MARKDALE STANDARD

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A. F. & A. M.
Hiram Lodge, No. 490, G.R.C., Markdale, meets in Masonic Hall, McFarland Block, on Tuesday evening on or before the full moon every month. Visiting brethren cordially invited. L. G. Campbell, W.M.; Ran. Brady, Secretary.

C. O. C. F., No. 399.
Markdale Council, Canadian Order Chosen Friends, No. 399; meets second Monday in the month in Haskett's Hall, at 8 o'clock. A Jackson, Chief Councillor; Herb. M. Irwin, Recorder.

MARKDALE L.O.L., No. 1045.
Meets in Haskett's Hall on Thursday evening on or before full moon in each month. Visiting brethren made welcome. Rev. A. Richardson, W.M.; Everard Walker, Secretary.

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B. H. WALDEN,
Licensed Auctioneer for the County of Grey. All sales promptly attended to. Farm sales a specialty. Arrangements for sales may be made at Standard Office or B. H. Walden, Markdale.

D. CARRUTHERS
Licensed Auctioneer County of Grey. Reasonable terms. Satisfaction guaranteed. Phone 52 r 3-3, or write R.R. No. 2, Markdale, Ontario. 2036

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

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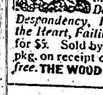

The Great English Preparation. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Used for *Nervousness, Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory.* Price $2 per box, 3 for $5. Sold by all druggists, or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT.

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Always open to buy, and always prepared to give you the highest price and a square deal. Try us.
WILLIAM STONE SONS LIMITED
WOODSTOCK, ONTARIO
ESTABLISHED 1870

THE LITTLE SPOILERS

One evening in the early part of winter, writes a correspondent, the family was gathered round the fire in the sitting room. Mother was darning, father was reading, and we children were busy either at games or at school-books. All at once we heard a heavy thud; it sounded as if some one had struck with a sledge hammer one of the big stones in the foundation wall. I looked up from my book and asked what the noise was. At first, no one seemed to know. "I think it was the cold," mother said finally. "We often hear sounds like that in freezing weather."

My younger brother, who thought some one had thrown a big rock up on our cement porch, went out to look round, but he soon came in again. "I guess it was just the cold," he said, as mother thought. So far as I remember, the incident was not mentioned again.

In the early spring, when the frost was going out of the ground father and I, while passing the corner of the house, noticed a crack in the foundation wall that had not been there before. It ran right through the centre of the largest stone there, which happened to be next the corner.

As we stopped to look at the broken stone father remarked, "Do you remember that one night last winter we heard a dull sound that you described as being like the blow of a sledge hammer on a big stone, and that your brother said sounded like some one pitching a big rock on the cement porch? Well, here is the real solution of that mystery." Mother was right, though she did not know just how the sound was made. This big stone had either a little crack or a hollow place in it, and a few drops of water had found their way into the heart of it. Then, when the cold of that winter night came, the water in the stone froze, expanded and, bursting the big stone, made the report that astonished us so much."

When we gathered for dinner that day I told the incident to the others. When I had finished father continued as if he instead of I had been telling the story. "And just as the drop of water in the biggest and strongest stone of the foundation," he said, "burst it open and caused a weakness in the wall, so every one of us, no matter whether he is old or young, strong or weak, needs to guard himself against the little sins that find lodgment in the heart as much as he needs to guard himself against the big sins. The little sins seem so small and insignificant that we do not try to conquer them, but let them hide away there in our hearts. But sooner or later, when the circumstances are right, those little sins will be our undoing. If you were tempted to steal a thousand dollars, you would resist the temptation and have done with it. But when you are tempted to let a wrong desire or an unclean thought find a place in your mind you may not see the need of ousting it. Thus the little sin may wreck your life, although the big temptation was conquered. Like the Psalmis, we ought to guard against every secret fault."

A short time ago the retail price of Red Rose Tea (Crimson Label) was reduced 10 cents a pound.

Whenever conditions permit, the price will again be reduced, but never to such an extent as to lower the quality.

You will always find the quality of Red Rose Tea all you expect it to be—the same good tea for over 25 years.

T. H. ESTABROOKS CO., Ltd.
St. John Toronto Winnipeg
Montreal Calgary Edmonton

Farm Crop Queries

CONDUCTED BY PROF. HENRY G. BELL

The object of this department is to place at the service of our farm readers the advice of an acknowledged authority on all subjects pertaining to soils and crops.

Address all questions to Professor Henry G. Bell, in care of The Wilson Publishing Company, Limited, Toronto, and answers will appear in this column in the order in which they are received. When writing kindly mention this paper. As space is limited it is advisable where immediate reply is necessary that a stamped and addressed envelope be enclosed with the question, when the answer will be mailed direct.

