TEA BAGS



Bernard Shaw was once asked | You can make these crumb crusts why he-a professed hater of the Scots - had a housekeeper who answer was typical of the man. "Because," he said, "the Scots are the only people in the world who eally understand oatmeal."

Whether Shaw is right or not about that, it isn't for me to say. However, I think that a lot of you will realize the delightful possibility found. av 'rolled oats' - after you'

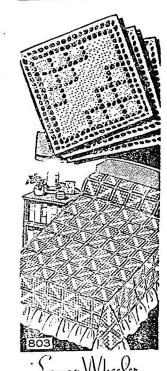
OATMEAL PANCAKES 2 cups quick cooking oats 2 eggs 23 cup melted shortening

(or salad oil)
% cup sifted flour 2 terspoons double-action balting powder (or 21/2 1 tablespoon sugar

teaspoons any other typ Pour 2 cups scalded milk over onick-cooking oats, stir, and

let stand till cool. Then beat in 2 egg yolks and the ½ cup melted shortening. Siit together 'a cup sifted flour, the baking powder, sugar and sait. Add to oats mixture. Fold in the two egg whites, stiffly beaten. Drop by spoonfuls on hot briddle (greased, if necessary) and brown on both sides. Yield: eight-een pancakes. (Private note-espe-cially good with honey.) With the hens starting to la

more plentifully. (I hope) maybe you'll feel that you can spare enough to make a Chiffon Pie for natter. And here I'm going to take once again about the convenience After that? Serve-and watch i of what are known as "crumb'



Lama Wheeler

Knit your medal.ions in spar moments! Two strands of string a pair of knitting needles, make a Double-design square is a jiffy knit. Four make a pillow! Patter 803; directions. Laura Wheeler's improved pat-

tern makes needlwork so simple with its charts, photos and concise directions. Send TWENTY-FIVE CENTS in coins (stamps cannot be ac cepted) for this pattern to Box 1, 123 Eighteenth St. New Toronto,

BER, your NAME and ADDRESS.

.A young wife, wishing to an nounce the birth of her first child to a friend in a distant city, telegraphed: "Isaiah 9, 6." which pas sage begins: "For unto us a child is born, unto us a son is given." Her friend, unfamiliar with the Scriptures, said to her husband: "Margaret evidently has a boy who weighs nine pounds and six ounces, but why on earth did they name

They Want Some Changes Made

In the April issue of the Farm lournal, published in Philadelphia, there is a column devoted to suggestions from readers regarding things they would like to see invented, designed, changed, and so on. Those sending these suggestions in are, of course, residents of the Inited States. We are wondering w many of them will appeal to Canadian men and women.

Put Button Loops on the underside of neckties so they can be kept out of the soup.—Mrs. W. C. Fis-Make Lawn Mower handles adjustable for persons of different heights. — Mrs. H. R. Ziegler.

Centon, Ohio. Maintain A Self-serve "remnant" counter at lumber dealers, where one could shop for single boards, or odd pieces of material.-Mrs. Edni

Hale, Dugger, Ind.

Make Exposed Gears for farm machinery from some heat-treate alloy tough enough to resist dust abrasion.—Albert M. Wolf, River Desing A Device to wip off the

mirror when husband shaves.—Mrs. Paul Holsopple, Pettisville, Ohio. Publish A Book that tells a womian how to do a man's work when e is sick.—Charles Jowers, Lexngton, Tenn. (Or any other time?
-Editor.)
Mark the End of crochet thread,

o it will be easy to find on a new call.—Mrs. M. C. Brown, Gaston, Put A Revolving " lazy susan Helf in refrigerators.—Mrs. John Toth, Pence, Wis. Make Detachable Seats to go on baby carriages, so the next to the youngest can ride, too.—Rosalie Konovalski, Belleville, Kans.

Make Red-eyed sewing machine needles for easy threading.—Mrs. Cary Monnett, Oklahoma City, Okla.

