

CAN IT BE DONE? — By Ray Gross



**Capless
TOOTH PASTE TUBE**
WITH ONE MOTION AND ONE HAND
A TURN OF THE THUMB-SCREW AT
SIDE AND TUBE IS OPENED; TURN
BACK AND IT IS CLOSED.
CAN IT BE DONE?

Do you think this idea is practical? Write Ray Gross in care of this newspaper

PLATS' DIARY
BY ROSS FARQUHAR

Friday—Pa and ma including me and Ant Emmy went to see a Operetta last nite and pa was very very well pleased with evry thing. Except the Musick.

Saturday — Ant Emmy was reading in the noose paper that a Astronomer had discovered a new Planet and she thot there was a lot of Things we needed wiser than a new planet just at the present time.

Sunday — 1 of pa's ole college Chems is coming here to spend the afternoon today. pa was a telling ma that his old college chum use to be so lazy he wood pretend to be drunk so his fraternatty Bros. wood put him to bed at nite.

Munday—Ole Mr. Crust is a going to be married to the cashier down at the Elite barber Shop and ma says there is no fool like a old fool. I gess it is becuz they have had more practice. mebbly.

Tuesday—I and pa and ma tuk a drive out in the country tonite to see if we cud get sum apples and pa got to tawking to a ole Farmer witch lives on a farm and pa ast him how long had he ben living on that farm and he sed he had ben there sixty 3 years and he had just about dissided he diddnt like it very well.

Wednesday—Jenny Tolbert boughten her dawter a Bisykle last week and they garented to replace emny missing parts in side a yr. & today she went and clamed three teeth and a peace of a collar Bone.

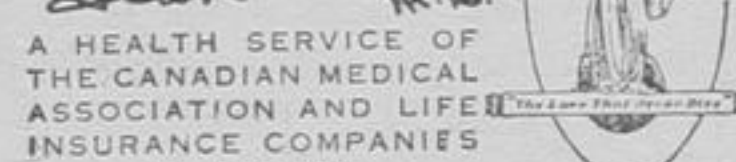
Thirsday—Joe Etter witch lives on a 100 and 60 acre farm out acrost the crick says if his hot dog busness keeps on growing mebbly he can lift the morgage and do sum farming becuz that is the Life for him.

**RUN SPECIAL TOUR
TO HUDSON BAY**

Announcement is made by the Canadian National Railways that a special, all-inclusive tour will be operated from Winnipeg to Churchill, on the Hudson Bay. It is proposed to make up a special train to leave Winnipeg, on the morning of August 17th and to return six days later. This will include a 25-day stop-over at Manitoba's northern seaport. This trip will afford residents of Canada an excellent opportunity to see at first hand the activities at Churchill and to view for themselves the possibilities of the northern route for the shipping of grain. While there the elevator will be operating and boats will be loading with Western Canadian grain for overseas shipment. Stops will also be made at The Pas and Flin Flon. As passengers will be accommodated in sleepers throughout the trip, the accomodat'on given the tourists will be of the most modern type.

Railways, steamships and coach lines have arranged special low rates to the Canadian National Exhibition. Read your favorite newspaper and keep informed as to excursions, etc.

HEALTH
by



PERIODIC HEALTH EXAMINATIONS

Those who first suggest a new procedure are apt to find their suggestion either ignored or ridiculed. This was what happened when, back in 1861, Dr. Horace Dobell expressed the idea of a periodic health examination, and no one apparently paid any attention to his proposal. Nevertheless, the seed which he sowed did not die and in later years it took root and to-day is bearing some fruit.

The periodic health examination of the apparently well person has certain objectives. These objectives are based upon an understanding of existing conditions. Many people are living at a low standard of fitness because their bodies are not functioning properly; many others are harbouring unsuspected disease which may be and likely is undermining their health still others fail to enjoy the full measure of physical and mental health which might be theirs if they lived a hygienic life. In other words, efficiency, effectiveness, happiness, and even life itself are endangered through the individual's ignorance of his own body conditions and needs.

Ignorance is banished through the periodic health examination which reveals any abnormal functioning, unsuspected disease, and undesirable habits of life of the individual. The examination is, first of all, revealing, and, having disclosed the truth, it allows for faults to be corrected, disease treated, and a hygienic life planned in accordance with individual needs.

This form of health supervision must be on an individual basis, because, as individuals, we differ from each other; our heredity is different, our environment has been different, and our needs are different. We can say that everyone should use pasteurized milk, because it is the only safe milk, as part of a balanced diet. We can add that all require rest, exercise, fresh air and sunshine. But we do not all need, nor would we all profit by exactly the same routine of life.

There are those who criticize the periodic health examination on the grounds that it focuses an unhealthy interest on the body. It is difficult to believe that blissful ignorance is to be preferred to a proper understanding. Ignorance leads to much more that is undesirable than does understanding. The periodic health examination, followed by helpful advice and a clear explanation, will banish many fears which now make life miserable and uncertain.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

The grandstand at the Canadian National Exhibition is more than 700 feet in length and the mammoth stage is even longer than that. The battery of floodlights which illuminates the stage and scenery at the nightly pageant is the most powerful in America.

