FROM POVERTY TO SONG

How the "Most Enlightened Agricultural Population in the World" Was Developed.

BY M. M. McCOOL.

A little more than one-half of a century ago, Denmark was in a terrible condition, both economically and socially. These conditions were due to the wars that she had passed through. The Napoleonic era left this country in a bankrupt condition. The prolonged resistance to Prussia resulted in a loss of about two-fifths of her entire area. The death rate of the people was high, and it was said that tuberculosis was quite prevalent, and illiteracy was common. Denmark was a grain-growing country and had to compete with Canada and the United States in the world market. Her live stock was of inferior quality, as well as were the various products produced.

To-day Denmark is an agricultural fairyland, with an area of 19.7 million acres, 7.4 million acres of which are under cultivation. She has a million agricultural workers; 206,000 land holdings; 1.5 million cows; 1.8 million pigs, and 19.1 million chickens. She supplies about one-third of the butter to the world market, nearly one-half of her bacon and eggs to Great Britain, and has the most enlightened agricultural population in the world. This little country has gone further with co-operation than any other country in the world. Her social conditions and her co-operative buying and selling methods are the wonder and study of hundreds of students from many countries yearly.

When one enters Denmark from Germany, he is at once favorably impressed by the general conditions of the country. The farmsteads are neat, everything is in order, there is no rubbish, there are no implements exposed to weather conditions. Very often the surroundings are landscaped, the houses are whitewashed at least once in two years, and near the sea coast the cows that are grazing in the fields are blanketed. When one travels on the railways, he observes that over much of the right-of-way, pine trees have been planted and are kept in good condition. As I stated above, Denmark impresses one as being an agricultural fairyland.

LOVERS OF PEACE.

One does not see, as he does in Berlin and other German cities, statues of great warriors. It is obvious that Denmark is a peace-loving nation. On holidays the people appear to enjoy themselves immensely. I have seen trainloads of school children on excursions. They were well dressed, the picture of health, as a whole, and refined. The children and the grown-up people of Denmark appear to be courteous, not only to visitors, but to each other as well.

There are only two thousandths of one per cent. of the people in Denmark who are illiterate—thanks to her educational system. In an educational way Denmark owes much to the vision of Mr. Kold, because he started the people's high school movement for adults. According to Dr. R. Kampp, in the "World Agriculture," the high school movement, which started in a very modest way some seventy years ago, when an old farm building was altered to give room for a school where a few grown-up sons of farmers spent a winter studying under the leadership of that remarkable man, Mr. Kold. The aim of these schools is to broaden the mind of the pupils, to teach them individual thinking, and to make them see the joy of life and the joy of work in a simple and modest way, as well as to encourage their patriotism.

The new national movement, which arose after the loss of South Jutland, was greatly supported by the high schools. As one of the results, a large number of national songs were added to the old folk songs. The singing of these songs became a special feature in the daily life at the schools. And from the fields, where the farm-hand is digging large mangels, and where the lad is driving his team from behind the plow, or from the milkmaid in the stable, sound the tunes of the old national songs in praise of the land with the broad, undulating plains, and light green beech forests, and the sweet smelling clover fields. There are sixty-five of these people's high schools. With the exception of three, they are located in the country districts.

TRAINED FARMERS.

There are twenty-two agricultural schools in Denmark, the enrollment ranging from twenty to three hundred pupils. They have farms in connection with the schools, where the scientific as well as the practical aspects of agriculture are studied by the pupils. The courses last from six to nine months for a period of two years. In addition, short courses are offered on a great variety of subjects. It is interesting to note that all of these schools are only partially financed by the government, being for the most part pirvate concerns. The directors of the schools, and in many cases, farmers in the surrounding districts, own shares in them.

Finally, there is a Royal Danish Agricultural College at Copenhagen which is a state concern, and which offers degrees in general agriculture, dairying, horticulture, veterinary, forestry, and land surveying. It graduates about eighty students each year. In addition, I was informed that there are several young farmers who study for shorter periods, as special students do in some of our agricultural colleges in Canada. The graduates of this institution are encouraged to travel in foreign countries, and many of them, as a result, study in foreign countries also. It is said that the majority of these return to Denmark in order to assist in the further development of its agriculture.