ANNE ADAMS

Sew this gay coverali now! It's

such a practical pretty for all

your housekeeping. Later on you

wear it (or sew another) as a

Patern 4803 comes in sizes 12, 14, 16, 18, 20. Size 16 takes 41/4

Eighteenth St. New Toronto, Ont.

cuckoo fa 51. Garden pl en 54. Mountain (ab.) 56. Not out

This pattern, easy to use,

sundress. Transfer included.

ards 35-inch fabric.

STYLE NUMBER

11. Impudent
17. Thus
19. Harden
20. Kind of
cheese
21. Looks for
23. Variable star
24. Across
28. Shattering
25. Alture
36. Alture
37. Alture
38. Alture
39. Alture
30. Alture
31. Afternoon
affairs

40 42

45 .46

58 59

Answer elsewhere in this issue

butter and sugar .won't separate Pour over the crumbs as before. Press into a 9-inch pan. Chill and that filling. Lemon Chiffon is the general favorite, but there are dozens of variations. LEMON CHIFFON FILLING

from vanilla or chocolate cookies, graham crackers, or corn flakes—to

mention just a few of the possi-

bilities. They're all made the same

way except the corn flakes, which

uses brown sugar as well as the

Roll about 2 dozen crackers

enough to make a cup-and-a-half of crumbs. Pour in 1/2 cup melted but-

ter. Toss with a fork to mix well

Press into a 9-inch pie pan. Chill and fill. That's all. (Chilling crust before filling makes it cut better).

For the corn flakes crust you rol

enough corn flakes to make 13/2 cups crumbs. Mash a quarter of a

cup of brown sugar into a half-cup melted butter with a wooden spoon, only a minute over a low heat so

melted butter.

1 envelops gelatin
¼ cup cold water 4 eggs 4 cup sugar 14 teaspoon salt 14 cup lemon juice teaspoon grated lemon rind Method

Soak I envelope gelatin in a quarsoak i envelope gelatii in a quar-ter-cup cold water. Beat together 4 egg yolks, half-cup of sugar, and a quarter-teaspoon salt. Add the lemon juice and lemon rind. Cook over boiling water, stirring constantly until thickened. Stir in gela-tin. Chill until thick and syrupy. Beat the four egg whites with a quarter-cup sugar and fold into egg yolk mixture. Turn into crumb crust. Chill until firm, about three

ARE YOU ASKING

lights on your car? If they are only average, you may be asking for Suppose you're driving at night under good conditions - clear weather, dry paved road. And suppose your brakes, lights and eye-sight are "average good." If a dark obstacle is on the road ahead, says a Department of Public Safety, you can't possibly get your car stopped until you're 50 to 75 The result. You have to hit the obstacle or swerve to miss it. Eith-

er way, you'll be lucky to avoid a The solution: Check your lights

HURRY The insurance office was rung by an excited woman.
"I want to insure my house," she ter send a man along." "I've got to do it immediately, I tell you." came the frantic voice.

CROSSWORD

PUZZLE

1. Dried grass

ACROSS unken fenee

facts

10. By way of

11. European
country (ab.)

12. Top cards

13. Gut of moat

15. Mexican dish

17. Making
leather

Mary Had a Little Lamb-Really!-Mary had a little lamb it followed her to school one day . . . Seven-year-old Mary hoemaker was followed to her Trenton, N.J., school one day by her two-year-old pet lamb, who got something the nursery rhyme gamboler didn't get—a bottle of milk. Here, Mary feeds "Frisky" as her classmates look on.

ANNE HIRST - Your Family Counselor-

I'd known only three weeks. It "He is 19, and entered the mili-

tary service right from high school.