NEWS AND INFORMATION FOR THE BUSY FARMER

Take Out The Weeds
Although modern seed cleaning machinery will do a great deal to take out seeds from grass and clover seed it will not make perfect separation in all cases. In fields for seed weeds should be taken out in the summer so as to make possible high grades and best prices. Such weeds as mustard, daisies, bladder campion, white cockle, and others classed as noxious should be removed during the summer so as to keep them out of seed crops and, what is just as important, keep them from seeding themselves down again.

Cutting Soybean Hay
With an increasing number of farmers growing soybeans for hay it is important that growers should cut the crop at the proper time. Soybeans for hay should be cut when the pods are about half filled out. The most desirable combination of quality and feed value is obtained at this stage. Cutting should be done with the mower in the morning, after the dew is off. It is usual to leave the crop in the swath for a day, or until the leaves are thoroughly wilted, then rake into windrows and allow to cure. Or it may be left two or three days in the windrows and then put into small cocks. The hay should be thoroughly cured before hauling and handled in such a way as to preserve the leaves as much as possible.

Head The Hive With A Prolific Queen
The foundation for the next year's honey crop, says the Dominion Apiarist, is laid by making sure that every colony is headed by a young and vigorous queen early in August so that she has sufficient time to procure a large force of bees before the end of the brood rearing season. To perform the duties expected of her the queen must have ample room for maximum egg production and there must always be an adequate supply of food available for the brood she produces. Other conditions being satisfactory, strong colonies headed with a young vigorous queen in the fall are the best assurance of strong colonies the following spring and a strong force of field bees in time for harvest.

Table Turnip Acreage
That Ontario farmers appreciate the increasing demand for high quality table turnips is indicated in reports to the Ontario Department of Agriculture stating that, in many of the more prominent growing sections, acreage devoted to this crop is larger by some twenty-five per cent, as compared with that of last year. Sections where this holds true include Oxford, Brant, Wentworth, Waterloo, Wellington, Perth, Huron and Bruce counties.

Rains in the latter part of June stimulated planting as growers were hesitant to plant while dry weather prevailed. Approximately ten per cent of the acreage is for early August and September shipment, which is a twenty-five per cent decrease from last year.

At What Stage of Maturity Should Crops Be Harvested
Experiments by the Field Husbandry Division, of the Dominion Experimental Farms show that crops cut at the following stages gives highest yields of best quality.

HAY—Alfalfa one tenth in bloom, red clover full bloom, timothy when the bloom has fallen, grain for hay when the kernels are in the milk stage.

GRAIN—All grain crops should be cut when the kernels are firm and before the heads are too easily shattered.

SILAGE—Corn late dough, sunflowers 50 per cent in bloom, red clover full bloom, alfalfa full bloom and wilted 5 hours after cutting, oats and peas when oats are in the dough stage.

ROOTS—As late in the fall as possible.

POTATOES—When the tops are all dead.

Asparagus a Long Time Job
The importance of asparagus may best be judged by the rapidly increasing demand both in the fresh and in the canned state, and during recent years also there has been a greater interest taken in asparagus culture by home gardeners as well as by market and truck gardeners. However, a word of warning is given by Mr. T. F. Ritchie of the Central Experimental Farm Ottawa. "The in-and-out grower" is precluded from dabbling in this venture. This branch of industry is not adapted to the practice of growing a crop one year when the prospects of a rising market might be profitable, and out of it the next season if the probabilities of a lucrative return seemed poor. An asparagus plantation should last

from 15 to 20 years. Asparagus can be grown on many kinds of soils, but the most desirable are those well supplied with humus, deep, rich, loose, and with sufficient moisture. The organic soils, such as peat and muck, are essentially humus in nature and should show a definite reaction where the addition of one or more chemical fertilizers are applied.

Feeding of Lambs
Quality is important in lambs. Finish and weight along with breeding play an equally important part in determining quality. While improvements in the breeding and feeding of lambs has increased the quality of the finished product, there is still much to be done in order to supply the trade with what it desires throughout a greater portion of the year. Buck lambs do not please the consumers, and tend to discourage buying of lambs. For a number of years the price of buck lambs has been cut below that of wether and ewe lambs, and on and after July 2 of this year 2 cents more will be paid for ewe and wether lambs than for bucks. A premium will be paid for good quality, well-finished lambs up to 90 pounds over those ranging from 100 to 110 pounds. In order to get top price castrate all male lambs not intended for breeding purposes and finish the lambs to a desired weight. This requires extra feed, and it will be necessary to grain the lambs on pasture. With the way this season is starting off grain feeding on pasture may be necessitated more than in the past. It is a good plan to pick out the earliest and fastest-growing lambs and crowd them for market. As the season advances the price may drop. Early summer sales are always at higher price than fall sales. Light lambs should be held back until they have taken on the desired fleshing. It is by paying attention to market requirements that the best returns are obtained from the flock.

SUMMER COMPLAINT

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A mother in Thomasburg, Ontario, writes: "Baby's Own Tablets are the best, in all baby ailments such as summer complaint, teething, disturbances, vomiting and diarrhoea." Give them the moment you notice something is wrong. They quickly yet gently cleanse the little system of the disturbing substance. Appetite returns and the child sleeps soundly. Safe for the tiniest babe; use them for all simple ailments. Price 25c everywhere.

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