LIMITED Established 1861) OSHAWA, ONT.



## Conducted by Professor Henry G. Bell

The object of this department is to place at the service of our farm readers the advice of an acknowledged authority on all subjects pertaining to soils and crops.

Address all questions to Professor Henry G. Bell, in care of The Wilson Publishing Company, Limited, Toronto, and answers will appear in this column in the order in which they are received. As space is limited it is advisable where immediate reply is necessary that a stamped and addressed envelope be enclosed with the question, when the answer will be mailed direct.



soil, on which I want to sow rye and the yield and better the quality of the nearer to your heart's desire. sand vetch, and then sow sweet clover. crop.

done as soon as the ground is firm en- Answer:—For best results in grow- juvenile distress and quells juvenile re- tively do the Indian parents tell these water. of sweet clover to the acre should well rotted manure should be worked state for slumbering peacefully and

Answer:—If you are in a good wheat section, why not sow spring and 1 to 2% potash. These should be will endeavor," says one successful kettle should be kept for this purpose constantly. The apples. Cook the vinegar, sugar and spices until very thick, stirring constantly. The apples constantly. The apples constantly. Put an asbestos mat on which she feeds. wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spring rye? Statis- worked thoroughly into the soil. In
wheat instead of spri

your drilling in about 200 lbs. of fertilizers at the time you are seeding the little and the child's concentration of good literature, and altogether so the mother and the child's concentration of good literature, and altogether so is excellent for tarts, very good betaken out in the milling process, but the mother and delicious of a color and a color an

12% phosphoric acid. It will insure standard of weight nor size of bundle.

parel—The robes of office. Trumpets unpleasantness will quickly disappear fered for and died for. Through my -The priests were specially commis- under its genial influence. The priests were specially commis- under its genial influence.

sioned to blow the sacred trumpets I have known tory-telling to bring thoughts and true—bless their hearts

small as compared with those offered at the dedication of the first temple (1 Kings 8, 5, 63). Sin-offering-In

feed a dog one year. On this basis great exertion, exposure must in all water, peptonised milk, Bulgarian two quaint old gowns and some oldsome farmers could keep two more cases be avoided. Tea, coffee, and, in- sour milk, lemonade, seltzer water fashioned bonnets, which were grandcows or ten more sheep with no more deed, all food must be sweetened with with lemon juice (no sugar). general expense to the farm, if they deed, all lood must be sweetened with saccharin (to be had in 100 tablet bottles of the druggist) instead of sugar. The costs about \$60 or \$70 to feed a good bowels must move once a day. There or biscuits, corn bread barley rice or biscuits, corn bread barley rice. costs about \$60 or \$70 to feed a good bowels must move once a day. There or biscuits, corn bread, barley, rice, but in—if you want to—" cow, and five sheep can be kept on the are medicines appropriate to the in-rye bread, arrowroot, sago, macaroni, "Oh, yes!" agreed Louise, hastily. same amount of food as one cow. The dividual case which the family doctor tapioca, vermicelli, potatoes, parsnips, "And here are crayons to color with." neighbers' sheep would be safer, too. must prescribe. And the diabetic beets, turnips, peas, carrots, melons, It was absorbing, delightful work "Edward VI."

sushels of corn per hundred head farinaceous substances) beef-tea. Some method of marking the ewes salted, dried, pickled, or otherwise when bred is advisable. A simple preserved (no dressing containing with my nerves. Have headache There was milk in the tiny glasses, a scholar who had heretofore not conmaking one mark on the shoulders of ewes bred the first week, two marks the lambing time approaches, the poultry, sweetbreads, calf's head, sau-ankles swell. I seem to sweat very After luncheon, which took a long ewes may be separated and placed in sage, kidneys, pig's feet, tongue, tripe easily and lack my usual ambition. | time, with washing and putting away : suitable quarters. Where the ram runs with the ewes a good scheme is bread, or crackers).