I had the privilege of traveling a few days with Einar Ornstrup, a graduate of the Danish Agricultural College, and a student of the Ontario Agricultural College. He is a member of the administrative staff of the Danish Health Society. He acted as my interpreter while on this tour and took me to places of most interest to me with respect to land reclamation and other agricultural activities in this country. When one leaves the well-trodden route of the average tourist, it is well to have an interpreter, unless he can speak the Danish language. I attempted to make the purchase of a box of matches from a young lady in a railway restaurant in the absence of Mr. Ornstrup. First, I asked for them in English and was unsuccessful, and then attempted to ask for them in very poor German—again was unsuccessful, and finally I resorted to the sign language. I made a movement as if scratching a match on my trouser leg, and again I was evidently misunderstood. Upon the arrival of my conductor and interpreter, he asked me what I desired to obtain and I told him that I wished to purchase a box of matches. It is evident that the Danish people do not have the custom of scratching matches on their trouser leg, inasmuch as they had a good laugh at my expense.

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Killing Quack Grass.

Killing quack grass was easy for E. O. Huttner, who had a ten-acre field on which the quack was as thick as hair on a dog's back. Huttner waited until the pestiferous quack was in full bloom and cut it for hay, since quack-grass yields hay of very fair quality. The land was then plowed shallow and worked at weekly intervals with a spring-tooth harrow. By this means the field was kept bare until just previous to frost, when it was plowed to a depth of seven inches. This process destroyed Mr. Quack-Grass, although a crop of corn was planted the following season in order to destroy all stray survivors. When quack-grass is either pastured or cut for hay at blooming time, the roots become shallow and sod-bound and the plant is then comparatively easy to handle. If it is allowed to stand after blooming, new roots that penetrate deep into the soil may form, and eradication is then a harder job.—A. A. H.

Australia Farming.

January wheat harvest—that's what they have in Australia, where E. B. Pitman farms. Here is part of Pitman's letter: "We grow about 200 acres of wheat each year. We work on a bare fallow wheat rotation and keep an average of one sheep to each acre besides the cropping. Our wheat harvest from 165 acres, finishing January 10, gave us 4,200 bushels. We use eight horses on an eight-foot header, and grain is hauled right from the header to the railway station, eleven miles away. This is the rule, and over a period of years is profitable. I sold my wheat at the railroad for five shillings ten and one-half pence a bushel."

Siphoning Oil From Barrel.

Some people can't suck hard enough to exhaust the air from a hose siphon. A better way is to stop the lower end of the short piece of hose with a cork and then fill the hose with oil. Keep the corked end lower than the level of the oil in the barrel. Thrust the open end of the hose beneath the surface of the oil in the barrel and quickly remove the cork or stopper in the other end, and the oil will begin flowing through the siphon at once and will continue as long as the upper end is submerged in the oil and the lower end is lower than the surface of the liquid in the barrel.—H. G.

Cold Soil—Slow Growth—Backward Gardens:

Nitrate of soda will help the tardy crops. Should the soil continue cold an application of nitrate of soda to the soil, up to 200 pounds per acre, would be profitable, on garden crops, small fruits and spring grains. The plant to grow must have nitrates, such are naturally supplied if the soil is warm, otherwise we must apply this element or wait. Waiting is frequently unprofitable from the crop production point of view.

Reduce Your Weight Through Diet.

First make a moderate reduction in the amount of food consumed. If after a few weeks a change in weight does not follow, eat still less of the fat, starchy and sweet foods. Eating between meals is forbidden. Water may be taken to appease hunger, though not in excess. From four to six glasses a day will insure the elimination of waste.

The aim should be to reduce the total amount of food without actually prohibiting any one food. Use green vegetables, fruits, salads and clear vegetables soups freely and reduce the amount of potatoes, bread and sweets. A pint of skim-milk or buttermilk a day is permitted.

