

WHAT IS YOUR DIET?

Canadians eat too much meat. They are one of the three greatest meat eating peoples in the world, Australia and the United States being the other two. High prices for meat are coming. The cost of food as well as its nutritive value should be considered.

Prof. James Long, the eminent British authority, recently addresses the following advice to the War Office:

"Jam has three and a half times the energy value of butter. Its value lies in its richness in sugar—of which one-half its weight consists—in the minerals present in the skins of fruits, in its laxative character and its mechanical aid to digestion.

"The sugar of fruit has a remarkable effect on nutrition. Commercial sugar, if eaten too freely, causes irritation, acidity, and other freaks of indigestion.

"The most nutritious and useful varieties of jam are those made from plum, apricot, gooseberry and currant, but a mixture of plum and apple stand at the head of the list. Jam should not be considered as a dainty, but as an article of food."

Dr. Frank T. Shutt of Ottawa, Dominion Chemist, gives us the following authoritative statement as to the great importance of vegetables especially fresh or home grown. The importance in connection with small gardens in towns and cities is very apparent, and the subject is opportune at this time of the year. It may be that a small garden will keep down the doctor's bills.

"That many of the ills that flesh is heir to arise from indiscretions in diet is a fact that more of us should realize—and the earlier in life the better. Many of us, and perhaps this applies especially to those who live in the city, eat too much. As a result, we get too stout as life advances and, what is still more serious, an extraordinary strain is put on certain of the organs of the system in nature's effort to get rid of the waste. Further, we who live more or less sedentary lives, eat too much meat; the man who sits at a desk all day long, or stands behind a counter, may work as hard as the navy or ploughman, but it is a different kind of work. It does not call for the same amount of strong food. There is no necessity to diet ourselves by formula, or to weigh out what we should eat, but we ought to be guided to a certain extent in our eating by common sense and the knowledge which science furnishes respecting the requirements of the body for the maintenance of the vital heat, the development of energy and the repair of tissue.

"As city people we might keep in better health and live more cheaply if we would eat less meat and concentrated foods and use more vegetables and fruit. And this advice might especially be emphasized for the summer diet, when there is not the same call for the system for the stronger foods.

"Fresh vegetables are wholesome, palatable and productive of good health. Though in direct food value vegetables yield a first place to meats, it must not be supposed they are destitute of those nutrients which build up the body tissue and keep the machinery going. It would be possible, though not desirable, to live exclusively on vegetable foods. But vegetables, and especially fresh vegetables, are not to be regarded merely from the standpoint of maintenance—though we assert that nowadays they would make a very good showing on the ground of economy. Nor need we urge their extensive use on the grounds simply that they are appetizing and furnish variety to the diet. They, in addition to these excellent qualities, possess a medicinal value; they are aids to digestion and afford that bulk or volume to the food necessary for the right distension of the alimentary tract. Many vegetables contain salts which are gently laxative, relieving constipation, that scourge that is the forerunner of so many dangerous and not infrequently dangerous, diseases. And, again, many vegetables, especially those used in salads, have a special value in cooling the blood, and are, therefore, most wholesome, especially in the summer season.

"Fresh vegetables are vastly superior to those that are wilted from keeping a day or two in succulence, crispness and palatability. To be enjoyed at their best, vegetables must be eaten strictly fresh."

McWILLIAMS.

The weather still continues cold and backward.

Miss Millie Whitmore, teacher at Lamplash, is spending the holidays at her home here.

Mrs. Jas. Ford spent the most of last week in Hanover, helping wait on her father, who is in a very critical condition.

Miss Ruby Morrison is spending some days this week at the home of her sister, Mrs. Reuben Watson.

Mr. Joe Lawrence had a very successful wood bee one day last week, and also a dance at night. A very pleasant time was spent.

Ebenezer Sunday school will reopen on April 11, with a full staff of officers and teachers.

Mr. and Mrs. James Brown, Jr., who were married on the 24th of March, at the home of the bride's mother, held a reception in their own on the evening of April 1, when a very pleasant time was spent in various ways. Mr. McBeth had his phonograph and gave some very fine selections. We join with the many friends of Mr. and Mrs. Brown in wishing them a long, happy and prosperous life.