(all cooked free of flour, potatoes, Answer—Ears never run wax; there is a purulent discharge, something dolls. But the best game was to come, they had saved it for the lest

Se more mile

## BEDTIME STORIES HAVE IMPORTANT

Personally, I look upon stories as telling that can be obtained at the very efficient "mothers' helpers" and libraries or, better still, at the bookconsider them invaluable in child shops, so that one may have such a training, for I have known them to book to keep and refer to from time tame the wildest and most unruly of to time. kiddies. Therefore when little Mary An instinctively cruel child, where Address all correspondence for this department to Mrs. Helen Law, 233 Ann or Johnny, Jr., comes to you with animals were concerned, was taught Woodbine Ave., Toronto. the world-old childish plea of "Tell me kindness to them and even love for a story, please," look not upon the them and the desire to protect by the

time conceded as wasted upon an un- effective animal stories related to him Perplexed Mother:—Raw milk quick- Use a piece of absorbent cotton on growth. Another is known as "wathoroughly that before you is an one of the last older brother. The same litthoroughly that before you is an op-portunity to give youth a hypodermic stories of "green things agrowin'."

In same it is develops bacteria, and to overcome this and prolong its keeping qualities feeding. It will refresh the child.

Young rats fed on a special diet of the control of the like it to have under its tender skin cellent ideas in child training, alis a regular apparatus that comes for war cake follows. It is made with growth began to grow rapidly when F.McC.:—I have a gravelly, sand a good stand of grain and will increase and so mold the coming generation though, on the other hand, they have, this purpose, but you may improvise out butter, eggs or milk. Mix one fed on the same diet with the addition

deeply into the soil. Top dressing restfully throughout the night. It deeply into the soil. Top dressing restfully throughout the night. It respectively and the soil over the flame to heat it. Heat until spoonful nutmeg, 1 teaspoonful all-

Peacemakers. 10-13. The laying of the temple relled or if you can get your little boy And this story-telling mother goes on foundation was celebrated with great or girl interested in one of your to say: "I tell my boys and little worejoicing. They set—Better, with stories after you were compelled to men stories of courage, physical and margin, "the priests stood." Ap- punish, any subsequent sulkiness or mental, of ideals upheld and even suf-

(Num. 10. 8). Sons of Asaph—The parents and children into closer com—and, what is more, express them in reference is to that part of the order panionship and even comradeship and their lives." Lesson III. The Temple Rebuilt and to furnish the music. According to closer together when they are inclined to furnish the music. According to closer together when they are inclined to furnish the music. According to closer together when they are inclined to furnish the music. According to closer together when they are inclined to furnish the music. According to closer together when they are inclined to furnish the music. According to closer together when they are inclined to furnish the music. The raindrens were until the can be made interesting by looking feeling that something lovely was hapturn inaugurated in the first year of entire elaborate temple service was that I do not approve of outside and There are studies, too, which can be sleepy flowers. Cyrus (Ezra 1. 1). Zerubbabel—See credited to David. One to another individual interests.) One wise mother subtly taught in story form, at least Ruth dressed like a whirlwind and frown, as if she rather blamed it for comment on Lesson for October 14, verse 8. Zerubbabel appears here as Fifty years had clarked since the some children, and who could not to take them in allopathic doses.

Individual interests.) One wise mother subtly taught in story form, at least who had a small family of quarrel-in part, where the young student fails ran down to remind her mother that giving wings to the hours.

Fifty years had clarked to David.

One to another middly interests.) One wise mother subtly taught in story form, at least who had a small family of quarrel-in part, where the young student fails it was raining—and, best of all, it was raining—and, best of all, it was Saturday!

