

# NEWS AND INFORMATION FOR THE BUSY FARMER

(Furnished by the Ontario Department of Agriculture)

## HONEY OUTLOOK

It is impossible at the present moment to estimate with any degree of accuracy the honey crop for 1938, but with an increase in the number of bee colonies reported, the capacity for production has increased over previous years. It is quite possible, however, that winter losses may offset this increase. Furthermore, reports indicate a possible shortage of major nectar securing plants in 1938 due to the heavy winter-killing of 1936-37, and a shortage of clover seed.

## Bacon Exports

Regularity of supply is important and necessary in building up a trade connection for Canadian bacon on the United Kingdom market and as an aid to keeping prices at a reasonably constant level, states the Canadian Animal Products Trade Commissioner in England. During 1937 there was more irregularity in Canadian shipments than during 1936, also a substantial spread in quantities. Bacon is a non-storable product, and as it is handled in large volume an increase of 55 percent or over in imports in a few weeks' time makes it impossible to place this surplus on the market without causing price fluctuations. Canada is the only overseas bacon supplier out of 20 countries which has the freedom of the British market so far as volume is concerned, and her imports are easily the second largest, with Denmark leading.

## Crate-Fattening Poultry

In crate or pen fattening poultry for market, the greatest gains in weight are made on the thinner, under-developed birds that ordinarily grade "C" for fleshing and fat if sold straight off the range. Such birds should make steady gains up to three weeks feeding. If the birds are in good shape and reasonably fat when placed in the crates a shorter finishing period may be used.

The average increase in weight in normal crate feeding should more than pay for the feed. The increased returns from improvement in additional profit. Some ground grains, such as corn and wheat, are better than others but any grains the farmer may have are suitable. Small and unmarketable potatoes, cooked and mashed, are economical and add palatability to any ration. They also help to produce white fat. Milk in any form is desirable; whey may be used if milk is not available. The addition of mutton tallow or any animal fat to the ration will increase the proportion of fat on the finished carcass.

## Prepare Farm Horses for Work

The mechanically-minded tractor farmer would do well to have his tractor thoroughly overhauled in preparation for the spring work. The farmer who depends on horse power may well take a leaf out of the same book, for while horses attend to their own repairs, nevertheless a certain amount of "tuning up" is necessary even with horses if economical power is to be obtained. Most idle horses will have been wintered on a good maintenance ration and rightly so, as horses fatten during the winter are inclined to be soft and in poor condition for hard spring and summer work. The maintenance ration of rough feeds should now be gradually replaced by a medium grain ration and better quality roughage, preferably timothy hay, increasing the quantity until a full working ration is being fed at the start of the heavy spring work.

If the hair is long and heavy, clipping is desirable and thorough grooming is energy well spent at all times. Clean and fit collars and harness carefully. Daily washing of shoulders after the day's work with cold salt water will cleanse and toughen the skin, especially in young horses.

Particular attention should be paid to the teeth of the horse. If necessary have the teeth examined and "floated" to provide proper grinding surfaces. Trim the feet carefully, keeping the wearing surfaces level. For work on the land, shoeing is not always necessary, but where needed frequency and correctness of shoeing is important. Lice, worms and bots take their toll of the horse's energy and should be eliminated early in the campaign.

Plenty of good feed, timely attention and thought, not unmixed with the milk of human kindness, will work wonders in the development of basic power and rippling force in man's faithful friend, the noble horse.

## Keep the Birds Healthy

The care, attention and quality of feed given the chick and growing

bird will contribute to the health and production of the mature bird. Due to improper feeding, particularly the wrong kind of green feed in the early stages, the bird's digestive system may not develop so as to stand the strain of heavy production. Then, too, a bird may just get by from the health standpoint and as a mature bird give a poor account of herself in the laying pen. Vigour and stamina must be bred and fed into the bird if it is to pay its way. The healthier a bird is kept the better use it will make of its feed. There is sometimes quite a heavy loss because the birds are more or less weaklings due to some infection or lack of attention when young or growing. Success in the poultry business depends upon continual vigilance.

Rye has been found to be good pasture for growing chicks. Where this has been sown in the fall it is ready for the early hatched chicks when the time comes to put them on range. An early planting in the spring may give sufficient growth by the time the late March chicks are ready to go on range. Another strip could be planted later and the colony house or range shelter moved on to it when the first strip is picked off or has become too coarse. Prof. Graham's pasture recommendation is as follows:

Fall sown rye for early spring pasture, which may be supplemented with permanent grass pasture. In spring, an early variety of oats could be sown as soon as possible in April, another lot sown early in May and again late in May in order to keep fresh green feed coming along. Once the cereals joint they are greatly reduced in value as a poultry pasture. To supply pasture during the summer and early fall, kale, swiss chard, rape and corn could be planted. Corn and rape could be sown late in May when the fall rye has been. Besides giving green feed the corn is valuable for supplying shade. The rape could be broadcast and the corn sown in drills. Moving the colony houses or shelter permits more complete utilization of the pasture crop and improves general sanitation of the range. The fertility of the soil will affect the quality of the pasture.

# HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES



## WHAT TO EAT TO BE HEALTHY

Number Four.

Every individual requires to eat a certain quantity of vitamin C to prevent scurvy. A lack of vitamin C affects the miles and miles of capillaries throughout the body.

The following foods give you vitamin C: Oranges, lemons, and grapefruit, tomatoes raw or factory canned, and most raw fruits and vegetables.

Vitamin C is very readily destroyed by heat. It is essential, therefore, that everyone take each day some raw fruit or raw vegetables. Canadian factory canned tomatoes are an excellent source of vitamin C because the cooking is done without exposure to air.

The lack of vitamin D in the diet causes rickets in children, soft bones and defective teeth.

The following foods give you vitamin D: Cod liver oil, and other fish oils in liquid or capsule form, egg yolk, and sunshine in summer.

As this food element is not obtained in ordinary foods in adequate amounts, it is absolutely essential for every infant and child, and very advisable for every adult, to take some vitamin D during the winter months — from October through to April. One teaspoonful of cod liver oil gives you as much vitamin D as 14 egg yolks or 1500 servings of spinach. There are available in many parts of Canada specially prepared milk and bread which contain vitamin D.

Much has been said and written in recent years about the vitamins, but not all that one hears and reads about them is true. Food faddists and exploiters have toyed with the vitamins extensively.

They have a very important part to play in normal diet for normal people and if you follow carefully the information contained in this series of articles on "What to Eat to be Healthy" you will secure authentic information and practical advice on the foods you should eat.

The next article in the series will deal with minerals in the diet.

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

## MUSIC FESTIVAL AT METCALFE

Entries for the Music Festival being held at Metcalfe on April 28-29, closed on Monday and compare favourably with former years. In the one-act competition to be held on April 30th, four plays will be presented as follows, "Bread" by Marvelville Y.P.U.; "And Now the Journey" by St. Catharines Dramatic Club, Metcalfe; "Second Best" by Kenmore Y.P.U.; and "Frank and Erna" a farce by Metcalfe Community Club. It is expected that all sessions of the Festival will be held in the Armouries.

## VARS

Miss Fern Devine, of Ottawa, is visiting relatives here.

The Woman's Guild of St. Andrew's Anglican Church, Vars, has been very fortunate in obtaining the "Good Companion's Dramatic Club" of St. Bartholomew's Church, Ottawa, who are staging a three act comedy in Harmony Hall, Vars, on Monday evening, April 25th. As these artists have in the past successfully competed at the Little Theatre, Ottawa, the audience is assured of a worthwhile entertainment.

Miss Leona Goodfellow spent a few days with her aunt, Mrs. George MacEwen, of Vars.

Miss Margery Coleman, of Ottawa, is spending the Easter holidays with the Misses Rita and Nita-Mitchell. We are sorry to hear that Mrs. Roy Rickard has been confined to her home by the grippe, and it is hoped that she shall soon recover.

Mr. Murray Boyd, Toronto, is now in the employ of F. Tanner and Son. In spite of the weather many Easter bunnets were on display Sunday.

The Rev. Mr. Patterson's aunt, of Montreal, is spending a few days here.

## GOLDEN VALLEY

Mr. A. B. Cowan spent a couple of days last week at Port Hope attending O.Y.B. convention.

Quite a number of the farmers of the Valley attended the auction sale held by Mrs. Wm. Bicum at Harmony on Tuesday. Everything went well.

Mr. Maurice Hughes and Hazel Porteous are spending the Easter holidays at their respective homes.

Mr. and Mrs. Ira Hughes, Montreal, spent the week-end at the farm's home.

Mr. and Mrs. Ira Hughes, Mrs. H. A. Hughes and daughter Ada and Marjorie McAndrew attended a birthday party at Mr. and Mrs. Roy McKeown's on Saturday. Mrs. McKeown gave a party for three of her children whose birthdays are in April.

Mr. Basil Thompson spent Sunday at his home in Grantly.

Miss Mabel Porteous spent Sunday at her home.

Mr. Joseph Cabana spent the week-end at Limoges.

Mrs. R. S. Hill spent Sunday with her niece, Mrs. E. T. Cowan.

Mr. W. G. Porteous visited Mr. and Mrs. Gardiner Campbell on Sunday. We are sorry to hear Mrs. Campbell has been confined to bed for some time.

Mr. and Mrs. R. L. McAndrew and children spent Sunday afternoon with Mr. R. Waddell, North Osgoode.

Miss Ella Morrison is back to the Valley again in the employ of Mrs. R. S. Hill for the summer months.

## FIGURE IT OUT

Problem 31. The Bombers were ranked 1st Meteor; 2nd, Comet; 3rd Shooting Star.

Problem 43. The total weights of the three brides totalled 396 pounds, also that there was a difference of 10 pounds between each. Kit, therefore, weighed 122, Nell 132, Min 142. As Brown weighed the same as his bride you can pair Kit with Brown weighing together 244 lbs; Nellie and Jones (198) pounds to get a total of 330 pounds; Min. with Robinson (284) pounds to total 426 pounds. This will then total 1000 pounds for the six.