DIETING IS GOOD.

A specialist who has been successful in reducting the weight of his patients permits no food except lamb chops and pineapple. Three times a day they are allowed to eat one or the other or both, but no other food—not even a slice of toast. It is said that reduction of weight is soon noted by following this plan.

Another system permits a diet composed entirely of vegetable soup made with lean meat and strained so that nothing but the liquid is taken. The person who is reducing is permitted as much of this soup as desired, but nothing else. Very little water is taken with this diet. Another diet recommended as a quick reducer is composed entirely of skim-milk.

It is well to consult a doctor before undertaking any of the suggested diets. Perhaps the wisest plan is to follow either diet for three days in the week, and go on a very light, balanced diet for the other four days, until the desired weight is reached.

Care should be taken to have the reduction gradual, averaging not more than one to one and one-half pounds a week. Simple exercises should be taken upon rising. During the morning, if one's occupation is sedentary, exercise if possible from one-half to one hour in the open air, and in any case arrange some exercise for the afternoon.

SO IS EXERCISE.

A simple exercise to practice upon rising in the morning is a reducer, and this also sets up the carriage for the entire day. Stand with the weight divided evenly on both feet. Stiffen the backs of the knees, the back, and the back of the neck, until your whole body is as erect as you can make it. Slowly raise your arms straight up from your sides until you have the insides of your finger tips placed together just as high over your head as you can get them. Then slowly turn the hands around until they are placed back to back, just as high as you can get them. You will find that in turning the hands you have readjusted many of the muscles of the waist-line and hips so that you can feel an upward pull on them, and that you are able to stretch at least a half-inch higher than before. Lower your arms to the natural position, keeping all the tautness and erectness in your figure. This movement, which takes but a few seconds of your morning time, is the best of "setting up" exercises.

Drying Small Articles.

When small, delicate articles, as handkerchiefs, collars, doilies, etc., are hung on the clothesline, the line and clothespins often leave a deep mark that shows even after ironing.

Instead of hanging such articles in the usual way, first put the clothespins (which must be the kind that fasten with a wire spring) over the clothesline, then into their lower end insert the top edge of the article. This brings the article itself not on the line at all, to be crushed out of shape, but leaves it hanging straight down, suspended from the bottom of the clothespin. Use plenty of clothespins for the sake of safety. When the article is taken down there will be no mark from the line, and the press of the pin will not show on even the most delicate article.

Waxed Linoleum Floors Require Less Cleaning.

Why wax linoleum?

One good reason is that waxed linoleum doesn't have to be scrubbed. Just a daily dusting, with a dry mop, keeps a properly waxed linoleum floor spotlessly clean. A little liquid wax removes all spots and restores the soft polish to the walked-on places.

Every one who has tried the waxing method says it's not only the easiest way to care for fine linoleum, but the cheapest. Once or twice a years is often enough to have it done. And in applying the wax, don't be too liberal with it.

THE FRIENDS IN THE DARNING BASKET

In a cozy wicker darning basket lived a whole family of different colored spools of darning cotton. There was a black spool and a white one, several shades of tan and brown, and a few spools that were red and pink and blue. And on a fat little cushion that hung on the side of the basket dwelt a needle with a long eye. They had all been friends for ever so long.

One day when they were getting along nicely together, the black spool went away and was gone a long time. When he finally came back he settled himself in the basket home importantly, crowded the pink spool over a little, without even saying "excuse me," and exclaimed:

"That was a great big hole in John's heel! They surely keep me busy."

"Indeed, they do," agreed all of the darning basket friends. "You are the busiest one of us all."

"Yes, sir," chuckled the black spool, growing more pleased with himself every minute. "In fact, the rest of you could all take a vacation and would scarcely be missed."

A queer little feeling came over the occupants of the darning basket home. No one said anything for a while and the spool of black cotton continued to pat himself on the back. But the more important he became, the more courageous the others grew. The pink spool blushed a little more and said:

"We hardly agree with what you have said."

