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NEWS AND INFORMATION FOR THE BUSY FARMER

Canadian Hams Popular

hams to the British market. The very useful. By starting in the warm-Dominion sold 314,606 cwts., and the est corner and placing the hurdle at United States, 311,746 cwts. to buy- right angles, a complete pen is coners in Great Britain. Imports of structed with each hurdle. In this hams from Empire countries increas- way the ewe is kept quiet and is ed by 10 per cent in 1937, and re- less likely to disown her lambs. presented 49 per cent of the total There is no danger of one lamb goimports of hams as ompared with ing astray and getting trampled on 45 per cent in 1936. Shipments from by other sheep, and special atten-Canada were 13 per cent higher, tion can be given to the ewe withwhile those from Ireland declined 31 out disturbing the whole flock. per cent. Canadian hams are appreciated chiefly on account of their high quality.

Current Crop Report

Bruce County reports egg receipts heavy with quality so far particularly good. Interest is being shown there in soiltesting. Increased prices for cattle in Grey country have made things brighter for farmers who are feeding cattle. Most farm- WHAT TO EAT TO BE HEALTHY ers in Lincoln have plenty of hay and coarse grains on hand to feed the stock until pastures are ready | No less than twelve minerals are and on the whole dairy cattle are in required for an adequate diet, but abated. Upwards of 500 western nine. The three minerals that we horses have been sold by auction at must watch are: Campbellford this winter at prices CALCIUM, the lack of which causes ranging from \$125 to \$175 for fair defective bones and teeth. quality horses. York County reports | IRON, the lack of which causes the run of maple sap this year very anaemia. much below normal, a number of | IODINE, the lack of which causes farmers not tapping at all. In Fron- goitre. tenac the prices of grade milch cows | There is a constant storage and at local sales range from \$50 to \$70, use of calcium in the bones, and a and the demand seems quite keen. person may appear in the best of In Grenville a surprising amount of health, yet his bones may not conseed has been cleaned out of last | tain as much calcium as they should. year's light crops. The maple syrup In time, this deficiency will interseason has been better than expected fere with the health. For example, in Leeds County.

Dairy Production

Ontario during March was almost as have an adequate amount in her diet, high as a year ago. The number of nature takes it out of her bones and pounds manufactured in that month | teeth. is estimated at 4,718,600 as com- Our greatest sources of calcium pared with 4,815,600 in March, 1937, are milk and milk products. To get a decrease of only 2 per cent. West- an adequate supply, adults should ern, Central and Northern Ontario consume each day, close to a pint showed a ain in output, but in East- of milk, while the growing child who ern Ontario there was a decline of is forming new bones should take 16.5% and in southern Ontario the a pint and a half of milk. Cheese reduction was 11.3%. For the first is an excellent source of calcium, three months of 1938 total creamery too. butter production in Ontario amount- Iron is obtained largely from vegeed to 12,267,400 pounds as compared tables and fruits. Other sources are with 13,047,200 pounds in the simi- eggs, liver and kidney. lar period of 1937. The cumulative | Iodine is obtained largely in sea total for the three-month period foods. People who live remote from showed a reduction of 779,800 pounds | the sea have to depend largely upon or 6 per cent. The make of Ched- iodized salt as their source of this dar cheese in March followed the mineral food. trend of the two preceding months and was considerably smaller than erals: in 1937. Output in March was 54.6% Milk and cheese, eggs, liver and below a year ago, and for the first kidney, leafy vegetables such as celthree months 49.9% less. It is ap- ery, lettuce and cabbage, also fruits parent that farmers are diverting and iodized salt. their milk from the manufacture of in their effort to take advantage of the relatively high prices prevailing for the latter commodity.

Cetting Ready for the Lamb Crop Lambing time is the shepherd's harvest. It is also the time requiring the most exacting care. Everything must be in readiness for the coming of the new crop. Three or four weeks before 'ambing the pregnant ewe should receive better feeds in order to insure a good flow ofmilk for the young lambs. Alfalfa, red clover and other legumes make the best hays for breeding ewes; they are almost essential at lambing time. If they are not available, mixed hay which contains a fair amount of legume should be fed. Succulent feeds such as turnips or corn silage make a welcome addition to the ration, but not more than one pound IN THE ESTATE OF MARY JANE a day should be given as larger amounts are known to produce big, soft, flabby lambs which generally the Estate of Mary Jane Burton late die soon after birth. At this time of the Village of Woodbridge, in the The amount necessary will vary ac- on or about the 6th of March, 1938 Half to three-quarters of a pound the undersigned on or before the 12th per day of a grain mixture made day of May, 1938 full particulars up of two parts oats and one part of their claims. bran is generally sufficient. If mixed Immediately after the said last 1 Oak Extension Table with 5 leaves, or non-legume hays are fed, the add- mentioned date, the assets of the ition of half a part of 'il meal will said estate will be distributed aprove beneficial.