Now he writes me, asking that I sign legal pa pers to let him marry a girl he a short time. should wait un-

the service and 21. If he still wants her then, he has my blessing. "He has no way of making s living, and since I have two youn children by my second husband,

Was He Indulged? "My present husband, to whom I've been married 11 years, has don-My son wanted farm life, and ade my husband give up a good ng, and we had to move back here. 'I wonder whether we did too much for him? I'm worried, Anne Hirst. We both wonder where w failed as parents, that he should A BEWILDERED MOTHER In refusing to give your cor

want to do such a thing as this. sent to this marriage, you did the only thing you could do. You brought up your son, you to do that, but it is not always best for the boy. For him at 15 to have demanded a farm, and gotten it at the sacrifice of his stepance. He became accustomed to asking for what he wanted, and getting it. It is no wonder that

HOW CAN I? By Anne Ashley

Q. How can I make cold cream A. Take two ounces of oil of ple to sew, is tested for fit. Has sweet almonds, one ounce of pure glycerine, ½-ounce of spermaceti, complete illustrated instructions.
Send TWENTY-FIVE CENTS 20 grains of white wax, and six together, setting the cup over boil-Plainly SIZE, NAME, ADDRESS ing water; then beat until perfectly cold and snowy white. Put up in Send your order to Box 1, 123 glass or china.

A. Equal parts of ammonia and turpentine will remove paint from cloth, and for removing stains from bathroom fixtures use a cloth dampened with perosone. Q. How can I sour milk when

inice added to one cup of sweet milk sours it to the acidity desired flavour which detracts from its appeal as food for humans.

Or How can I make a dish or noodles look more appetizing?

Dr. Lillie believes that if all countries of the countrie noodles look more appetizing?

A. A noodle cheese ring filled with creamed shrimps makes a dean attractive fruit or vegetable salad, light dessert, and plenty of coffee, will afford an ample luncheon menu, not hard to prepare.

Q. How can I purify a sponge: A. If the household sponge has acquired a sour smell, it can be sweetened by merely rubbing a femon into it thoroughly; then rinse Q. How can I remove perfume stains from linen?

A. Try an application of perox-

ide of hydrogen.
Q. How can I avoid the strong taste of onions? A. By pouring boiling water over them after they have been sliced, and then draining and pouring cold

* now, having fallen in love, he thinks he has the right to his own way, giving no thought as to how might be a fatal mistake. He will be angry and resentful that you refuse to countenance this marriage. Now, at 19, he will have to learn the painful way that

his own desires are not pre-

eminent. He will have to practise patience and restraint, and the lesson will not be easy. lesson will not be easy.
For their own sakes, each child should learn early in life that he
is but one member of the family group, and that he cannot have everything he wants at the ex pense of the others. Keep in constant touch with
 him through your letters, explain-

• ing that you have only his happi-• ness at heart, and telling him • that when he returns from over-* seas you hope he will bring the * girl home so you can all get to * know her. When a child has been indulged

from infancy, the day comes when he must learn self-discipline alone. That makes it hard for all who love him. Bring your problems to Anne Hirst, addressing her at Box 1, 123 Eighteenth St., New Toronto, Ont.

How'd You Like Some Whale Meat?

Hundreds of millions of dollars worth of red-blooded meat, as ten-der and flavoursome as prime beef, here by Dr. Harry E. Lillie, noted Scottish surgeon and whaling authority, in a report prepared for the Canadian Geographical Society on the international whaling industry. Dr. Lillie, who in 1946-47 was in the Antarctic as surgeon to a Scot-tish fleet and who has since been engaged in surgical research work in Canada, contends that enough whale meat is being wasted each season to feed Europe for more than three months on present rations. In his report, Dr. Lillie traces the

history of the whaling industry from its earliest times. Known best, perhaps, as a source of valuable oil

> processing, whales, he believes, have equally as great a role to play as a source of meat.
>
> Dr. Lillie is opposed, however, to This he describes as the most cruc more humane method of killing such as electrocution, is immediatel essential.

used both industrially and in food

A whale hit by an explosive harthree hours to die, and even than additional harpooning may be neces-sary to end the painful struggle. During this time putrefaction organ isms spread rapidly throughout the entire animal. These organisms time give the meat a fishy, oily tries engaged in whaling in the Antarctic were to kill be means of electrocution it would be possible to make huge quantities of "this nutritious, tasty meat" available to many countries. He is convinced that

the use of whale meat would help materially in relieving the presen world food shortage:
At the present time, five countrie, -Norway, United Kingdom, the Netherlands U.S.S.R. and Japanare engaged in whaling in the Ant arctic regions. Canada although a signatory to the International Whaling Convention is not engaged in the Antarctic operation although last year experimental whaling was arried on off the coast of British