Farm and Garden

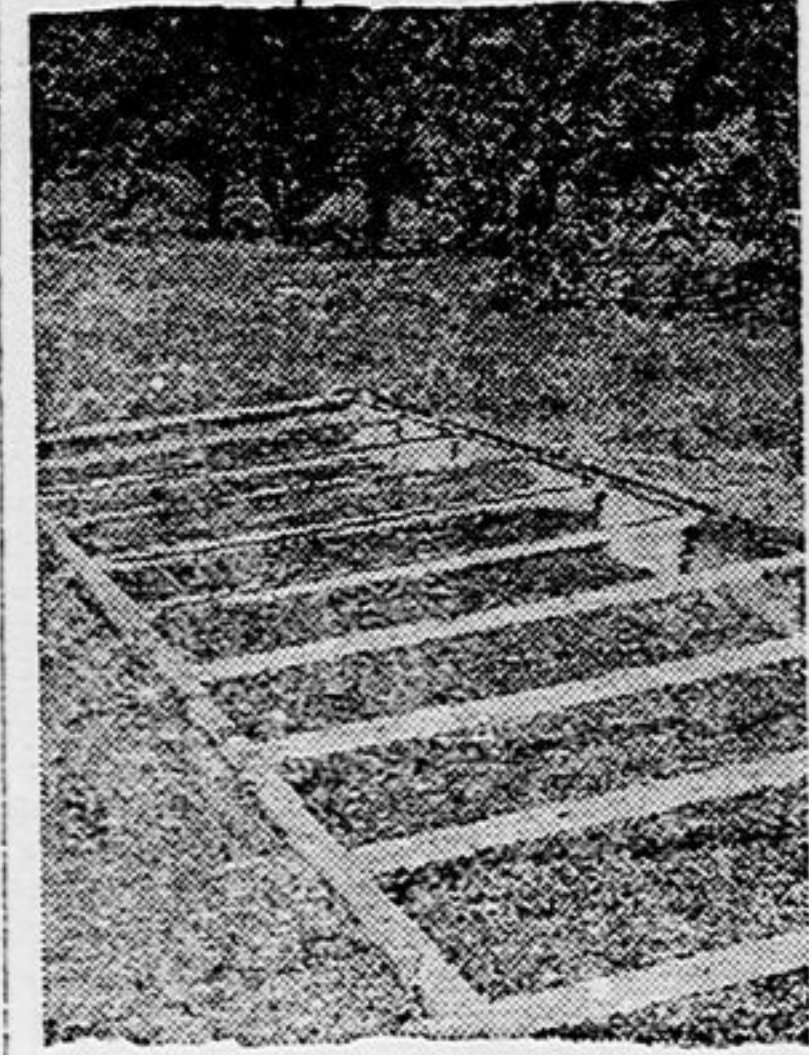
AID TO EARLY GARDENS.

Cold Frames Are a Means of Keeping Green Stuff on the Table.

Hotbeds are in very general use among all farm gardeners, but the cold frame as a means of keeping green stuff on the tables is much neglected, says a writer in the Farm Progress. Cold frames are no more difficult to construct and but little harder to operate than the hotbed.

Their uses are many, one of the most practical being in connection with a hotbed in the starting and taking off of the young tomato plants in the early spring. The cold frame is in general use among all market gardeners who are anxious to put their products on the market early in the spring and keep them there until late in the fall.

Built like a hotbed in nearly all essentials, it takes the plants after they



A COLD FRAME.

have come from the heated atmosphere of the hotbed and hardens them to a lower and more nearly normal temperature. The framework of the cold frame is practically the same as that used for the hotbed, but it is placed on well manured soil instead of above a bed of heating manure.

Neither the hotbed nor the cold frame should ever be made more than six feet in width, because of the difficulty in working with the plants when the beds or frames are wider. It may be made long enough to accommodate all the plants necessary. It is best to use a plank at least a foot wide for the side of the cold frame that is on the north of the bed. Some make this side of the bed eighteen inches in height, as this gives more of a slope toward the eight inch plank running along the south side of the frame.

Place the cold frame on the sheltered side of some building or in the angle formed by a high fence tightly planked. The sun should be permitted to reach it most all day, but some care will have to be taken in regard to this, as direct sunlight beating down through the glass sashes over the frame may heat the atmosphere under the glass to a point that will hurt the young plants.

The beds are covered with the same type of glass sashes used on hotbeds. The size that is just six feet in length and three feet in width is the best. The six foot sash length covers the width of the bed nicely, and the three foot width insures a sash that is not too heavy to handle or very likely to be broken. Strips are nailed across the width of the bed to keep the sashes in place, and these are so arranged that the sashes can be slipped up and down across the bed with ease.

The cost of a cold frame is very little. The most expensive feature of the undertaking is the glass sashes, and where there are some old buildings about the place the gardener can sometimes find enough old window sashes to cover the cold frame. Little or no digging is necessary, and a few feet of scrap lumber will make the frame. Old lumber is just as satisfactory as new stuff from the mill.

