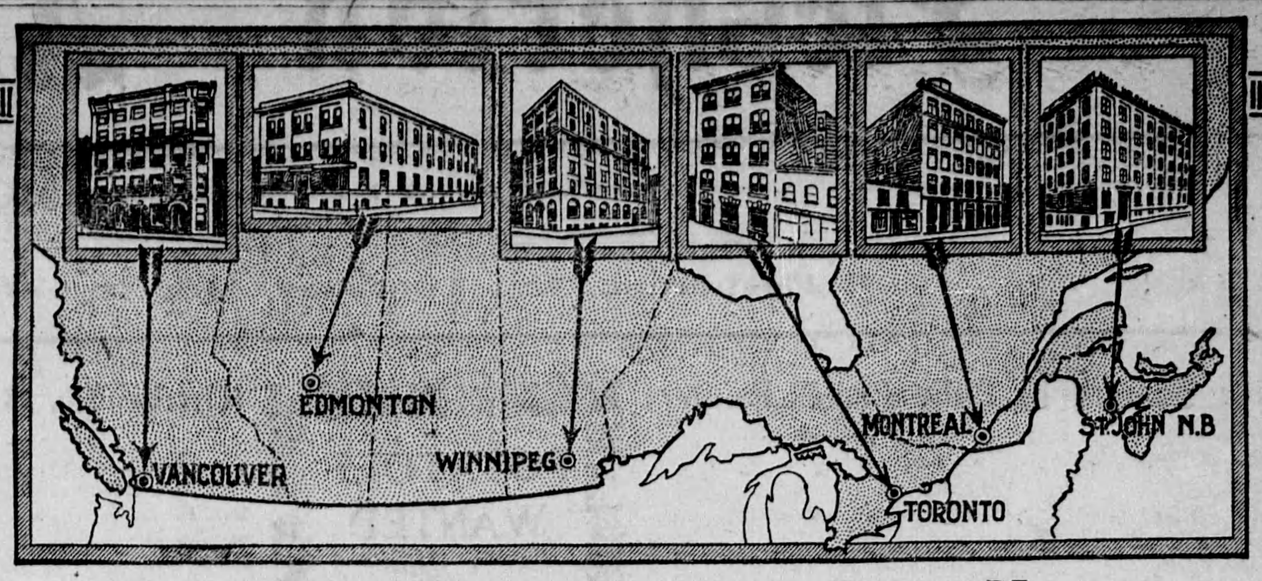

How Canada's Greatest Shoe House Supplies the Nation's Footwear

CONSIDER the amount of time and the infinite care you take when buying footwear to suit your own taste in regard to style, size, etc. Multiply your own individual needs by millions and you will get an idea of the immense task which confronts the makers of Canada's footwear, and the size of the organization it is necessary to maintain for that purpose.

The buying of a single pair of shoes is an event that occupies a person but a few moments two or three times a year—but to meet the accumulated demand of a nation's individuals, it requires the whole resources of a gigantic industry. Ames Holden McCready are truly "Shoemakers to the Nation." It is a title justified by their size and the importance of their business.

It may be a revelation to many Canadians to know that to supply them with proper footwear, this firm maintains huge factories each with many acres of floor space, and hundreds of intricate, almost human, machines—facilities and equipment sufficient to turn out 8,000 pairs of shoes every working day.

It requires a small army of workpeople, clerks and warehousemen, in addition to executives, buyers and travellers.

It requires much study and thought to plan styles and models of Men's, Women's and Children's shoes in their various grades and styles.

In order to secure the best results in the production of various kinds and grades, it is also necessary to specialize.

For example: Ames Holden McCready factories are separated into three distinct factory units, each a complete factory in itself.

One unit of our factories is devoted entirely to the manufacture of high grade footwear for Women and Children. Consider the great variety of styles in women's footwear, including high-top boots, oxfords and pumps.

Consider the many different patterns and lasts, the varieties and shades of leather and finish—then you will see what a great number of models are required to meet the widely different needs of Canadian women in the cities and towns and also in the country districts.

Another factory unit is devoted to making only the better grades and styles of Men's Shoes—shoes for professional men, lawyers, doctors, and all business men, whose occupations permit the use of fine leathers such as calf and kid.

The third unit specializes in sturdier types of shoes for heavy wear and rough usage. Shoes for farmers, lumbermen, miners, trainmen, and workpeople who require a heavier and more solidly-constructed boot.

In addition to the work of manufacture—the requirements of distribution are also tremendous. A manufacturer must not only make his goods economically and well—but he must deliver them—DISTRIBUTE them. Therefore, in addition to a force of 60 travellers constantly visiting the retail trade from coast to coast, Ames Holden McCready maintain, in the centres of population throughout Canada, immense stocks of boots and shoes ready for immediate shipment to the retailers in each section.

