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The Markdale STANDARD

is published on Wednesday by
COLGAN & MACINTYRE
Markdale, - - Ontario.

SUBSCRIPTION:—to subscribers in Canada, $2.00 a year; in the United States, $2.50. Fifty cents less when paid in advance. No paper discontinued until all arrears are paid, except at the option of the publisher.

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BUSINESS DIRECTORY

R. J. SPROULE.
Flesherton. Conveyancer, Appraiser, Valuator and Money Lender. Deeds, Mortgages, Leases and Wills Drawn up and Valuations made on shortest notice. Charges very low. Apply to R. J. Sproule, Flesherton.

LEGAL:

F. McCULLOUGH
Barrister, Solicitor, etc. Office—Main street, Markdale. Money to lend.

LUCAS & HENRY
Barristers, Solicitors, Etc.
Offices—Lucas Block, Markdale; Traders Bank Bldg., Toronto
H. B. Lucas, K.C., W. D. Henry, B.A.

MEDICAL.

DR. J. W. LEACH
Practicing Physician
Rocklyn, Ontario
Telephones—Markdale exchange, 1 r 23. Call 115 on Meaford exchange, 213 r 4.

DENTISTRY:

DR. J. A. MacARTHUR
Dentist
Office in Arthey Block (over Bowes' Hardware store). Entrance at south-west corner of building, Toronto street.

L. G. CAMPBELL
(L.D.S., D.D.S.)
Dental Surgeon. Graduate of Ontario College of Dentistry and University of Toronto. Office over the post-office. Office hours 9 a.m. to 5 p.m. Appointments made by phone.

FRATERNAL.

A. F. & A. M.
Hiram Lodge, No. 496, 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. T. H. Robson, W.M.; S. A. Morrison, 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. Everard Walker, W.M.; J. England, Secretary.

AUCTIONEERS.

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. D. CARRUTHERS
Licensed Auctioneer County of Grey. Reasonable terms. Satisfaction guaranteed. Phone 52 r 3,3, or write. R.R. No. 2, Markdale, Ontario. 2030

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.)

MARKDALE STANDARD

VOL. 41 MARKDALE, ONT., WEDNESDAY, FEBRUARY 16, 1921 Established in 1875

THE QUESTION OF PRUNING

The when, where and how of pruning are so closely inter-related that they cannot be handled as separate subjects. There are few if any general rules of pruning which apply to all fruits so we take up the varieties or rather species separately.

The "when" of pruning depends upon what you are intending to prune. Apples and pears may be pruned any time after the leaves have fallen and before growth starts next spring. Some experts advise not to prune while the wood is frozen, but I have never noted any injurious results from pruning while the wood is frozen. Prune any day when it is sufficiently warm for you to work outdoors. I have worked at pruning with the snow knee deep and blowing so I could hardly see.

Peaches should not be pruned before March or early April. If pruned too early in the winter, the wood is apt to freeze back. Summer pruning is not advisable unless you remove the leaves which are for laboratories. Cherries and plums should be pruned while dormant but very lightly. In fact it is better not to prune cherries and plums at all than to prune too much.

Ideals in Apple Pruning.

There are two general styles of pruning apple trees; the pyramid and the vase style. In the pyramid style, the main stem is allowed to grow upright to considerable height and the fruit is borne upon side branches. It makes a sturdy tree, but has the disadvantage of growing the fruit out of reach. It does not allow of opening the top to admit sunlight. This type was generally followed in the old orchards but is not the best type for our eastern orchards.

The vase type of tree has the central stem cut out and the fruiting branches all originate at the head of the tree a few feet from the ground. In pruning young trees, aim for this type. This applies to pear trees as well as apples. Cut out all branches which overlap others. Keep the head of the tree open. Cut out branches which are immediately over others as both fruit and leaves must have sunlight. Head back branches which tend to grow too upright, but make the cut just above a leaf bud which will grow outward. Aim to keep the trees low enough so that the fruit may be picked from a step ladder, but high enough from the ground so that the ground may be worked.

The tree which has been brought up right never needs a saw unless a large branch is accidentally broken. You will need hand-pruning shears, a two-hand double-cut pruning shears and a swivel pruning saw with interchangeable blades. Never use a hatchet, ax or bucksaw for pruning tools. That last sounds foolish, but I have seen men using those very tools for their pruning.

Cut Close to Trunk.