ORCHARD AND GARDEN.

Hotbed sash and soil should be made ready soon. In most regions hotbeds may be started in February.

Bird houses may be made and put in convenient trees. The birds seem to prefer boxes that have weathered a little.

The old fashioned bleeding heart makes a good plant at a corner of the shrubbery, and as it is a perennial it will return each year.

See that the shrubbery or perennial border does not become bare during the early thaws. It is a good plan to scatter straw or even manure over it.

Sun scald on apple and smooth barked ornamental trees may be prevented by shading the trunk with corn fodder, boards or paper. Now is the time to place such protectors.

Do not set seed flats directly on manure in a hotbed. There should be three or four inches of soil to absorb the odor and steam from the manure.

One of the quickest growing dwarf annuals is sweet alyssum. Sow the seeds as soon as the ground can be worked in spring and you will be repaid with an abundance of snowy white, sweet scented flowers.—Leroy Cady, University Farm, St. Paul.

AGRICULTURAL BULLETINS

So great has been the demand for bulletins, pamphlets, records and reports upon the Publications Branch of the Department of Agriculture at Ottawa as a result of the Patriotism and Production Movement, that it has been found impossible to comply with all the applications as promptly as could be desired. Of some of the bulletins the supply has been exhausted and no time has been afforded for reprinting, while of others the quantity asked for individually has been such that instant compliance would mean many applicants might have to go without. This has meant extra correspondence and consequent delay. The situation is, of course, satisfactory as indicating the success of the campaign, and the widespread interest created, but the inability to respond on the instant with the multitude of applications is greatly regretted. At the same time it is impossible that the size of the demand could have been foreseen. As fast as possible the requests will be attended to, but in the meantime there will have to be reprinting and in cases revising. In such circumstances patience appears to be a desirable and necessary quality.

FIELD ROOT AND VEGETABLE SEED SITUATION.

For three months after the outbreak of the war much anxiety was felt throughout North America as to supplies of field root and vegetable seeds that come principally from the warring countries of Europe. The field officers of the Seed Branch at Ottawa devoted much of this time to a study of the possibilities of creating a supply of Canadian grown seed for 1916 planting. It was advisable in the autumn to select and specially store any biennial roots to be transplanted this spring for seed production.

Fortunately the European seed crop of 1915 was much above the average for practically all kinds. Owing to previous shortage in supplies most Canadian seed houses had increased their orders by 50 per cent, or more and had received full delivery. The excellent seed crop of 1914 was also harvested in spite of war conditions and, although deliveries have been delayed and transportation excessive, most seed houses have received the greater part, if not all of their contract orders. Canadian seed houses of good financial standing are thus in a position to carry over sufficient supplies to meet a very considerable part of 1916 requirements.

The quantity of field root and vegetable seeds that may be produced in Europe during the present year or the next is highly speculative. This work requires much skilled labor, of which there must be a marked shortage for agricultural purposes. European governmental direction of increased food production and relatively high prices for food crops will doubtless decrease the areas devoted to these seed crops and to stock seed roots, which would normally be grown this year for transplanting in 1916.

Canadian farmers and gardeners should give this unstable situation their serious consideration. The soil and climatic conditions in different parts of Canada are equally favorable, if not superior, to those of Europe. The growing of these seeds in quantity for commerce has been limited in Canada by the higher price of labor and because few farmers had experience with biennial seed crops. A few dozen or a few hundred sound shapely roots set out this spring may give valuable experience which may be much needed as well as some good seed. A bulletin on field root and vegetable seed production may be had on application to the Publications Branch, Ottawa.

CLEANING AND GRADING SEED GRAIN AND FLAX.

The 1913 Seed Branch, Ottawa, inquiry into the condition of seed grain in Canada showed that an average of 41 noxious and 138 common weed seeds were being seeded on each square rod of land in oats. Seed wheat and barley were equally foul and flax was about four times worse. Over 88 per cent of the 2,065 samples of wheat, oats, barley and flax collected as being sown were reported cleaned with a fanning mill, but most of the samples showed that either the mills were not equipped with the proper sieves or else they were not well operated. The remaining home-grown seed, almost 11 per cent, was being sown direct from the thresher with no cleaning whatever. Small, broken and shrunken seed in the samples also indicated the failure on grading.

Cereal grains should be graded to remove from one-third to one-half of the total bulk, and most of the weed seeds will be removed with the screenings. Some of the weed seeds are difficult to separate, but most of them can be removed by a fanning mill. Any make of mill which has sufficient shake, angle or slope of sieves and wind supply, may be provided with suitable sieves. The top sieves should be just coarse enough to let the grain run through, and need sufficient

slope to run coarse impurities over the tail of the mill. The lower screens should have openings of the size required for grading or removing weed seeds.