S. B.:—Please give me a balanced grain ration for calves about six weeks or 2 months old, and is whole shelled corn good to feed to small calves?

Answer: A good ration for calves six weeks old is about half a pound per day of ground oats and bran, about one part of each, later ground barley or ground corn can be added to advantage. At two months, feed one pound per day; at three months, two pounds per day up to six months. As a general rule it is not good practice to feed whole shelled corn to small calves. They are unable to digest it.

Mrs. G. M.:—What do you think of beet tops and beet roots for feed for milch cows? Do you think beets would make the milk taste or have any peculiar smell?

Answer: Beet tops and beet roots are excellent to feed milch cows. They do not in any way taint the milk.

J. B. C.:—Do two applications of fertilizer to a crop get better results than one application of the total number of pounds?

Answer: It is a habit in the older countries of the world where fertilizers are used, to apply the phosphates in the fall of the year and the carries of nitrogen and potash in the spring. This is not the custom in America since larger areas of crops are grown and the labor problem is so increasingly pressing. Possibly slightly better results could be obtained by an application of fertilizers in this way, but the amount of the increase would be so slight that when it is balanced against the added cost, the custom would not prove profitable here.

Another phase of the subject has to do with the place of application of fertilizers in a rotation of crops. Investigations of this kind are being undertaken by Ohio Experiment Station where a rotation of corn, oats, wheat and clover has been maintained for some time. One set of plots are operated where one-quarter of the total fertilizer is applied to each crop in the rotation; another set of plots where one-third of the fertilizer is applied to the cereal crops only. A third set of plots has one-half of the fertilizer applied to corn and the other half to wheat. The financial statement of the increase produced by these methods of application show a profit of $41.20 per acre accruing from applying the fertilizer to the cereal crops only, while $54.07 was the return from the application of fertilizer to corn and wheat only, allowing the oats and the grass crop to depend on the fertilizer that was applied to the crops preceding them.

Fertilizing Pastures Increases Carrying Capacity.

That fertilizer on pastures is productive of better pasturage should be known to all farmers.

The Virginia Experiment Station top-dressed pasture with fertilizer and found that it helped materially in driving out broom sedge, one of the worst weeds in southern pasture lands. The Massachusetts Experiment Station fertilized an old pasture which had "run out," and which had become overgrown with mosses, sedges, bluets and other weeds. The weeds were driven out, clovers and blue grass brought in, and the carrying capacity of the pasture greatly increased. In neither case, however, were measurements taken of the increase in production.

On permanent pastures the soil must be so treated as to bring in white clovers. This means lime, and available phosphoric acid, potash and a small amount of ammonia to start early growth. The fertilizer should be applied just as the grass turns green in the spring. On rotation pastures—usually run out meadows from which the clovers have disappeared—more ammonia is needed in the fertilizer.

No person is fit to handle a bull unless he appreciates that the bull is dangerous and likely to turn upon his attendant at any moment.

Feed often means more than breed. A cow with a pedigree a yard long cannot produce milk with her stomach empty.

Can you say that your herd or flock has a clean bill of health. Every precaution should be taken to maintain the health of the stock.

In chopping out the next season's wood supply care should be taken to leave as far as possible all timber which will continue to grow into money.

Harold was sent to the store for some vinegar. His grandmother gave him the jug and told him what to say. He forgot the name of the article he was to buy, so he said to the clerk: "Give me a dime's worth of smell my jug."

The heart of our forest problem is to get the idle, or partly idle, land to work. If all the land suitable for forest production were growing reasonably good crops the trees there would be no forest problem.

Consistency in hog raising pays. There may be ups and downs, but the man who year in and year out raises a few porkers is not complaining.

Eating and Sleeping Habits That Will Make Your Child Healthy

By WILLIAM EMERSON, M.D.

In these days when animal feeding has been thoroughly standardized, it is surprising that even among farmers so little attention is given to what the child eats, at least after he has passed the age of infancy. Yet measured feeding is the only sure way to build up a malnourished child. He or she should have plenty of the very best of food.

Delicate children invariably take too little food. It is not uncommon to find a child of eight or nine who habitually takes less than 900 calories in twenty-four hours—an amount less than is required by a normal infant of twelve months. As the food habits of older children are fairly constant, a record of all food taken during two consecutive days is sufficient to show whether they are eating properly. If more food is taken one day, a smaller amount will be taken the next, so that a forty-eight-hour record may be considered typical.

For the proper feeding of the child the parent must have some knowledge of food and food value. It is not enough that an abundance of good, well-cooked food is set before the family. It is necessary to know how much is actually taken by the child who is under normal weight.