the ewes become heavy in lamb, they which the undersigned shall then I Nickel Tea Kettle to lamb early should be separated be liable to any person of whose from the main flock. This is easily claim the undersigned shall not then done if the ram was marked at have notice for the assets so distribreeding time and records kept. The buted or any part thereof. warmest and most comfortable pen, one receiving plenty of sunshine and of April, 1938. free from draughts should be selected. The floor should be dry, level, and well bedded with clean straw. This lambing pen should be so equipped that individual nens can be

'easily made. For this purpose light, Canada displaced the United States twosided, folding hurdles four feet in 1937 as the largest supplier of to the side and three feet high are



Number Five MINERALS

good flesh. Wheat looks very pro- from a practical standpoint we need mising in Wentworth. Fields have only be concerned with a supply of made good growth and are very three of them, because if our diet is green. In Northumberland County at all a reasonable one, it will conthe demand for horses continues un- tain adequate amounts of the other

a pregnant woman is likely to suffer from tooth decay because there is a tremendous drain on her cal-Production of creamery butter in cium resources. If she does not

The following foods give you min-

Remember - milk and cheese for cheese to the production of butter calcium; eggs, liver, kidney, vegetables and fruits for iron; and iodized salt for iodine.

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

Host-"Those are my grandmother's ashes over there."

Guest-"Oh, so the poor old soul has passed on."

Host-"No. She is just too lazy to look for an ash tray."

How strange that thieves risk prison when there are innumerable legal ways to rob the dumb.

Notice to Creditors

BURTON.

All persons having claims against the feeding of grain is essential. County of York, deceased, who died cording to size and condition of ewe. are hereby notified to send in to

mongst the parties entitled thereto, 1 As lambing time approaches, and having regard only to claims of will require more pen and feeding have notice, to the exclusion of all 1 Quebec Heater, new space. The ewes which are expected others, and the undersigned will not 1 Coal Oil Heater

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Neil MacDonald Burton and Gideon Burton, Executors.

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LETTER No. 2

the Canadian Weekly Newspaper Association is striving to promote sanliving in Canada and you ask for tian spirit in the family circle. my advice on this subject.

Dear Sir.

sociation on their laudable endeavor and feel confident it will commend itself to all who have at heart the welfare of our country.

The characteristic feature of our age is that the ordinary source of rived from the newspaper, editors have therefore a mighty power for good at their command and since you ask for my advice, I would recommend that they should impress upon their readers that the disre-

gard for the Christian precepts has Quebec City, Que. had a disastrous effect on Society and is in a large measure, the cause In your letter you inform me that of the present universal social and economic disorder. I would suggest that they should lay stress on the er thinking and more wholesome importance of fostering the Chris-

The family is rightly regarded as I cannot but congratulate the As- the cradle of society. The training of the children is a duty which nature as well as religion imposes upon the parents. If in their early years children find within the walls of their homes, the rule of an upright life and the discipline of the inspiration for the multitude is de- Christian virtues, the future welfare of our country is assured.

> Believe me, Yours sincerely,

SAND - GRAVEL

J. M. R. Villeneuve, O.M.I., Cardinal Archbishop of Quebec.

Read It Or Not April Fool's Day is called: Trick Day in Portugal. Cuckoo Day in Scotland. Fop Day in Holland. Fish Day in France. Doll Day in Japan. Joke Day in Russia. Boob Day in Spain.

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1 Settee Whatnot 1 Kitchen Couch Small Clover Leaf Tables Parlor Table

case good as new drop-head

Kitchen Cupboard with glass doors 1 Large Stone Butter Crock Grocery Cupboard 1 Fall Leaf Table

I Findlay Cook Stove, nearly new Heater Guard

A Number of Stove Pipes A Number of Pictures and 1 Picture Easel Quantity of Carpet Quantity of Congoleum

2 Pair of Chintz Drapes Terms Cash.

Several Small Rugs

Oilcloth Rug. 71/2 by 91/2

Several Pair of Curtains Curtain Rods and Blinds 3 Toilet Sets

1 Mantel Clock Bedroom Clock 1 Flower stand and a Quantity of Flower Pots Quantity of Dishes

1 Dinner Set blue willow ware 1 Victor Victrola 1 Aladdin Table Lamp and some glass Bedroom Lamps

Lantern Fuller Wall Brush Set of Flat Irons

1 Food Chopper Dominion Organ, 6 octave, piano Number of Cooking Utensils Set Household Scales

New Williams Sewing Machine, 1 Flour Barrel, Bake-board and Roll-1 Washing Machine and Wash Board Wash Boiler, galvanized

Quantity of Fruit Jars

Quantity Pickle Jars and Catsup Bottles

1 Melotte Separator Lawn Mower Chicken Coops, Crates & Feed Boxes 1 5-gallon Oil Can

Number of Garden Tools 1 Large Barrel and 1 Cider Barrel Saws and a Quantity of other Tools 7 Cotton Grain Bags 9 Iron Fence Posts, 3 Cedar Posts

and a Quantity of Wire

Quantity of Dahlia & Gladioli Bulbs Other Articles too numerous to men-

Sale 1 p.m. S.T. A. S. Farmer, Auctioneer