"But it is true," insisted the black spool.

"The rest of us would be missed," continued the pink spool. "You couldn't mend a pink sock any more than I could a black one."

"Imagine a nice big black heel in one of Marjorie's dainty pink socks," laughed one of the tan spools enjoying the joke.

"Or a black knee in a white stocking," grinned the blue spool.

"Or me in a black sock," added the white spool.

"And wouldn't I make a pretty picture mending the runners in a black sock—oh!" and the red spool turned a somersault.

"While we are on the subject—tan is not becoming to all shades of stockings, either," cheerfully contributed the tan spool.

The black spool of darning cotton was surprised, indeed, and he seemed to take up less room in the basket. He was really a reasonable and sensible spool, and he knew that they had all been telling the truth.

"I can tell you something else," he said.

Everybody listened.

"Where would any of us be without our friend up there on the cushion?" All glanced at the needle with the long eye. They had forgotten all about that quiet friend.

"Why, think of it," said the red spool with new interest, "the needle is our engine—all we do is trail along behind!"

The needle on the fat little cushion smiled pleasantly, and asked:

"But what would be the use of my running back and forth through a stocking without anything to pull?"

All the spools laughed merrily, and the black spool hardest of all. After that they all lived together in just the contented way that friends always do when they understand each other.

What Are You Ashamed Of?

"Oh, why didn't Nelle have fried eggs for breakfast?" I nearly dropped the coffeepot in the pantry when I overheard this remark from one of the girls from the city who was visiting me.

I thought I was cutting a wide swath by serving them alone at a second breakfast of creamed chipped beef on toast, coffee and grapefruit. Like a flash it dawned upon me that they would rather have come down an hour earlier to the regular family breakfast.

I go to high school and often bring girls home with me for the week-end. But such a "splutteration" as I made of trying to ape the city ways! Why, I have even bought flowers at the florists for table decoration when our lane and hedge rows were scarlet with woodbine and bittersweet. My face turns beet red every time I think of it.

But "fried eggs" opened my eyes. I see now that I was half ashamed of our farm ways and upset the whole household in my effort to put a country foot forward in a city shoe. I am so glad I learned my big lesson while still in high school. Little sister, big brother, mumsy, dad and the hired man love to have the outside world brought in by a bunch of young folks, now that it is being done without throwing the whole kitchen machinery out of gear. Mumsy often had told me that my hospitality was veneered. Being "just sweet sixteen" I couldn't see it that way until my "blinders" were jolted off with "fried eggs."

But I am saving the best for last. On Sundays I serve bowls of hot mush and milk for supper. It is something city people never have and I found it is more of a treat to them by far than sandwiches and cake. In the summer I change it to homemade bread and milk.—Nelle Jones.

Fish and Cheese.

The suggestions which follow provide satisfactory dishes for either a mid-day or evening meal, or for emergencies.

For scalloped salmon, drain one can of best salmon, remove skin and bones and flake the fish. Add 1 cupful of cream, ½ cupful of milk, 2 teaspoonfuls of flour rubbed smooth with 1 tablespoonful of butter, 1 green pepper (remove seeds and chop finely), and pepper and salt to taste. Cook until smooth, place in a baking-dish, cover with crumbs, dot with butter and brown in the oven.

Mock lobster requires 1 tablespoonful of butter, 1 cupful stewed tomatoes well seasoned, 1½ cupfuls salmon (skin and bones removed), salt and paprika, a dash of Worcestershire sauce, 2 tablespoonfuls of cracker crumbs. Melt the butter, add the tomatoes, fish, seasoning and crumbs, heat all well together and serve very hot.

Chees souffle is made with 1 1-3 cupfuls of bread crumbs, 1½ cupfuls of grated cheese, 4 eggs, 1 cupful of scalded milk, ½ teaspoonful of salt, 1-6 teaspoonful of paprika. Pour the scalded milk over the bread crumbs and cheese, add seasonings, the yolks of the eggs (well beaten), then fold in the egg whites (beaten until stiff). Pour into a well-buttered baking-dish and bake half an hour in a moderate oven. Serve at once.