The age of service varied at different noise of the tumult of sounds carried relate tales is acquiring a poise that will serve him well in his adult busi-

department. Initials only will be published with each question and its answer

wheat instead of spring rye? Statistics worked thoroughly into the soil. Interpretation that you could expect a larger yield and wheat is selling at a higher price than rye. In order to make a sure stand, I would advise your drilling in about 200 lbs. of ferti
I assume from looking up the mar
worked thoroughly into the soil. Interpretation of good behavior while a representation of good behavior whi lizers at the time you are seeding the ket reports that the quotation is per ed attention upon the story will make find themselves good company when pears unwell, call a physician. If tween layers of a cake, and delicious whole-wheat flour contains an abuneach is obliged to be alone at any necessary, cheerfully neglect the when combined with a cream cheese, dance of the "water soluble B." time." The latter idea of this mother's household duties to give baby the seasoned with salt and pepper and The fat soluble A, however, is lackis one that should be remembered and necessary care. Give the baby a spread on crackers, as an appetizer at ing in this absolutely important ele-And the opportune story is a peace- practiced by the mother of the poor spoonful of boiled and cooled water. social affairs. maker. If you can get children to little "only child" who must now and laugh together after they have quarthen, at least, be without playmates.

of the civic and ecclesiastical leaders, the Levites played the cymbels and sange the old people went bals and sange the old people went by all means, selecting them ever with fast."

Ezra 2. 41 the sons of Asaph were to drift too far apart in their amuse- up and relating incidents in the his- pening, and it was. The raindrops singers. David—Though all older ments and the selection of their tory of its evolution and biographical were pattering on the window, play-made ready to go out into the wet, Many breakfast foods are lacking in documents are silent on the point, in friends, thus endangering the family sketches of the men who have been ing tag and leapfrog as they scurried gray twilight. "Why are rainy days these essential elements, as is white Ezra 3. 8. Second year—Of the re- postexilic times the institution of the unity (although this does not mean vitally concerned in its development. down to say, "How do you do?" to the three times as short as others?"

box first," Ruth told her guest, as she down the stall.

"To be a good animal is the first requisite for success in life."—Spencer. look down into the great maples. clay puddle from two to four hours

gether-there! See my rainy-day the middle of the forenoon and after-With little giggles and cries of de- Water refreshes the horses as well as

thimbleful you can not expect to get money from them by the peck money. When running on fall mutton, veal, oysters, clams, terrapin muts, peanuts.

It you feed your lambs by the dietary must be faithfully addiefed to. It is, peanuts, themselves hungry enough when Mrs. Day appeared with a tray of goodies

told them to set the round tea Mary?"

letter. Write on one side of paper only. Answers will be mailed direct if are known as "vitamines."

Mothers and daughters of all ages are cordially invited to write to

A story may be made the sugar find impossible. But that custom of cessful results. First and foremost cupful of shortening, cupful of boiling extract of wheat embryo. They did When should I sow the sweet clover, A.B.:—I would like to have you give coating of a moral pill which "put giving their children reasons for the a mother must realize that every dish, over" upon the young folk who beg commands laid upon them shows speed bettle and utensil that is used when should I sow the sweet clover, in the fall or in the spring, and how much seed per acre?

Answer:—I would advise your sowAnswer:—I would advise your sowAnsw ing the rye in the fall and the sand markets, at so much per dozen, would medals! Its possibilities are many. It to fit almost every case wherein the spoonful of mace, one-quarter teable administered together. soothes overstrung nerves, comforts child must give obedience. So effective spoonful of clove, one teaspoonful of "Fat soluble B" is found to be ough to work. A light harrow will ing horseradish, the soil should be open, it will be well to roll the rye. Follow with a light harrow, preceding hoth with the sowing of the seed. As settings are 15 to 18 inches. These are ough to work. A light harrow will ing horseradish, the soil should be bellion, and is such a skillful nurse revered legends of their race that a light harrow will be bellion, and is such a skillful nurse revered legends of their race that a light harrow will be bellion, and is such a skillful nurse revered legends of their race that a light harrow will with absorbert set. Step the top well with absorbert set. Fill the kettle three-quarters full of quarter-peck apples, 2 quarts water, stuffs, such as cabbage and lettuce, cold water and stand a thermometer 1 cup vinegar, 1 cup brown sugar, 4 and in forage plants upon which cat-

ing Glory and Mrs. Wild Rose, they eaten with milk is an ideal food. In and called on each other, taking along scientific researches agree remarkably