The most satisfactory method that has been worked out for measuring food takes as a standard 100 calories, about the amount of food value in an ordinary serving. For instance, it has been found that there are about 100 calories in a slice of bread or a pat of butter. There is the same value in the lean meat of a lamb chop, a slice of bacon, five ounces of milk, a good-sized potato, apple, or orange.

This method gives a basis for comparison and helps to fix food values in the memory. The knowledge of a comparatively small number of items is sufficient to cover the needs of the average child. Enough information can be acquired in a short study of the table on this page to enable you to raise or lower your child's diet 500 or 600 calories daily, according to his needs, in much the same way that you would adjust the feeding of the farm animals. This method of measured feeding will also suggest a more economical selection of foods by calling attention to the relatively high calorie value of such inexpensive foods as cereals.

A child six to fourteen years of age, who is habitually under weight six or more pounds, requires between 2,000 and 3,000 calories of food daily to make a proper gain and come up to his normal weight line. In many instances an increase in the twenty-four-hour amount of food to 2,500 calories has brought about an increase in weight of from one to two pounds a week. In some cases the amount has been raised to 5,000 calories without causing indigestion. The undernourished child is like one convalescing from a severe illness, requiring two, or even three times as much food as is needed when he is in normal condition.

A growing boy of fourteen in good health requires a quarter again as much food as an adult, while boys of thirteen to sixteen who are physically active will use 5,000 calories daily. The amount of food needed is measured by the growth to be accomplished and the energy to be spent in work and play.

Our experience has shown almost invariably that in cases of underweight there is underfeeding, and in cases of overweight there is overfeeding. There are many other important factors to be considered, but in all cases of malnutrition one of the very first lines of attack is upon the food situation. If a prompt advance in weight does not follow increased feeding, it is probable that some organic disturbance or other abnormal condition will be found to be interfering with progress.

The two days' diet list is of great importance. In the first place, it shows how much food is habitually taken; second, it shows the kind taken; third, and more important still, it points out what the child likes and dislikes. This makes it possible to emphasize in the diet such foods as are agreeable to the child, and thus work along the line of least resistance.

In the case of delicate girls especially, likes and dislikes, aversions to form, taste, or smell, or the association of certain foods with unpleasant events, may be serious obstacles in securing proper nutrition. Never give medicine in food. This practice at times causes aversions which persist through life, and as these aversions are apt to be foods of high caloric value the effect is all the more serious.

It is not necessary to provide special or peculiar diet for the malnourished child. If a sufficient variety of standard foods is provided, and the forty-eight-hour record is looked over each week, a few suggestions will be sufficient to insure a well-balanced diet when the child's taste does not of itself select the necessary proteins, fats, and carbohydrates. For example, butter naturally supplements bread; white potatoes balance meat; milk and green vegetables, sometimes called "protection foods," insure sufficient vitamines.

Certain foods are, however, essential to proper growth, irrespective of the child's taste. **If milk and cereals are omitted from the diet it is practically impossible to keep the twenty-four-hour amount high enough for continued gain.** Every child should have at least a pint of milk a day, and from the great variety of cereals offered on the market it should be possible to meet every individual taste.

Growing children should not drink tea or coffee. This custom is a national evil. Caffeine and theine, found in coffee and tea, seriously interfere with growth, and this practice is only another way of administering drugs.

The small appetite is apt to be a provision of nature to prevent overeating when tired, thus causing indigestion. "Too tired to eat" is a frequent condition with malnourished children. Another cause of poor appetite is irregular eating and taking too much food at one time, thus spoiling the appetite for the next meal. In measured feeding at regular intervals no indigestion occurs, and children can eat more in five light meals than in three heavy ones.

The state of the child's mind may also prevent his eating properly. Many children would rather play than eat, and will run from the table before they have taken half enough food. Unhappiness and worry are also causes of a loss of appetite. Sweets taken before meals will destroy the taste for more substantial foods. The serving of too large a portion will often cause the child to eat less than he would if a smaller amount were offered. The "clean plate" is wholesome for the child.

It is fatal to force feeding when the child is not hungry. If he does not feel equal to eating, limit his activities. When he refuses his breakfast, put him to bed, and keep him there until his appetite returns. Be sure that this lack of appetite in the morning is not due to bad air in the sleeping room, or to a catarrhal discharge that has gathered during the night.

NOTE:—The subject of correct eating and sleeping habits will be continued in next week's article by Dr. Emerson.—The Editor.

DOUBLING THE FOOD VALUE

When it is desirable to increase the amount of food the child eats, it is surprisingly easy to vary the cooking of simple dishes in such as way as to add food value. For example, instead of boiling an egg it may be scrambled and the cream and butter will provide additional nourishment. Simple puddings may be made with an extra egg added, cereals served with cream, and so on.