When you are compelled to saw off a branch, make a cut from the under side first then the branch will not split off when you cut from above. Make all cuts as close to the trunk as possible. Paint large cuts with white lead and oil but never use coal tar preparations for painting wounds. They are poisonous to trees. Thick whitewash will do for painting large cuts, grafting wax is still better. The idea is to keep the wood from checking so that bacteria may enter. Take time to look a tree over before you begin to prune. Each tree is a separate problem. Before you make a cut know why you are making it. Pruning is one job in which hurrying doesn't pay. Don't be afraid to prune because of lack of experience. Get the tools and go to it. To paraphrase a stock advertising phrase, "you will earn while you learn."

Grapes should be pruned during the winter or very early spring. You should have but one main stem from the ground up to the supporting wires. On each side of the head of this stem, cut away all the old wood and all of the new but two runners. Select runners which have short joints and aim to leave from ten to fifteen buds or joints. Grapes must be pruned every winter. Cut away the extra wood for the purpose of securing extra large bunches of superior fruit. The stem is capable of raising just so much sap from the ground to the head. It remains with us whether we allow that sap to nourish dozens of runners and produce a small amount of scraggly, inferior fruit or prune away much of the wood and thus throw the sap into not more than four runners and secure a large quantity of fine fruit. That is why we prune so severely.

A Versatile Animal.

"For sale," read the advertisement in the local paper, "a cow that gives ten quarts of milk a day besides two grindstones, a lot of farm tools and a set of harness."

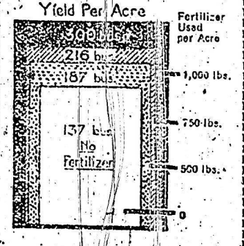
J. W. ATTO, J.P.
Rocklyn, Ont. Issue of Marriage Licenses. Business strictly confidential.

WOOD'S PHOSPHODINE.
The Great English Preparation. Loss of Nerve and Nerve Force in Men and Women, Debility, Nervous Despondency, Lost Energy, Palpitation of the Heart, Failing Memory. Nervous and Brain Worry, 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.

PATENTS PROMPTLY SECURED
In all countries. Ask for our INVENTOR'S ADVISER, which will be sent free. MARION & MARION.

HIDES FURS
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

Here is What
Stanley Merrill, Lambeth, got from Fertilizing Potatoes



It Pays to Fertilize
Get your supply early, save labor and make maximum profits
Write for Booklet
THE SOIL AND CROP IMPROVEMENT BUREAU
of the Canadian Fertilizer Association
1111 Temple Building TORONTO 12

When your grocer sells you a package of Red Rose Tea (Crimson Label) at 30 cents he makes a little less profit than if he sold you a package of cheaper tea. The extra price is all in the quality.

YOUR CHILD'S HEALTH DEPENDS ON THE KIND OF HOME YOU GIVE IT

By WILLIAM EMERSON, M.D.

There is no royal road to health. These articles give you the essential points of a health program, but it depends upon you to carry it through and your success will be in proportion to the degree of co-operation between you and your children.

Malnutrition can often be traced to faulty home conditions, and in all cases the home atmosphere is an important factor in successful treatment. Have you ever stopped to think what is the prevailing atmosphere of your home? Is it positive or negative, a home of hope and stimulation, or one of repression and fear? Does its tone indicate hurry, injustice, worry, deception, or the opposite of these undesirable qualities?

Do your children hear habitually, "Don't do this!" and "Don't do that!" or, "That's a good idea, try it out, and see how it works." Good government in the home makes for happiness and health, as it does in the State, and the principle of self-government will bring about surprising results in the matter of health, once the child's interest is aroused and his attention directed to the subject intelligently.

There is much in the Boy Scout slogan, "Be a man!" Children are natural hero worshippers, and the desire to be a good athlete, or to excel in games or other accomplishments admired in others, will make many a boy and girl willingly accept self-discipline that could not easily be imposed on them by others.

Convince a child that a certain program is worth while, and he will carry it out. A little girl who learned the importance of fresh air compelled her unwilling mother to open the bedroom windows. A small boy appeared regularly with his blanket to ask his careless mother, "Isn't it time for me to lie down?" Another gave up tea and coffee, and taught himself to like foods to which he had previously had an aversion.

Not long ago a girl came to one of our nutrition clinics, after an absence of thirteen months, to claim the certificate which we give to children who come up to normal weight for their height. She had been working by herself all that time on the instructions given her, and had succeeded in making a gain of 15 pounds, which brought her "over the top." A boy who met with some difficulties at home in carrying out his program said, "I'll graduate or bust!"