Some of the Morning Glory and some merely of rags; the youngest is particularly rich in vitamines and

said happily. "Grandma is a fine weather prophet, and she thinks it is

of the civic and ecclesiastical leaders, the men performing priestly and other functions at the sanctuary, and the lay and trumpeted loudly, so that the lives and characters of the small delighted with the weather and the listeners!

About the first thing some folks do the thought of their influence upon and trumpeted loudly, so that the lives and characters of the small delighted with the weather and the listeners!

About the first thing some folks do the thought of their influence upon and trumpeted loudly, so that the lives and characters of the small delighted with the weather and the listeners!

About the first thing some folks do the thought of their influence upon and trumpeted loudly, so that the listeners! day of the week that if anyone had down the road for a spin. The main All sweets, pastry, highly seasoned 9. The general thought of verse 9 leaders in the community life. Buildseems to be that the Levites accepted ed and prospered—That is, carried the cellent books upon the art of storyto dry out too readily.

He art, if that is possible. And a germinating place; it allows the soil the raindrops pelting her umbrella and the mower, at good, honest farm work. Simple foods not well taken, the child blowing in slyly underneath. Rosy should not be allowed to take indigesand laughing, she reached Ruth's clusive stalls than cows. Enough tible articles for the sake of eating home and slipped from her dripping width is necessary that the horse can lie down and stretch his legs, but not between meals.

> led the way to the big playroom, which was cosy with rag rugs and nursery pictures on the walls. "Uncle John is a carpenter, you know, and he built on a good rich pasture after a heavy a carpenter, you know, and he built on a good rich pasture after a heavy he needs, and you do not need to stuff my beautiful box for me, just here rain. Unfortunately it is frequently not practical to give a horse free him to try and make him fat. Louise exclaimed over the new win- range according to weather conditions. dow seat, which was piled with pretty The best substitute for nature's own

> > noon when doing the fall plowing.

After Mary.

"Who came after Henry VIII.?" table and drop the peelings on it, and "Edward VI.," answered a pupil. "Right. And who succeeded Ed-

"Mary," replied the second little

flour).

Eggs in any way most acceptable.

Fat beef, mutton, ham or bacon.

My evelids become puffy and melested of eggs there was jelly in any way most acceptable.

My evelids become puffy and melested of eggs there was jelly in anywered triumphantly: board. This is more satisfactory and

> For POULTRY, GAME. Please write for particulars. P. POULIN & CO.

Consecours Market, Monte

Why Your Diet Should Have Variety

The adequacy of a food or this proportion of protein, fats, carbohydrates and salts. It must also as a means of identification, but full name and address must be given in each contain certain subtle substances that

> There are at least two classes of these substances. One has been termed "fat soluble A." because it is best

ment for body growth and mainten-

was only an hour left, and they quick- It would seem then that graham ly "dressed up." Then, as Mrs. Morn- bread and butter or whole-meal bread lived in opposite corners of the room this regard the findings of profound large, well-behaved families of chil- with the results of human experience. The bran of creals is essential for Wild Rose children were unbreakable, good nutrition. The wheat embryo

Feeding of Children Over Two Years of Age.

