

EFFICIENT FARMING

Summer Care of Sheep.

No one thing contributes more to the profit of sheep raising than a safe and sane system of handling the flock during the summer months. If the sheep are healthy and furnished with the kinds of feed best adapted to Ontario farms they will keep in good flesh condition, the lambs will make rapid gains, the wool will make good growth and they will pay a profit. Almost any good farmer can succeed with sheep during the fall, winter and spring months. Then the chief problems are housing and feeding, but during warm weather, plans must be made to guard against parasite infection.

While these stomach and intestinal parasites can be dislodged by gasolines, coal tar cresolates and standard vermifuges, the dosing involves risk and expense and is seldom effective in clearing up the pests. Successful sheep raisers agree that prevention is every better than cure, but that it is the only way to secure an unchecked growth on lambs.

English shepherds rely on change of pasture and liberal grain rations to carry the lambs past the danger point. Good feed and common salt are the best remedies. England has a climate that is more favorable to parasites than Ontario, but by providing clean forage and dealing out grain at regular intervals the lambs do not suffer from this menace. It is time for our farmers to study the problem of worming and not these parasites instead of dallying with losses that are consuming the profits from their flocks.

To provide safe pasture for his ewes and lambs the farmer should sow oats and peas, clovers, grasses, alfalfa, rape, vetch and the like and keep the fields fenced so that the lambs may graze ahead of the ewes, and may change the pasture every eight or ten days in extremely warm weather or every two weeks when the weather is cooler. In this way the eggs of the parasites that are discharged on the grass in the dung of the ewes do not have time to hatch before the lambs are changed to a clean field. By taking these precautions during the period from May 15 to September 15, there will be little danger of the lambs becoming infested. It is during the warm weather that the worms develop fast and the lambs become infested.

If the ewes and lambs are kept confined in small yards at night take care to keep them in a shed or yard where no grass grows so that the excrement will not infect the grass where the lambs will graze. Doing this and providing clean pastures will secure a practically clean flock. Information from the injury of parasites, immunity from the same habits and characteristics of these parasites and methods of safeguarding the flock may be obtained by sending to the Department of Agriculture at Ottawa.

Salt should be where the sheep can have access to it at all times. Many experienced shepherds mix salt with air-laked lime, a little more lime than salt, to prevent indigestion and bloat when the sheep are changed to new pastures.

If the ewes and lambs have good pasture and forage crops it will seldom be necessary to feed any grain feed, unless the lambs are being conditioned for the summer market. Pumpkins planted in the corn field make an ideal supplement for the fall pastures. Rape sown by itself or with corn will furnish ideal fall pasturage for the ewes and lambs. Soy beans sown with corn have given excellent results in many

feeding experiments. It is very important that both the ewes and lambs have plenty of good feed during the late summer and early autumn. The ewes will breed more regularly if they are in good condition at mating time, and the lambs will make better gains when fed a grain ration during the late fall and early winter. Pasture crops make cheaper gains than grain feeds, consequently every effort should be made to bring the ewes and lambs through the pasture season in good condition.

The Dairy

Selling butter direct to private customers usually increases the profit greatly, the extra effort is not necessarily great.

We have a friend who sells from twenty to thirty pounds a week, has done it for years, and his "trouble" is negligible; in fact, he rather enjoys the opportunity to "pass the time of day" with customers.

The town in which he trades is strung out along a winding river, and on one long street. Out of his rig and into a dozen or fifteen kitchens involves little time and labor. Cash dealing is the most satisfactory basis for a retail butter trade, and in many cases it is the only practical basis. The credit custom of numerous towns is a stumbling-block. Some farmers can afford to give extended credit, but cash is better. Where the account is only a few pounds of butter, delivered a little at a time, payments ought to be made at least once a month.

Nobody ought to try to sell direct who does not consistently make excellent butter. Friends are natural customers; usually without being asked, they inform acquaintances of the good butter they are getting, and thus the demand grows until it exceeds farm production.

Where the maker is not well known, and it becomes necessary to drum up trade, the quality of the butter ought to receive the emphasis, and not the price. Most housekeepers already know that country butter can be bought for less than creamery butter. Where the prospective customer is a very desirable one, it is often a good plan to leave a pound of butter as a free sample.