Prob. 52. Voltaire was once asked to make up a riddle and after a moment's concentration he said "What is the longest and yet the shortest thing in the world; the swiftest and the most slow; the most divisible and the most extended; the least valued and the most regretted; without which nothing can be done; which devours everything however small, and yet gives life and spirit to all things, however great? What is it?"

Prob. 53—At a card party attended by 15 girls a boy asked Nellie her age. She said "I'll tell you each one of the 15 of us here were born at intervals of 18 months. Mary is the oldest and she is 8 times as old as I am. I am the youngest. How old was Nellie?"

## TIME'S INVESTMENT

Here's another day to squander, Tossed from life's unending till, Time to forward march or wander; Time to spend for good or ill.

Neither more nor less bestowed on Poor at toil or rich at play. Ride or walk the stretching road on, Each is granted just a day.

Now the rosy dawn is streaking Eastern skies with colors gay, And in us and all we're seeking, Time invests another day!

Where so'er misfortune thrusts us; On whichever path we choose; Time, the old investor, trusts us With another day to use.

## MARVELVILLE

In Marvelville United Church on Good Friday evening, the Y.P.U. held a special Easter service of readings and songs to which the members of the congregation were invited.

A pantomime by candlelight of "The Old Rugged Cross" was effectively acted by Mildred MacDonald, with Agnes Barber in the solo part, and Vera Brunton at the piano.

Mr. Earl Hill attended the Grand Orange Lodge meeting at Port Hope last week.

Mr. Ken. Brunton is spending his holidays with his parents here.

Miss Margaret Hill, teacher at Wesleyville, Ont., is spending a few days with her parents, Mr. and Mrs. D. J. Hill.

Mr. A. T. Brunton, of Russell, spent Sunday with friends here.

One of the worst storms past over here last Thursday evening, we have seen in many years. We are thankful to say no great damage was done although several chimneys were blown down and some windows were broken.

Mr. Frank LaRock made a business trip to Kenmore last week.

Mr. and Mrs. H. C. Robinson, accompanied by W. J. Robinson, Mrs. Jas. Robinson and Mrs. Dan McDonald motored to Toronto to attend the funeral of their nephew, Billy Robinson.

The W.A. held their regular meeting in the church on Thursday evening last with a good attendance. After the meeting lantern slides were put on by Mr. Mills, of Kenmore. Supper was served by the ladies.

At Toronto, April 13th, death, the grim reaper, again called one of our young people in the person of William Eric (Billy), younger son of Mr. and Mrs. Harvey S. Robinson, of Toronto, formerly of Marvelville.

The little lad had just passed his tenth birthday and was in his usual good health. On April 6th he was stricken with acute appendicitis and rushed to the hospital where he was immediately operated upon but it was found that peritonitis had set in, and all that medical aid could do was of no avail, and he passed to the Great Beyond on April 13th.

He was a very bright, cheerful lad, dearly beloved by all who knew him. The great profusion of flowers, and the many sympathetic friends showed the high esteem in which he and his parents are held in that part of the city. He leaves to mourn, besides his parents, one brother Harvey, and his grandparents, Mr. and Mrs. S. Nickle, of Montreal, and Mrs. Jas. Robinson, of Marvelville.

The funeral was held from his father's residence on April 16th at 2.00 p.m., conducted by Rev. Washington, assisted by Rev. Young, of Fairlawn United Church.

The pallbearers were his uncles, Messrs. John Mills, of Toronto; H. C. Robinson and Wm. J. Robinson, of Marvelville; Wm. Jackson, James Joyce and Fred Plummer, of Toronto. Interment was made in Prospect Cemetery, Toronto.

The "stork" again paid a visit to the Dionne family at Callander, Ont. when Mrs. O. Dionne, mother of the world-famous quintuplets, gave birth to a fine 7½ pound son.

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SOWING THE SEED

Do you know that the right or wrong you do Will come back a certain day to you? You cannot escape the shadows they cast. Over your future, along your past, Whatever you do sends echoes back Or across or forward, along your track.

Sure as the sun shines over the earth Thoughts, ambitions, and love have birth; And nothing can stay them—results must come: Once spoken a word can never be dumb. The flower of love,—the deceit of hate, The value of purity,—falsehood's mate, Whichever you plant will come back to you, For you can't get away from the deeds you do.

Farther back in your sin-stained soul,

Or deeper down in your innocence whole, Farther or deeper, whichever it be, Intensified character builds, you see. And your own blackens or glows with life, According to what you put into the strife.

There was a general idea that Andrew Carnegie had given away virtually all his money to the cause of education, and it is recalled that he once said that it was a disgrace for a man to die rich. Now we note that his grand-daughter will share in a fortune of \$300,000,000, which was left of his estate after his unavailing efforts to die poor.—Globe and Mail.

HISTORICAL INFORMATION

Anyone may secure an excellent government brochure on modern St. Lawrence River history by writing the Prescott, Ont. Chamber of Commerce.

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