After the child has reached the age of two years the feeding must be governed largely by the observation of the parent as to what agrees with it. In general terms only the simplest, plain-

"Mother thought of the rainy-day enough to allow him to roll and tear Some children are never hearty eaters, but they manage to get along

side and outside, using plenty of water for rinsing purposes. They should be brushed after each meal, before retiring and upon rising in the morning. What does a clean mouth mean to the child? It means thorough mastication, proper nutrition, physical and mental development, freedom from toothache and the resulting eye strain and nervous disturbances. Clean, sound, regular teeth means a barrier against disease germs; increased self respect and that the pure food eaten will not be contaminated in an unclean

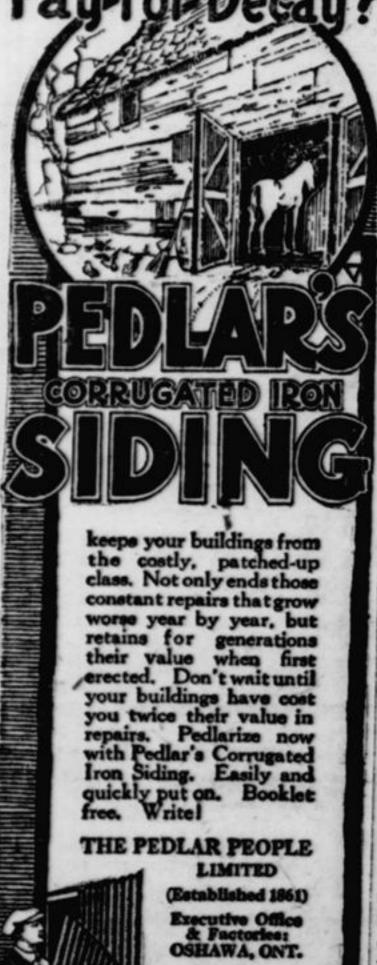
Using Old Paper. When peeling potatoes, apples peaches, etc., spread a paper on the when through gather paper containing the refuse and consign to the flames or garbage can.

When scaling and cleaning fish place it on heavy brown paper. This holds all refuse. Chickens can b cleaned in like manner. Use a piece of white wrapping paper for flouring chickens, meat and fish for frying In making pies, cookies and biscuit use smooth white paper to roli the

you will have no sticky meas to clean t hich saves time and labor. Place the baby's high chair newspaper at meal time to catch the crumbs and food baby drops, thus saving the rug from being solled, and the paper and waste can be rolled up to-EGGS & FEATHERS gether in a moment. Feed the dog his

meals on a paper; it says the floor from grease spects.

Use paper to wipe off the top of the stove after cooking each meal.



INTERNATIONAL LESSON

OCTOBER 21.

their appointment, but the present text enterprise to successful completion. is so corrupt that the details are more ner in which they assisted may be seen How Much Doyou from the books bearing the names of these two prophets. Cyrus—See Ezra 1. 1. Darius-See verse 12. Artax-Pau-For Decau? erxes—Reigned from B. C. 465-423; therefore can have had no part in pleted in B. C. 516 or 515. The referedition. This house was finishedoyful service of thanksgiving and dedication was held. Offered --The number of sacrificial animals was

# PART IN CHILD TRAINING

By Irene Stillman.

### Right Kind of Stories.

H.C.H.:—I have 10 acres plowed intending to sow winter rye, but it was not ready in time. I want this field in a cash crop. What do you think of spring rye?

The right kind of stories serve to give breadth to a child's point of view. They serve him in lieu of experience, by adding from 300 to 500 lbs. to the spring rye?

The right kind of stories serve to give breadth to a child's point of view. They serve him in lieu of experience, by adding from 300 to 500 lbs. to the set with a problem he must solve acre of a fertilizer carrying 3 to 4% the little folk's dreams.

The right kind of stories serve to give breadth to a child's point of view. They serve him in lieu of experience, by adding from 300 to 500 lbs. to the set with a problem he must solve alone has come to wise decision best with a problem he must solve alone has come to wise decision best the little folk's dreams.