Horse Sense

To tell good stallions, compare the colts from different stallions at a fall colt show. If half a dozen classes of colts are exhibited, and the set of the same sire heads each class, there is no doubt as to which stallion is most valuable to the community. Such is the only sound basis upon which the sire can be selected, and the colt shows are about the only channels through which mare owners can judge for themselves the merits of each stallion and jack.

A weapon against nit flies that annoy horses so terribly in the autumn months, may be made of ordinary binder twine by cutting in thirty-inch lengths until the short places make a strand as large as the forearm. Knot to prevent unraveling, then suspend by a stout cord from the belly-band of the harness, forming a large double tassel which will chase the flies from the horse's legs.

Buy formalin now for treating seed-wheat for smut.

Good Games for the Picnic.

Chariot Race: Each team is grouped in pairs. The players in each pair stand with locked arms, facing in the same direction. At the signal "go" the first couple runs forward across a goal line, some fifty or sixty feet ahead, return across the starting line and to the rear of the column which has moved up one space toward the starting line. Having returned, the player slaps the pair ahead of them, who in turn slap the next. When the slap reaches the first pair, they start, and so on, until the original last pair crosses the returning line.

Hop Relay: The two teams arrange themselves in single lines, all facing a goal thirty or forty feet from the front. At a signal, the first player hops, on his right foot, across the goal line, changes to the left foot and returns across the starting line to the rear of the column. As he crosses the starting line he tags No. 2, who is now No. 1, and this player hops off, on his left foot across the goal line, changes to his right foot and returns, tagging No. 3 as he passes. No. 3 starts off on the right foot, and so on. The race ends when the last player of either team, returning from the goal line, crosses the starting line.

Duck on the Rock may be played with soft cord balls, bean-bags, old tennis balls or canners' tins, one of each player, except for him who is "it." The "duck," a large canner's tin or old tin pail, is stood upon a stump or rock. Players back of a line drawn at a certain distance, say twenty-five or thirty feet, attempt to knock the duck off the rock by throwing it at it. Each player must recover his ball after it is thrown, and return to the line before throwing again. The one who is "it" attempts to tag any player before he can recover the ball and, at the same time, he must replace the "duck" as it is knocked

from the rock. When a player is tagged, he takes his place at tagging some other, and at replacing the "duck."

Last Couple Out: Couples arrange themselves facing the line. The "it" player, "it," who stands with his back to the head of the line. At the call "Last couple out," from the old player at the head of the line, the last couple run forward, one on either side of the line, and attempt to join hands in front of this odd player who is catcher. If one of the players is caught before joining hands with his partner, he and his catcher form a couple and take their places at the head of the line which moves back to head of the line which moves back to accommodate them. The catcher should stand ten feet from the head of the line. He must not turn his head to see when the players are coming, nor may he chase them until they have crossed the line on which he stands.

Over the Top Relay: This is a lively contest game for any number of players. The game requires an extra handball. Or, if preferred, two bean-bags may be used. Opposing teams of equal numbers are lined up in rows alongside of each other, all facing in the same direction. At the signal to start, player No. 1 passes the ball up and back over his head to player No. 2, who passes it in turn to No. 3, from whom it goes to 4, and so on, until it is received by the last player who carries it as speedily as possible to the head of the line. All players having moved down one step to accommodate him, he starts the ball as did player No. 1. When received by the last player, it is again returned, and so on until player No. 1 has his original place at the head of the line. The team completing the circuit first, wins. If the ball is dropped, it must be put in action again by the player who "lost" it. This game is very exciting and never fails to give folks up a bit.



THE SUNDAY SCHOOL LESSON AUGUST 22ND.

A Prayer for Pardon, Psalm 51: 1-17. Golden Text—Psalm 51: 2.