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Helpful Hints For Homemakers

Make washable shoulder pads out | easily, leaving you in top of the f a rubber sponge cut to the depads dry quickly and don't beco

npy. Cover and sew in place. When airing clothes, fold rubber ar rings over the line, and book he hangers into these double loops Clothes won't slide or fly off the Sprinkle clothes right on the lies

synnkie ciones right of the hat if you have a garden hose (turn to a fine spray). Roll clothes as you take them down. Take down those that don't need sprinkling before you When mending a large hole in sweater, reinforce the hole with net. This forms a good foundation for darning, and will prevent puckering. When you wash Baby's boar

fit it over an inverted bowl to dry. Helps the bonnet hold its shape. Use pinking shears to cut patche for work or play clothes, then don't bother to turn under the edges. Patches don't fray.

Make your baby a bib from wash cloth. Fold wash cloth length-wise through center. Cut out the corner made by the fold, to make a circle that will just fit Baby's neck. Bind neck-edge with bias tape. leaving enough tape at each end for ties.

Roast wieners in an old-fashione corn popper instead of on a stick. They'll keep their juices better, and you can roast several at once without danger of their falling into the

Make frosted "angel food" from plain day-old bread. Trim off crusts, cut the bread into strips. Glaze strips on all sides with sweetened ondensed milk. Roll in shredded Meit chocolate on a large piece of waxed paper, placed in a saucepan. When chocolate is melted it will

slide off the paper easily, leaving a clean pan. For a few drops of lemon jules, stick a fork into one end of the lemon and squeeze through the par-forations. Lemon can still be kept for future juict need.

Use a tiny funnel for separating the yolks from the whites of eggs The white slips through the hole

The landlord of a tavern had a errot which could talk about any One day a stranger entered and said his parrot could talk better. After an argument a match was arranged for \$10, the parrot which

When the stranger's bird arrived, both parrois were put on a table. The local parrot did not speak at all, and the landlord had to pay his \$10 When he was putting his parrot

o the stranger. You're a smart one, you are!" The parrot whispered in his ear: 'Listen, you make a return mate for fifty bucks and I'll talk the o-and-so's head off."

Try washing fresh garden peas and cooking them in their poda. Shells rise to the top and can be skimmed off in a few seconds—and peas have an extra fresh, sweet flavor.

Use new galvanized garbage cana for storing out-of-season garments and blankets in the attic. They have

SEQUIN JEWELRY CRAFT oweything you need. Contains seeptim, bests, see secrem, pinkeds, chaix, somest and complete instructions. West the limit thing in fewely limited particular than the same poor dress! Give handmade gifts your friends will be research. With first hit No. 8—810. Showmade is constructed in the containing the same wall, write tedays. Lewis Creft: Sapplies Lail, Excade access 33 Water Sc., Safrit John, N.R.; 645 Yeary St., Toronto; 425 Graham Avanue, Winnight and



RELIEF IS LASTING

For remarkably fast relief from head-ache get Instanting. For real relief get Instanting. For prolonged relief get Instantine!

Yes, more people every day are finding that Instanting is one thing tending that INSTANTINE is one thing to ease pain fast. For headache, for rheumatic pain, aches and pains of colds, for neuritic or neuralgic pain you can depend on INSTANTINE to bring you quick comfort. INSTANTINE is made like a doctor INSTANTINE is made like a doctor's prescription of three proven medical ingredients. A single tablet usually brings fast relief.