The physical examination recommended in the first article of this series offers an excellent opportunity for taking stock of your children's condition mentally, and morally as well. If the child sees that both parents are really interested in this examination and in the weekly weighings that follow, he will respond with an unusual degree of confidence.

There is nothing of greater importance to a child than to feel that he is understood. The wise mother knows when a child is overtaxed, and makes proper allowance for him. She realizes that his character changes under stress, and says, truly, "He isn't himself." She studies to recognize the occasions on which this is a valid excuse, and tries to find the cause and remove it.

Home conditions affect all children; but they are of special significance in the lives of the malnourished, who are less able than well children to resist the effects of bad conditions. A frequent cause of malnutrition is found in the child's feeling that he has been unjustly treated. The fact that he may be mistaken makes the result no less serious. We recently had a case in which a little girl failed to make progress under apparently favorable conditions. It was found she was suffering from what she considered an injustice. As soon as an understanding was reached about the point, she began at once to gain.

It is important to find out what the child really cares for and fears. In many instances some little matter is causing him distress, and is preventing him from coming up to his physical possibilities. One child had an unreasonable fear that a cat would come into his room at night. A screen placed in the window made sound, untroubled sleep possible for him. Another child did not wish his window open, and after some time it was found that he was afraid of burglars. A plan was made, in which he had a part, to fasten the window with a screw which would prevent its being opened more than a certain number of inches. His fears disappeared at once.

Many mothers are much concerned about the effect upon the children's health of bad sex habits. This is naturally a matter about which it is not difficult to have a misunderstanding. A feeling of delicacy and reticence often leads to suspicions which cause one to read into some simple statement or act much more than belongs to it. It is easy to look at these matters from an excessively moral standpoint, and to fail to see the normal physical and mental aspects which may need attention. Boys and girls are, on the whole, a level-headed lot, and they usually look at such questions in a healthy way.

With a little child these tendencies should be met in the same manner one would deal with biting finger nails or sucking thumbs. It may require some simple punishment to correct the habit, but the child should not be led to focus his attention upon what he is doing.

An older child suffers more from the effects of worry about what he fears may be wrong than from any other cause. This worry is often serious, and the air of mystery and secrecy with which adults usually treat the subject only makes a bad matter worse.

It may be comforting to parents to know that in a most careful investigation which we have made recently we have not found a single instance in which bad sex habits had caused malnutrition. Among children of low mentality, the presence of these habits is an effect of their mental condition, and is rarely, if ever, the cause.

Much of the self-indulgence which wastes a child's life grows out of the self-indulgence of older people. The mother who lets her child "have his own way" is often gratifying her own pleasure. By making a pet of him she seeks to make him dependent solely on her for his happiness and pleasure. She encourages him to come to her with little ailments and symptoms instead of teaching him to meet small hurts and disappointments without crying.

Mothers still expose their children to measles, whooping cough, and other infections with an Oriental fatalism, saying, "They are bound to have it anyway, and it may come at a more inconvenient time." The start down-hill of many a child who has been in excellent condition in infancy was made in an attack of one of these children's diseases.

The thought that even little children can do something helpful for other members of the family will do away with many tendencies toward selfishness. The child should be helped to the expression of his normal feeling by directing his activity into useful avenues. His desire to be useful and to help begins to show itself when his actual accomplishment amounts to little, but his attempts should be encouraged. His failure to help later when his work would be worth more may be due to the fact that the earlier impulse had not been turned into habit.

Apart from the value of the service, we should remember the importance to him of having a constructive and responsible attitude toward life. How many parents, instead of giving the child needed instruction, will say, "I'd rather do it myself than be bothered with him!"

Self-reliance and readiness to co-operate furnish the best basis of health and happiness. Children are naturally self-centred, and need to be trained to see their own interest in relation to others. The "spoiled child" is a nuisance to himself and to all his associates.

It is astonishing how many children we find suffering from the effects of overindulgence. There is nothing more tragic than the home in which a child has "got the upper hand." This does not mean that he should be repressed, for one of the greatest opportunities a parent has is to aid a child to come gradually from helpless dependence on others to independent, co-operative action. He should be helped to take the responsibilities that belong to him, without, on the other hand, having cares put upon him before he is ready for them.

Among the poor, especially, we find many children who are kept from normal growth by worry over such matters as the payment of rent, the care of younger children, the fear of the father's losing his job. But even in the homes of the well-to-do we have known many instances in which children have come to know too much about the worries and difficulties oppressing their parents.