1-4. Have Mercy. It is only in God's gracious loving kindness that he has hope. God's kindness has been known through past experience. His tender mercies have been abundant and manifold in the experience of His people. It is according to that kindness and those mercies that he now hopes and prays forgiveness may be granted. "The first words might be rendered, 'I cast myself on the divine grace as the only power which can set me right.' Blot out, wash, cleanse, are the words which he seeks for the forgiveness of sins. He is washed clean from filth, as leprosy is healed and cleansed from the body, so would he be pardoned and made clean. His penitence is sincere and deep, and he makes confession. I acknowledge my transgressions, he says, and my sin is ever before me. Moreover, in the searching light of his consciousness of the divine presence he sees his sin before all else in its relation to God. Against thee, see only, he confesses, have I sinned. For he is made to feel very deeply and really that a sin against his fellow man is a sin against God. Com. 22: 9. Therefore God is justified in condemning man for all sins against the common laws of humanity, whether they be sins of lust, or of cruelty, or of violence, or of fraud.

5-6. Shapen in Iniquity. The poet confesses that his sin is not simply a wrong act, a transgression. It is something deep-rooted in a corrupt nature, in an evil heart. Far from being an excuse for sin, this seems to him to make it all the worse, and therefore the remedy for sin must also go deep, and heal and cleanse the whole nature.

7-9. Purge Me With Hyssop. Hyssop is a fragrant herb, "a kind of wild marjoram with an aromatic flavor, possessing straight, slender, leafy stalks with small heads, growing so that a bunch could readily be broken off and used for sprinkling." It was used at the passover for dipping in blood and sprinkling with it the lintel and side posts of the

doorway (Exod. 12: 22), and for sprinkling the leper "in the day of his cleansing" (Lev. 14: 17), and other ceremonial purifications (Lev. 9: 19). It serves here, therefore, as the poet's figure for cleansing of the heart.

The conviction of his sin has already caused him such agony that he is ready to compare his broken bones. He prays that the God who has brought this suffering upon him will, through His merciful forgiveness, cause him to receive a similar figure in the depth of his grief and trouble of mind.

10-13. Here there are six prayers followed by a declaration of purpose to teach other sinners, and turn them to God. The poet prays for a clean heart and a right spirit. He prays that God will not banish him from His presence nor withdraw from him. It is according to the heart of His life-giving Spirit that the heart is purified and kept clean. He prays that he may once again have the joy of knowing that God helps and delivers him and that he may be spared the pain of a free spirit, that is empty and ready to do what is right, doing right freely and spontaneously and not through fear or by compulsion.

14-17. Bloodguiltiness. David's crime was equivalent to murder, and the prayers for forgiveness is made on his lips. Evidently he believes that forgiveness of such a crime is consistent with God's righteousness, and rather that righteousness is manifested in the forgiveness of one who repents. Therefore he will praise God, and that he may praise Him more perfectly he prays for the open mouth and ready speech. Thou Desires No Sacrifice. Com. 40: 6; Isa. 1: 11-17; Amos 5: 21-24. Sacrifice, like other forms of worship, may be acceptable to God if it expresses real love, obedience and devotion. But as a mere form it is empty and meaningless. Only the sincere penitence of a broken spirit, the pain of a broken and contrite heart, can make the sinner's prayer acceptable or pleasing to God.

Thomas Carlyle wrote of David's sin and repentance, as reflected in Psalms 32, 51 and elsewhere, as follows: "David's life and history, as written for us in those Psalms of his penitence, is the truest emblem ever given us of a man's moral progress and warfare here below. All earnest souls will ever discern in it the faithful struggle of an earnest human soul towards what is good and best. Struggle is often baffled, sore, yet a struggle never ended ever with tears, repentance, true unconquerable purpose, begun anew."

first year's laying, she has proved to be profitable for seven straight years, and at this writing lays an egg every other day.

From the tests made to date, it would seem to be more wise to keep hens until four years old than to sacrifice them at two—that is, taken as a flock. However, transposing should be adopted so that it may be known just when a hen ceases to be profitable, and then she should be gotten rid of, regardless of her age.

The poultryman who adopts a system by which he is to pick out his profitable flocks, is the man who makes the most money out of the least number of fowls.

There is no better way to start the day than by helping the farm wife with some chore. Too many wrinkles in the wife's face come from just forgetting or neglecting to help her a bit now and then.

Take your boy with you when you go, Let the little fellow know, Proper sports and proper joys, Be a comrade of the boys; Take them swimming now and then, Let them learn the ways of men.

YOUR BABY

A series of instructive articles constituting, when completed, an entire course on baby hygiene and care of the child up to six or seven years old. Mothers are urged to read the articles as published, and cut them out for future reference. The information has been prepared by physicians who have made the welfare of the child a life study.