Get Instantine today and always keep it handy

Instantine

PARKER HOUSE Rolls

Better Bake Plenty Measure into large bowl, 1/2 cup

Measure into large bowt, 25 cup lukewarm water, 1 tsp. granu-lated sugar; stir until sugar is dis-solved. Sprinkle with 1 envelope Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 min., THEN stir well. Scald 1 c. milk and stir in 5 tbs. gram tang salt: cool to lukewa 2½ tsps. sait; cool to interward.
Add to yeast mixture and stir in
½ c. lukewarm water. Beat in 3
c. once-sifted bread flour; beat
well. Beat in 4 tbs. melted shortening. Work in 3 c. more oncesifted bread flour. Knead until nelted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough in bowl, grease top and let rise again until nearly doubled. Punch down dough and roll out to 3½" thickness. Cut into rounds with 3" cutter; brush with melted butter or shortening. Crease rounds deeply with dull side of knife, a little to one side of centre; fold deep half or greatly fold larger half over smaller half and press along the fold. Place, touching each other, on greased pans. Grease tops .Cover and let rise until doubled in bulk. Bake in hot oven, 400°, about 15 min





New Fast-Acting Dry Yeast Needs NO Refrigeration Thousands of women every week are switching to the new Fleischmann's Royal Fast Rising Dry Yeast. It's fast - it's active - keeps for weeks in the cupboard. Perfect results in rolls, buns, breads! -

Get'a month's supply!

The GREEN THUMB 4 Gordon Smith

GARDEN NOTES

THESE ARAE EASY An amazing showing can be made with a few annual flowers and with a minimum of effort. Cosmos, giant marigolds, zinnias, petunias, portu-laca, nicotine, calendula, alyssum, nasturinims, etc., are easily grown almost anywhere in Canada. Some of the larger flowers can actually be used in the place of shrubs. Plants should be started early and in finely prepared soil. Plants are transplanted to permanent quarters when they are well established with several reis of leaves. Ready-started bed ding plants can be bought fro greenhouse people. For husky growth, cosmos, gladioli, dahlia giant marigolds and zinnias shoul have about two feet each awaypetunias need about a foot of room

SPREAD THEM OUT One gets quite a thrill out of hav-ing the first vegetables or flowers in the neigohborhood. But there is also much solid satisfaction in have ing good and beautiful things from the garden long after those next door are done. Perhaps the com-monest mistake of all amateur gardeners is stopping planting too soon.
With vegetables, especially, most
varieties should be sown at least three times about two weeks apart.

This will protect against last frosts or flood damage and will keep a tasty supply of the freshest vegetables coming along. In most parts of Canada it is possible to set out plants and sow seeds almost up to the first week in July and still have reasonable expectation of good . There should be a succes sion of crops of beans, beets, car rots, lettuce, corn and such things.

SOMETHING WILL GROW No matter how unfavorable the location there is some flower, vege-table or shrub that will thrive in it. The ideal garden, of course, is open to the sun and the soil is a rich, wel-drained loam. But there are many plants which do not like these ideal conditions. Some flowers vegetables and certain varieties o grass prefer shad,e some want acid soil rather than sweet, some like heavy clay better than loam or

The thing in planning is to consider these special likes and dis-likes, then to select those plants that suit one's special location. Most vegetables, however, ar pretty keen on a generous amount of sun, but they have distinct likes and dislikes in the matter of soil. For deep-rooted things like carrots fact not only did I hear one, I saw him too. A big, fat fellow with a pointoes, etc., it is important that the soils be fairly loose at least a foot down. Certain types prefer sandy soil to clay. But no matter what the soil is like to start with by a little planning and care on c



TRANSPLANTING There will be little difficulty in transplanting if one realizes that the

important thing is to keep roots from being exposed to the air. Be-cause this will weaken, if not kill, careful to wrap all roots in moss, fibre or keep some of the original soil around them, and they lso keep them moist. In every garden there is a lot of transplanting work to do. Tomacabbage, petunias, marigolds purchased from greenhouses and set out in the garden. There will be nursery stock, like fruit and ornamental trees, rose bushes, shrubs, etc., to be moved or bought and planted. Often, too, in thinning cer-tain flowers or vegetables planted from seed in the open it is possible to salvage the plants taken out.