Creamed tuna fish is prepared thus: Turn out a can of the fish and drain off the liquor. Remove skin and bones and break the fish into flakes. Blend 1 tablespoonful each of butter and flour, add 1 cupful of milk, place over the fire and stir until thick and smooth. Then add ½ teaspoonful of salt, ¼ teaspoonful each of pepper and paprika, 1 teaspoonful of chopped onion, 1 tablespoonful of chopped parsley, and finally the fish. Set aside, and when cool stir in the yolks of 2 eggs, then fold in the beaten whites. Turn into a greased baking-dish, sprinkle with bread crumbs, bake 15 minutes. Serve hot.

Stockings for Dusters.

Cut the feet off, and split open two pairs of discarded silk or cotton stockings. Sew the portions together and there will result an excellent dust cloth for the furniture or car.

Cream should be tested before putting it in the churn. Have the temperature right if you wish to churn easily and quickly.

A CANADIAN HOME OF ENGLISH DESIGN

By Murray Brown, A.R.I.B.A.

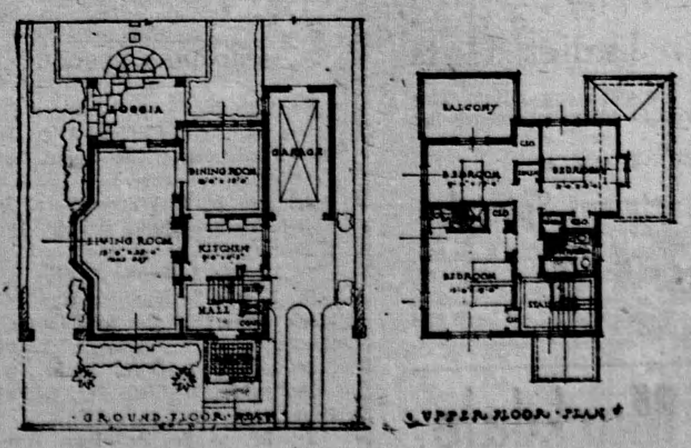
Character is a predominating influence of this home. It pervades the ensemble and is prominent in every detail of the perspective and plans. The checkered chimney; pyramidal roof and the little "eyebrow" window which nestles so snugly and recedes gracefully into the shingles; attractive entrance porch, windows and shutters; large living room and in fact wherever one's eyes rest, it is obvious and pleasantly persuasive.

A most important consideration, without which it is impossible to visualise the effect to best advantage, is a suitable selection of colors. The architect advises that the shingles of the roof be dipped in varying shades of golden and light brown stain. The frame work of the porch should also be stained brown, a darker tone than used on the roof, and the gable shingles done in white. Very striking and charming will be the result when the window frames and sash are painted orange and cream and the shutters and doors a blue green.

The one chimney is all that is required as it is located in the centre of the house and provides flues for the boiler, living room fireplace and kitchen. This arrangement also derives much benefit from the heat which radiates from the chimney and which is almost entirely lost when it is placed in an outside wall.

The base of the house is of brick, carried about a foot and a half above the ground and brick or hollow tile are suggested as the backing for the stucco surface of the remaining walls. Extra heavy shingles are recommeded for the roof with courses varying from eight inches to the weather at eaves to five at the ridge.

It happens very rarely that such a large living room is found in a house 27 ft. x 33 ft. This room, 13 ft. x 28 ft., occupies half of the ground floor and the position of the windows, doors, fireplace and built in bookcases will be noticed with keen interest by those whom symmetry enthuses.

The estimated cost is ten thousand dollars and if comparisons are to be indulged in, it should be remembered that this includes hot water heating and two bathrooms.

Readers desiring further information regarding the plans and specifications of this house should communicate with the architect direct. Address Mr. Murray Brown, A.R.I.B.A., Confederation Life Building, Toronto, Ont.