Below is shown a typical remodeled meal. For example, a breakfast consisting of the following—

BREAKFAST I.

		Calories
Cooked cereal	4 tablespoonfuls	100
Sugar	2 teaspoonfuls	50
Egg (soft boiled)	One	100
Roll	One	100
Butter	Half pat	50
Tea (milk and sugar)	1 cup	50
Total calories		450

can be doubled in value by adding cream to the cereal, by having the egg scrambled (which allows cream and butter), and by substituting a cup of cocoa for the tea, thus:

BREAKFAST II.

		Calories
Cooked cereal	4 tablespoonfuls	100
Cream (16%)	3 ounces	150
Sugar	2 teaspoonfuls	50
Egg (scrambled: 1 egg, 1 ounce cream, 1 pat butter)		250
Toast	1 slice	100
Butter	Half pat	50
Cocoa	6½ ounces	200
Total calories		900

THE TORTURES OF RHEUMATISM

Happily Stopped When He Began To Take "Fruit-a-tives"

3 Ottawa St., Hull, P. Q.

"For a year, I suffered with *Rheumatism*, being forced to stay in bed for five months. I tried all kinds of medicine without relief and thought I would never be able to walk again.

One day while lying in bed, I read about "*Fruit-a-tives*" the great fruit medicine; and it seemed just what I needed, so I decided to try it.

The first box helped me, and I took the tablets regularly until every trace of the Rheumatism left me.

LORENZO LEDUC.

50c. a box, 6 for $2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Poultry

When flocks of young poultry are from vigorous stock and well fed but appear unthrifty, the trouble may be due to worms. The department of agriculture recommends the following cure for a flock of one hundred fowls: Steep a pound of chopped tobacco stems for a couple of hours with enough water just covering them. Starve the birds for a day and then give them a the tobacco mixture in about half their usual ration of ground feed. Two hours later dissolve eight ounces of epsom salts with water and mix with one-quarter of their usual ration of ground feed. Ten days later the treatment should be repeated.

The treatment for worms must not be given until the birds have been examined for lice and disease and the owner is sure that they have enough of a balanced ration to eat, as giving the worm medicine it is necessary to clean up the houses and yards. Plowing the range to have a clean soil is also a help. Then plant a crop of green food for the birds. Puddles and wet manure heaps in poultry yards seem to help in producing worms that infest poultry, so it pays to have the range dry and well drained.

Reinforcing Farm Manure.

The field was covered [illegible] loads of stall manure [illegible] reinforced with 300 pounds [illegible] sixteen per cent. acid phosphate. [illegible] crop was then sown across the field, without any more manure but no real difference [illegible]

One average four-acre [illegible] gave 860 pounds of ensilage [illegible] row where [illegible] of corn from which half [illegible] choice seed ears were [illegible] about one-third [illegible] corn.

Row [illegible] measure [illegible] per [illegible] 790 pounds of [illegible] husked gave [illegible] baskets of ears, [illegible] weighed [illegible] basket of [illegible]

The difference [illegible] the gross weight [illegible] have not responded [illegible] the crop furnished [illegible] plate. The difference [illegible] figured and twenty [illegible] acid phosphate would [illegible] pounds per acre. The [illegible] $32 per ton, at $1.80 [illegible] the value of the [illegible] $9.00 per ton, would be $2.50, a balance in favor of [illegible] plate of $4.70. This however [illegible] be increased by the greater [illegible] the ensilage from the fertilized [illegible]

Or, to reckon it in baskets of corn, one and three-fourths baskets per acre, or thirty baskets per acre, if [illegible] been picked off and still leave the value of the fertilizer corn equal to corn in the check strip. Giving the thirty baskets a value of $15, and subtracting the $4.80, we have $11.20 net profit from the use of phosphate, less labor to apply. Even this does not show the entire gain, as the fertility added by the phosphate which the corn did not use, will increase the growth of the rye and vetch crop following the corn, enough probably to pay the entire fertilizer bill.

Results in this particular case are 15½ tons of ensilage, containing 1,394 baskets of ears, less the ten rows husked for the purpose of securing the above figures; all from 20.15 acres of land which a few years ago would raise six bushels of rye per acre. Next spring, figures can be given on the number of pounds of beef produced by this ensilage, fed with sufficient protein feed to make a balanced ration.

It is not expensive barns that make good milk and healthy cows, but well fed and healthy cows, though their stables be plain ones, just as we find the healthiest people living in plain cottage homes.

SAFETY RAZOR BLADES RESHARPENED
Made good as new.
Double Edge ..... 35c a doz.
Single Edge ..... 25c a doz.
Durham Duplex ..... 50c a doz.
Remit money order with blades to
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