As a rule. I theroughly disapprove that the bottles do not break. The

leader in secular affairs; he may have —Fifty years had elapsed since the spare the time to watch them closely Poor indeed is the little one who has was Saturday! succeeded Sheshbazzar as governor of the first temple. When enough to prevent such discord, taught no story-teller at its back and call. "So may I telephone Louise to come over and spend the day mother?" she Judah. Jeshua—The ecclesiastical the older men, who had worshiped in leader (Hag. 1. 1. 12, 14). Levites the former temple, realized that at more temple, realized that at the older men, who had worshiped in the more temple, realized that at the older men, who had the more temple, realized that at the older men, who had the more temple, realized that at the older men, who had the more temple, realized that at the older men, who had the more temple, real portant functions at the sanctuary provided, they could not control their be interrupted or corrected. This gave but to hear you relate a tale of your rainy-day box?" (Numbers 18, 1-7). The body appoint- emotions. Tears of joy flowed in the children a common interest and own youth, seem it ever so prosaic to "Yes—three yes-es," said her mothing the Levites as overseers consisted abundance. "The priests blew the made each member of the group interyou. Yes, tell the children stories down enough to enjoy a good break-

periods (Num. 4. 3; 8. 23-26; I Chron. to a great distance."

23. 27). Since only a small number of Levites returned a relatively low minimum are had to be first to a great distance."

Strawy manure plowed in just she would probably have replied, previous to the sowing of grain will "Autumn rain—and tea at Ruth's."

Strawy manure plowed in just she would probably have replied, previous to the sowing of grain will "Autumn rain—and tea at Ruth's."

When the absolutely prohibited. temple. Elders—Includes all the in the art, if that is possible. And not tend to improve the seed bed as It was great fun to run along with in testing the animal at the plow, on When the appetite is poor and

## GOOD HEALTH OUESTION ROY GOOD HITTIN GOTOLION DAV

By John B. Huber, M.A., M.D. question is of general interest it will be answered through these columns; if not, it will be answered personally if stamped, addressed envelope is enclosed. Dr. Huber will not prescribe for individual cases or make diagnosis. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide

Fat beef, mutton, ham or bacon, My eyelids become puffy and my the middle.

Shell fish and all kinds of fish, fresh,

Most adult diabetics would do well starch as ordinary bread), oatmeal, merrily. "It's a heavy lid, but to- Give the team a pail of water acknowledgment of the people's sins if they would obey their doctor's or- almond bread or cakes.

ients are hard to control; they are onions, tomatoes, mushrooms, aspa- out anything they chose. In one corvery prone to do as they please as ragus, oyster plant, celery, dandelions, ner were old magazines, picture books, concerned, he is practically doomed. soon as they get beyond the doctor's cresses, radishes, pickles, olives. blunt scissors and tubes of paste. The motor car has taken his place. observation. Every diabetic must be under a doctor's constant care. Each must be treated according to his own peculiar constitution. Worry, excess, Padishes, Dickles, Olives.

Custards, junkets, jellies, creams flowered dishes,—even tiny glasses with a water pitcher,—and a little blue Japanese luncheon cloth and naply in demand at the present time. It is estimated that it costs \$34 to peculiar constitution. Worry, excess, Tea or coffee (without sugar), pure kins. In another corner were folded

If you feed your lambs by the dietary must be faithfully adhered to. fruits, puddings, pastry, pies, ices,

Systemic Infection. I have been troubled the past year table.

to paint his breast each day and separTrue glutens—gum gluten, for inmore than nerves. There is an infecjust as they show stance, gluten foods of known gluten tious process going on in your states. ate the ewes as soon as they show paint on their fleeces. The color of paint can be changed every ten days, and the herdsman can tell how sure the ram is.

True glutens—gum gluten, for instance, gluten foods of known gluten beyond that of ordinary farinaceous foods (so-called gluten breads the signs of ear trouble, probably also of the mastoid process behind the ear. There is an infection in the fattest gluten saved the fattest cooky.

When the little clock struck three, the signs of ear trouble, probably also of the mastoid process behind the ear. There is an infection in the fattest cooky.

When the little clock struck three, the signs of ear trouble, probably also of the mastoid process behind the ear.