There are many tendencies in a child which appear quite naturally at a certain age, and would soon disappear if properly met and handled. It is often our unfortunate way of indulging or repressing them, which makes them seem sufficiently useful to the child, so that he persists in them, and is saddled for life with some unfortunate or disagreeable habit. Displays of temper, even to the point of "tantrums," are usually practiced because they have proved a successful means of getting what the child wants. There is the story of the little girl who was crying lustily for a second piece of cake. Her father said sternly, "Do you know what will happen to you if you keep on making that noise?" "Yes," replied his little daughter, "I'll get another piece of cake."

Much progress has been made in the resources that make for health, but there are still enough battles to be fought in making it more natural to be well than to be ill. Malnourished children are especially susceptible to suggestions, and fears once impressed are almost impossible to eradicate. Therefore, do not allow any mention of definite disease, such as "heart trouble," tuberculosis, and so forth, to be made in their presence.

(Concluded next week.)

I Met a Friend the Other Day.

I met a friend the other day;
He lives inside my favorite book.
And there he waits through work and play,
Safe in his little printed nook.

To-day, out romping with the boys,
I thought of him all by himself;
I didn't make a speck of noise,
But went and took him from the shelf.

And stood him right where he could look;
Because it must be very hard
To stay all day inside a book,
And never go into the yard!

HER CASE SEEMED HOPELESS

But "Fruit-a-tives" Brought Health and Strength

29 St. Rose St., Montreal.

"I am writing you to tell you that *I owe my life to "Fruit-a-tives"*. This medicine relieved me when I had given up hope of ever being well.

I was a terrible sufferer from *Dyspepsia*—had suffered for years, and nothing I took did me any good.

I read about "Fruit-a-tives" and tried them. After taking a few boxes, *of this wonderful medicine made from fruit juices*, I am now entirely well"

Madame ROSINA FOISIZ.

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

His Home Orchard Pays.

"Three years ago, spraying looked difficult to me," says Fred Haschel, a young farmer, "but now it is as easy as falling off a log. Then I believed the fellows who said that disease and worm-free apples couldn't be raised around here. Now I know better. My little orchard was sprayed only twice; but, even at that, my apples were not wormy, while unsprayed trees in the neighborhood yielded nothing but gnarled, scabby fruit."

In Haschel's home orchard there are 18 apple trees of bearing age and 10 young not bearing, making a total of 28 trees that were pruned and sprayed. At the very outside, this orchard does not exceed a quarter of an acre of land.

In spraying, there were used: Lime-sulphur, 15 gallons, $3.15; arsenate of lead, 6 pounds, $2.04; "Black Leaf 40," 1 pound, $2.50

The barrel-spray [illegible] was used cost originally $22 and figuring that it will last five years [illegible] has lasted three already without visible signs of wear, the yearly depreciation cost would be $4.40.

The labor put on the orchard is as follows: First spray, two men and one horse working [illegible] hours. Second spray, two men and one horse working six hours.

The total labor [illegible] pruning and other work [illegible] man hours and 12 horse hours, which calculated at actual cost, makes a total labor cost of $26.70. Adding to this the costs of materials and [illegible] we have a total of [illegible]

The products of the [illegible] were as follows: Apples actually sold, $192.10; given away [illegible] consumed for home [illegible]

An Empire Relationship

"Mother" [illegible] "[illegible] constitutional right to [illegible] my supper."

"What do you mean, Hayden?"

"You are excluding cake [illegible] the consent of the governed."

Home Made Bread

Home made bread is without doubt the cheapest and most healthful food that can be produced for human consumption. It is the most completely digested solid food in the world, over 99% of it being transformed into health and strength. It yields nearly twice as much nourishment as rice or potatoes, and is ten times as nourishing as an equal value of meat. No bread is more truly wholesome or more perfectly satisfactory than that baked at home in which Royal Yeast Cakes are used.

Scientists have discovered a new and truly wonderful use for Royal Yeast Cakes. Physicians are prescribing it with remarkable success for conditions attributed to poor blood conditions. Soak a cake of Royal Yeast for half an hour in a cup of luke-warm water with one teaspoon sugar. Then stir well and strain once or twice through muslin and drink the liquid. BETTER results will be obtained by allowing it to soak over night and drinking half an hour before breakfast. Repeat as often as desired. Send name and address for free booklet entitled "Royal Yeast for Better Health."

E. W. Gillett Company Limited
Toronto, Canada

Made in Canada