If there is any secret about this business of transplanting it is to protect the roots from air and sun, keep them moist before, during and after the transplanting and make sure seed soil is pressed down firmy. Moistenin, before removal will allow a bit of earth to come with the roots and will prevent damage to the tiny, hair-like feeding roots, which are essential if the plant i to survive. Plenty of water during the transplanting (and this applies to shrubbery and trees just as it does to tiny, little plants) will help compress the soil about the roots, compress the soil about the roots, forcing out the air and offset evap-gration and wilting. If the weather is dry it is a good thing to keep the soil moist about the newly set plants, shrubbery or trees for a few days. A little chemical fertilizer spread close to, but not actually touching, the roots will also help touching, the roots will also help stimulate growth and help recovery from the shock of transplanting. With small things like tomatoes,

head lettuce, cabbae and annual

llowers it is a good idea, where

feasible, to protect from the hot

sun for a day or two.

OF GINGER FARM by Guendoline P. Clarke Today I heard a robin sing-in verse is true. It is just meant as a dawdling spring we need not be too worried about it. Just imagine—in that season of '43 we had the cows

get some of them away as we hav

twins either.

had two more calves within the last twelve hours—and they were not

was thrilled with it. The attach

ments seemed quite satisfactory,

too, and because of the novelty of

working with them I did not realise

ing from sweeper to attachments. But after the nevelty wore off I

found myself going back to mop and duster rather than bother with

them. I also found that using the

sweeper created a certain amount of dust and made me cough. It wasn't

long before I decided that when I

what a chore it actually was chang-

Courtery of Associated British & Irish Rallways, Inc.

tawny red breast, perched on the lowest branch of an elm tree near As I passed by he said to me on the lawn now—quite happy, in spite of the high wind. That same "Do you know it's nearly spring?"
"Why, sure," I said, "it's bound to

"Oh, To Be In England"

News that Britain's lights-after a 10-year blackout-are

again comes as welcome tidings to the thousands of Canadians who are planning to visit the Old Country this coming summer,

These pictures show two very familiar London scenes, the upper being 2 view of beautiful St. James Park in London. The lower view is, of course, a train on the Underground—or "subway" as we would call it on this side of the big north

or "subway" as we would call it on this side of the big pond.

Now I've heard a robin sing." And then I looked upon the ground, And up above the wintered earth Green shoots of daffodil I found— New life: new hope; new birth.

Yes, that's the way it goes-the last of the snow has no sooner vanished under the influence of warm rain and strong winds than we see Mother Nature ready to start her cycle of growth all over again—and we perforce must co-operate. Most of us are willing to do just that. Of course there are times when you can't be too sure about the Old Dame-sometimes about the Old Dame—sometimes she holds a few tricks up her sleeve. She has been known to send a blinding blizzard in April before now. For instance from my Ginger Farm diary, I discovered that on April 15, 1943, I wrote—'We have just had an ice-storm, then fog and slippery roads, followed by strong east winds and freezing rain." On June 10 of that same year I find this-"An-other week has passed and still no seed in the ground!" Apparently we got our oats sown about June 15, just a week before the wheat started coming into head. And yet we got a crop of sorts that year in spite of the late spring seeding.

Today there was quite a bit of thunder rumbling around and Part-ner remarked—"Thunder in March, empty barn in the fall". But don't think me pessimistic. Quite the re-

got a chance I was going to trade in my upright for a tank type. I did not mention it to Partner because I can't see the point of grumbling about anything unless you can see a way to change it. But last week when the agent called for the fourth time I told Partner what I wanted to do. Then the agent gave a pretty good demonstration—and that fin-ished it. Now I have a tank-type vacuum-and I would not change it for anything. There is no dust, less

"Don't tell a soul, but I hear that block has fleas!

EASY 10 CONTOUR
IF YOU ENOW HOW

Whether you have long, gentle slopes, or short, steep enes, con-touring is one of the first steps toward working out a good soil con servation program. It helps hold fertility, and boosts yields. It helps stop soil and water loss. To the man who has never grown

corn on the contour, it looks like 2 bad job. At first, it's hard to figure me inst where the rows are going But, as one farmer said after he'd contoured for a few years: wouldn't give a man his dinner to know how."