SIXTH ARTICLE.

Diet 18 to 24 Months.

Three meals a day. Give at least four glasses of milk a day. No food between meals. Water frequently between meals.

Breakfast, 7.30 a.m.

(1) Juice of whole sweet orange or pulp of four or five sweet prunes. And—
(2) Cereal cooked at least three hours with milk. (If sweetened, use only one-half teaspoonful of sugar.)

Morning lunch, 11 a.m.:
(1) Glass of milk with dry bread or zwieback with butter. Or
(2) One or two graham crackers.

Dinner, 2 p.m.:
(1) Cup of broth or soup made of beef, vegetables or chicken or mutton and thickened with farina, peas or rice. Or
(2) Beef juice, two ounces, or dish gravy on dry bread. Or
(3) Soft-boiled or poached egg. And
(4) Vegetables, same as from twelve to eighteen months, beets, rutabagas, turnips and plain stewed tomatoes may be added. And
(5) Glass of milk. And
(6) Dessert—Apple sauce, baked apple, blanc mange, cornstarch, custard, junket, stewed prunes or plain rice pudding.

Supper, 5.30 p.m.:
(1) Well-cooked cereal with milk. And
(2) Glass of milk. Or
(3) Dry bread and milk.

Diet 24 to Three Years.

Three meals a day. No food between meals. Breakfast, 7.30 a.m.:
(1) Juice of one sweet orange or pulp of six stewed prunes or stewed or baked apple. And
(2) Well-cooked cereal with milk.

Or
(3) Soft-boiled or poached egg with stale bread or toast. And
(4) Glass of milk.
Dinner, 12 to 1 p.m.:
(1) Broth or soup made of vegetables, chicken, beef or mutton and thickened with peas or rice. And
(2) White meat of chicken, lamb, beef or rare roast beef or steak or boiled fish. And
(3) Vegetables, thoroughly cooked and mashed through a sieve. And
(4) Glass of milk with bread and butter. And
(5) Dessert—Simple desserts, same as eighteen to twenty-four months.

Evening meal, 11 a.m. or 4 p.m.:
Glass of milk or unsweetened crackers.

Supper, 5.30 p.m.:
(1) Milk with stale bread or toast and butter. Or
(2) Cereal with milk and glass of milk.

Diet Three to Six Years.

Three meals a day—at 7, 12.30 and 5.30. No food between meals. Water frequently.

Milk should be the main article of diet.

Cereal—Must be cooked three or more hours. Oatmeal should be given several times a week.

Bread—Dry, zwieback and toast.

Soups—Beef broth with vermicelli, beef tea, chicken broth with rice, milk soups and vegetable soups.

Meat—Beef should be generally rare and should be given not more than once a day. Roast beef, lamb chops, broiled tenderloin, minced. White meat of chicken well cooked and minced. Boiled or broiled and fresh fish. Crisp bacon. Eggs, soft boiled or poached.

Vegetables—All vegetables should be thoroughly cooked and mashed. Asparagus tips, string beans, carrots, potatoes, stewed celery, steamed rice, puree of Bermuda onions, stewed soft with milk, peas, baked or mashed potatoes and spinach. Macaroni or spaghetti in milk may be added.

Desserts—Sauce or baked apple, egg custard, junket, orange juice, stewed prunes, rice pudding, tapioca, jelly or syrup on bread. Young children are better off without candy, but one piece of strictly pure candy may be given a child of three after a meal. Ripe bananas if baked may be given occasionally.

Forbidden Foods.

Meats—All fried meats, corned beef, dried beef, brains, kidney, liver, sweetbreads, duck, game, goose, ham, pork, sausage, meat steaks and dressings from roasted meats.

Vegetables—Fried vegetables of all varieties. Cabbage, green corn, cut-ubers, pickle, all raw articles such as raw celery, raw onions and olives.

Bread and Cake—Griddle cakes, bread rolls, sweet cakes, also bread or cake with dried fruits or sweet frosting.

Desserts—Store candy, nuts, pastry, pie, preserves, salads, tart.

Cereals—The ready-to-serve or dry cereals should not be given to any child under five.

Teething.