With wheat the grade for high-class seed is made over an 8-64 inch perforated zinc screen. The grade for oats is made over a screen with slots 5-64 by 1/2 inch. Barley requires the same type, with slots larger, depending on the size of the seed. Wild buckwheat may be removed from wheat by a screen with triangular perforations, 8-64 inch or larger. Flax requires on top a woven wire sieve 3x16 inch mesh (3 spaces to the inch, one way, and 16 the other) and a 1-12 inch perforated screen below.

If sieves or screens of the desired size and type cannot be had from the fanning mill manufacturer, the sheet material may be obtained through any reliable seed house and made up by a carpenter.

BLYTH'S CORNERS.

To-day, April 5, is the most spring-like we have had. It's coming.

The monthly Grange meeting on Friday night last in Varney was well represented, fairly interesting and a considerable amount of business transacted. Our mail courier came in for a considerable amount of criticism for carelessness in delivering mail, apparently dumping it off in any person's box when he got tired hauling it around, and also for his persistence in not always having on hand a supply of stamps.

Mr. Archie Thompson and family are moving themselves and household effects on Wednesday next. We wish them all health and prosperity in their new location.

Rev. B. M. Smith, our popular pastor, although just recovering from a severe attack of bronchitis, manfully occupied his pulpit in Knox church on Sunday and preached, to our way of thinking, one of the most instructive and inspiring Easter sermons in the church's history, from the text: John xx:20—"Then were the disciples glad when they saw the Lord." The few who were absent missed a rare treat.

After considerable dallying, a good portion of our township has been canvassed in aid of the Belgian, Red Cross and Patriotic Funds. It was a cash contribution, and with a few exceptions, the contributions were somewhat measly. We would suggest that those farmers who were so loyal have their contributions framed, so that in after years they may look back with pride and feel quite puffed up by the noble part they played in sacrificing a one or two dollar bill in defence of their Empire. It's wonderful how easily some people can quiet their conscience.

DURING THE SOLOS.

What a very high voice the soprano has?

Yes, it's much too light. Eht! How so?

Why the women in the boxes don't feel free to talk as they usually do.

COMFORT SOAP

IT'S ALL RIGHT

It Lasts. The Clothes Last Its Friends Last.

POSITIVELY THE LARGEST SALE IN CANADA

Call at
E. A. ROWE'S
For all kinds of Bakery Goods
Cooked and Cured Meats.

OYSTERS AND FRUIT IN SEASON

E. A. ROWE : Confectioner and Grocer

The People's Mills

Eclipse, Sovereign and Pastry Flour
and Rolled Oats Breakfast Cereal

Bran, Shorts, Low Grade Flour, Chop of All Kinds, No. 1 Hay, etc., kept constantly on hand.

We have a quantity of the celebrated
Molassine Meal

on hand. Farmers and Stock Owners should lay in a quantity of this Excellent Conditioner for Spring and Summer Feeding. Nothing equals it for Young Pigs, Calves, Etc. Makes Milk Cows Milk and puts Horses in prime condition for seeding; in fact it makes everything go that it's fed to. Although it advanced \$2.00 per ton wholesale we are selling it at the same old price, \$2.00 per single sack, \$1.00 per sack in half ton lots and \$1.85 in ton lots.

Everything in our line at lowest prices for Cash.

JOHN MCGOWAN
TELEPHONE No. 8 (Night or Day)

Handy Helps for Spic and Span Homes

Of course, you are going to "Paint Up" this spring. There's the bedroom, parlor or dining room wall to be re-finished.

There are Floors to be painted, stained, varnished or waxed. There's the Oil Cloth or Linoleum to be made Spic and Span.

There's the Furniture and Woodwork to be brightened.

Here are six "SPIC AND SPAN" FINISHES that we can freely recommend for this work:

- "NEU-TONE" Flat Tints for the walls
- "WOOD LAC" Varnish Stains
- "MARBLE-ITE" Floor Varnish
- "LIQUID WAX", for hardwood floors
- "SENIOR'S FLOOR PAINT", the old reliable
- "VARNOLEUM", to beautify and preserve Oil Cloth and Linoleum.

We know that these Finishes are the best of their kind. They are "Made in Canada"—and we guarantee that you will be perfectly satisfied with the results you get when you use any, or all, of them.

You'll soon be putting up Pickles and Preserves. You'll need labels for the jars. Come in and get a set of Fruit Jar Labels—printed and gummed. We give them free to our friends.

A. S. Hunter & Son, Durham, Ont.