Equipment is simple and inex-pensive. Actually, you can make an outfit from a small level, a pocket nirror, a clothespin and a couple o If you want to contour your re crops, you should plow and disk that way. And don't worry about short rows. You'll have some. It

you may have plenty of real long rows to even things out.

Start just below the brow of the hill-about where you can just see the skyline over the hill. one person to another? Some farmers dont use lath popularly known? mark guide lines. They prefer old What causes hiccoughs? newspapers at each point on the What is the most prevalent discontour. Pile a little dirt on them

ease of mankind? don't have to run ahead to get the lath out of the way. The idea in making a contour line s to find a series of points, abou the body? 100 feet apart, which are on the same level around the hill.

The man with the target go 14. Does hair grow faster at night about 30 steps ahead of the man with the level. He moves up or down the hill until the target is at

the same height as the level. Then that position is marked. Then the man with the level goes than normal? on past the target and sights back accident? until he is again level with the tar-get. That point is marked. And on round the hill you go. Extreme accuracy such as Does the pulse needed for a terrace isn't necessary.

eter made oval instead of the low spots, allows it to break Once the line is plowed, keep plowing until the slope changes Then run a new guide line and work

both ways from it. Fill in with short ows where necessary.
Two words of caution: plant the end rows up and down the hill. The contoured rows dump water in them and you breed a gully in a hurry.

And leave good, wide water-ways.

Most of the water-ways you've seen are too narrow. Leave them plenty wide.

If you are contouring down a long hog-back, and the rows make a fairly sharp "V," leave a turnrow right down the top of the ridge. Leave it wide enough for a hay loader and rake. You can use it for a turn-row and for a lane.

ALUMINUM AS A

out on pasture before the spring seeding was even started! My little robin is hopping around wind should dry the ground up a bit. We certainly hope so as we are expecting a truck to come along engineers. for some cattle. That means two o

They list these advantages for the our calves will be gone. We need to light metal: It's long-lasting and requires no paint. It has good insulating qualities — is somewhat cooler in summer than most roof ing materials.

But, say the engineers, alumin-

Now here is something that may start an argument among the women-folk-at least where there is electricity.

Three years ago I bought a vacuum cleaner. Since I had never used one of any kind I had no idea which was the better type to buy— tank or upright. I sought advice from my friends. One said—"Oh, the upright is so much handier—it itself hasn't much strength. is a lot easier to push along the floor." Another said—"Don't get anything but the tank type." Another advised—"Tank or unright, I don't think it makes much differgood job." That sounded logical to me—so when an upright was of-fered to me, I took it. You re-member one didn't have much choice at that time! For awhile I

galvanized steel.

patient. "What did he say?" come to it." JITTER

noise and you can get under any-thing and everything without mov-ing it if you so desire. I thought this little experience of mine might be some help to others who might be just as undecided as I was when I bought my first

Medicine and Hygiene which you should find fairly easy. Try and ansuer them all, anyway, before taking 2 seek 21 the correct answers 1. About how much of the weight

TEST YOUR I. Q.

of the human body is made up of muscle? How many hours out of the twenty-four does a new-born infant usually sleep? Does the sugar content of the blood: (2) increase; (b) d crease: (c) remain static, under

Why does the flow of blood from a wound serve as a dis-What do medical authorities consider the least harmful form of tobacco smoking? Are all babies born with blue

Can poison ivy be spread from By what name is pollinosis

Who have decidedly superior teeth, Canadians or Asiatics? 12. Which is the longest bone in 13. Is cancer a comparatively

When blood pressure is low, i the pulse more or less rapid What causes shock after a 17. At what time of day or night

same throughout life? Why is the clinical thermom

What is the transparent out-

20. The cornea. o that it may act as a magni-18. No. it slows down as age ad-During sleep, in the eacty seart are under-supplied. Jomen so that the brain and

creases in order to increase the output of blood. n early Egyptian mummics. 3. No, evidences have been found The temur, or thighbone. out exception superior to those of the average Canadian today.

and Chinese are almost with-

Dental caries (tooth decay).

secause it washes away germ

marniden.