These warehouses are located in the following cities:

St. John Toronto Montreal
Winnipeg Edmonton Vancouver

Years of experience has taught us the kind and styles of boots which are required in each locality. No matter in what part of Canada you reside, no matter what particular kind of shoe you require, your retail dealer can procure it for you without loss of time.

And that is the reason why you will find, even in the outlying districts, that dealers selling Ames Holden McCready goods are up-to-date with stocks that are fresh and new, and which reflect the latest shapes and styles.

When you see the A.H.M. trade mark on a shoe, you know that not only is that mark an endorsement by the largest shoe concern in Canada, but that being the product of a highly organized industry, the shoe you are buying represents the utmost in value, style and wearing qualities which can be obtained at the price.

AMES HOLDEN McCREADY LIMITED

"Shoemakers to the Nation"

ST. JOHN MONTREAL TORONTO WINNIPEG EDMONTON VANCOUVER

2B

THE CHILDLIKE RUSSIAN.

Peasant Soldiers Are Fascinated by Simple Experiments.

The eternal childishness of the Russian peeps out even amid the grim scenes of anarchy and bloodshed of the Bolshevik regime in Petrograd. Dr. G. Robertson, an American instructor in one of the Russian institutes, observed that the Petrograd Bolshevik garrison had entirely too much time on its hands and was prone to use this leisure to get into serious mischief.

So he used his Yankee wit and evolved a cure which was simplicity itself. He announced a series of free lectures on the wonders of nature, to be delivered in one of the palaces taken over by the new regime, the use of which he easily obtained when he explained his object. The lectures dealt with the simpler manifestations of physical phenomena, such as the electric spark produced by friction; producing the spectrum through a prism, making a dead frog jump by applying the wires of a battery, and like experiments familiar to high school students.

But among the peasant soldiers, all these things passed for sorcery, or something closely akin to it, and they sat fascinated for hours on end, for day after day, filling the hall to suffocation.

The French journalist who recorded the incident as one of the grotesque contrasts of the revolution, expressed his regret that the professor's "interesting initiative had not been extended to displaying moving pictures." In that event, he intimates, the revolution might have been forgotten entirely.

Mothers and daughters of all ages are cordially invited to write to this department. Initials only will be published with each question and its answer as a means of identification, but full name and address must be given in each letter. Write on one side of paper only. Answers will be mailed direct if stamped and addressed envelope is enclosed.

Address all correspondence for this department to Mrs. Helen Law, 235 Woodbine Ave., Toronto.

Puzzled:—Now long should you wait in a new neighborhood before returning a call? It is best to return the first call within two weeks if you can, as that shows you appreciate the attention. A recipe for a good face cream is as follows:—One-quarter ounce of white wax, two and one-half ounces spermaceti, two and one-half ounces oil of sweet almonds. Melt, remove from the fire and add: one and one-half ounces of rose water. Beat till creamy; not till cold. Be sure that your druggist gives you only one-fourth ounce of white wax. More will make it too hard.

Roberta:—Why save fat? you ask. Because fat is indispensable in the preparation and consumption of food. Because fat is absolutely necessary for the sustenance of human life Because there is a terrible shortage of fat in Europe! We must furnish the people of Europe with fat, and that of the most concentrated nutritive value. Fat is obtained from milk, meat, poultry and fish products and, in the form of oil, from vegetables. There is usually an abundance of various kinds of fat in the farm house. See, then, that none of it is wasted. Our definite duty is to use no butter for cooking purposes and to use as little pork as possible for, of all machines for the production of animal fat, the hog is the most efficient.

Lorraine:—The following is a table of substitutes such as you ask for:—Every time you have one of these at a meal: A nutritious soup, fish, poultry, eggs, baked beans, pea or lentil croquettes, cereal dishes, combined with eggs, milk or cheese, you do not need to have these at the same meal: Roast beef, roast mutton pork chops, ham or bacon, sausage, round or hamburg steak, porterhouse or tenderloin steak.

Floribel:—Here is the recipe you want for Cottage Cheese Salad: Add to one cupful of cottage cheese, that has been mashed, sufficient milk to moisten slightly, one slice of minced green pepper, salt to taste, one teaspoonful of chopped chives and one tablespoonful of chopped nutmeats. Form into balls and lay on lettuce leaves that have been dressed with the following: Mix in a fruit jar one teaspoonful of tomato catsup, a saltspoonful of red pepper, half a teaspoonful of salt, a pinch of dry mustard, five tablespoonsful of vegetable oil, half a teaspoonful of onion juice and one tablespoonful of vinegar or lemon juice. Shake until slightly thickened.

Dubious:—By all means make potatoes the backbone of your war-time garden. Don't concentrate on them to the exclusion of everything else but in choosing your vegetables have regard to the food situation and plant beans, peas, carrots, onions, and, very especially, potatoes. The latter is the substitute par excellence for bread and the more you grow the better. It is advisable to grow plenty of the lettuce and radish variety, too. And, by the way, prepare early for your canning operations. Everyone will be asked to can to the limit this summer and fall.

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