[wenty-two.

Raiding the store-room was not encouraged

in stern pioneer days. But today raids on the

pantry for delicious Post's Grape-Nuts Flakes

should bring no reproof. You need never run

short of this healthful, ready-to-eat, easy-to-digest

cereal. It's perfect for the between-meal mack.

Cigarette smoking.

BUILDING MATERIAL

But you shouldn't let the contor

roofing and siding material for farm buildings—if it's properly used. That's the report of Alvin Dale and Henry Giese, agricultural

um may give poor service if no

Brace buildings properly from within and use plenty of sheathing Use plenty of nails And be sure they are screw or ring-shank aluminum nails-preferably with synbe at least an inch and a half long. Don't apply aluminum over old shingles. Start roofin and siding away from prevailing

wind, so wind can't get under the laps. Give sheets ample overlap. Aluminum will corrode through cluding wet concrete), livestock nanure and urine, copper and un-"Daddy." said an eight-year-ole

student of a progressive school, Ronald said a very naughty word to the teacher today."
"Is that so?" asked the curious "Oh, we aren't encouraged to use such language," she answered, "but if you want to say all the bad words you know, I'll tell you when you

THE NEW NEIGHBORS

ARE MOVING IN...THERE'S OUT AND BE THE VAN THE WAY TO





mented, This man organ to band, and was not able to finish. The main reason for failure in Christ's kingdom is the failure to count the

By Rev. R. Barclay Warren The Disciplines of Discipleship

Luke 12:16-21; 14:27-22. Golden Text-And whosoever doth not bear his cross, and come after cannot be my disciple.-Luke

eost and prepare to pay it. It must be an all-cut effort. There are no half-hearted disciples "Whosoever One of the most tragic stories that that he hath, he cannot be my dis-Jesus ever told is that of the foolish rich man This man thought his soul could be satisfied with things. When give Christ the pre-eminence in his life is left out of the Divine program. he had harvested his bumper crops in bigger barns he would say, "Soul, thou hast much goods laid up for Playing with religion and giving God the left-overs is being done by many years; take thine ease, eat, drink, and be merry." But it is not many. But only he who disciplines himself and strives to enter in at the strait gate will find an entry. He who only the rich who are in danger of this misplaced emphasis. It is a common error to slave for the needs that Christ's yoke is easy and his and pleasures of this life and forget the soul. The rich man received the PILES Don't suffer any longer. For quick relief—treat painful piles with medicated Dr. Chare's Ointment. Scothes as it heals. A safe home treatment for over 50 years. He left it all. The tragedy is that he appeared before God a pauper. He had lived for self and was not rich

oward God. In this day when the number of DR. CHASE'S hankruptcies is increasing it is easy **Antiseptic OINTMENT** BUILD WITH STRAW

A process for making insulating building boards from wheat atraw is announced by the United States Bureau of Agricultural and Industri-al Chemistry. This new product promises to compete with sugar **INDIGESTION** ane bagasse and wood pulp as a raw material for insulating boards.

About 40,000,000 tons of wheat atraw alone are now burned or wasted every year on American farms. The new method for mak-Help Your Forgotten "28" For The Kind Of farms. The new method for maring straw into building board was
developed by Drs. E. C. Lathrop
and T. F. Naffziger. Their procedure consists essentially in blending ordinary straw pulp, now used
to make strawboard for boxes and packing materials, with a new type of pulp which is inexpensive and which contributes increased strength nd other desirable qualities to the

The nice old lady smiled at the little girl who had been left i charge of the cake shop.
"Don't you sometimes feel tempted to eat one of the cream puffs, my The litle girl was quite shocked, 'Of course not," she replied. "Tha would be stealing. I only lick them."





It's so different today 053

> Post's Grape-Nuts Flakes have that unbeatable Grape-Nuts flavor in popular, honey-golder one needs - useful quantities of carbohydrates proteins, minerals and other food essentials. So quickly served; so truly good. Your grocer has Post's Grape-Nuts Flakes.