At birth, each tiny tooth lies partly embedded in a cavity in the jawbone, surrounded with and covered by the soft tissues of the gum. As baby grows, the teeth grow also and if baby

is healthy they are ready to cut through the gums at the sixth or seventh month.

Following is the normal time of teething:

Lower Jaw.
1. Middle cutting tooth, six to nine months.
2. Next cutting teeth, twelve to fifteen months.
3. Canine or "stomach," eighteen to twenty-four months.
4. First molar (grinder), twelve to fifteen months.
5. Second molar (grinder), twenty-four to thirty months.

Upper Jaw.
1. Middle cutting tooth, eight to twelve months.
2. Next cutting tooth, eight to twelve months.
3. Canine or "eye," eighteen to twenty-four months.
4. First molar (grinder), fifteen months.
5. Second molar (grinder), twenty-four to thirty months.

There are twenty of these first or milk teeth, ten in each jaw. As a help in remembering the baby teeth, recall that there are as many teeth in the upper jaw as there are fingers on both hands; and that a baby has as many teeth on the lower jaw as he has toes. The teeth appear in groups. The first to appear are the lower incisors or front teeth. Then the upper incisors appear. After that the canine teeth, then the first and then the second molars may be found.

The time of cutting teeth varies so in different children that it is difficult to lay down rules for their appearance. However, a child one year of age has as a rule eight teeth; at sixteen months there should be twelve teeth, and at two and one-half years the child should have the full twenty. If the child has less than this number there may be something lacking in the diet.

Teething is a normal process and very seldom makes the baby ill. If baby is sick, or has fever or loose bowels, do not attribute it to teething, but go to a doctor and find out what is the matter.

Sometimes the gums are swollen and red while baby is teething and no doubt he suffers a great deal of pain, which makes him cross. In such cases, take him to the doctor to learn whether or not the gums should be lanced to give him relief.

Care of First Teeth.

Teething rings—About the ninth month baby should have a dry crust of bread after each feeding, on which he can chew and develop his jaws. Do not give him a rubber ring or a patent article on which he seldom cut his teeth, for which are seldom clean. A clean, smooth, silver teething ring makes a good toy and at the same time is safe for him to bite.

Keep the fingers and any unclean article out of baby's mouth.

Tooth brush—The health of the second teeth depends much upon the care given the first set. As soon as they make their appearance, baby's teeth should be cleaned each day with a soft cloth or brush. When he is old enough the child should be taught the daily use of the toothbrush. If he is given a good-tasting dentifrice or tooth paste he will enjoy keeping his teeth clean.

The first teeth are necessary to hold the proper shape of the jaw until the second teeth are ready to break through. For that reason they should not be neglected. At the first sign of decaying teeth the child should be taken to a dentist.

The first set of teeth is replaced by the permanent teeth beginning with the sixth year. The sixth year molar may be recognized as the sixth tooth, counting from the middle of the jaw in front toward the back. Because this tooth comes through at the time the child is losing its temporary teeth his tooth is often mistaken for one of them and is allowed to remain untreated and to decay. It is especially desirable that a child should be taken to a dentist at this time because the six-year molar is one of the most important of all the teeth.

It sometimes happens that the first teeth are so firm that they do not fall out, but remain in the jaws and crowd back the second teeth, making them come in misshapen and irregular. Irregular teeth and jaw may be remedied when a child is young.

Beautiful teeth are the right of every person. Sound teeth are necessary to good health.

Cull the Farm Flock.

In any modern city it will be found that many of the most prominent people come from the country, and the great majority are descended from parents or grandparents who lived in the country.

Sod land to be used for corn next year should be plowed immediately after haying, and cultivated deeply the rest of the summer to reduce the wireworms.

At birth, each tiny tooth lies partly embedded in a cavity in the jawbone, surrounded with and covered by the soft tissues of the gum. As baby grows, the teeth grow also and if baby

THE RAINY DAY BOX

It came at Christmas—a Rainy Day Box—addressed to the mother of two energetic children who were blessed with the full quota of initiative usually attributed to wholesome, happy children of from five to ten years of age and who were frequently in disgrace owing to misapprehension.

On the outside of the box was written the words, "To be opened on the FIRST RAINY DAY."

For a time the interest of the family was centred in the desire for a rainy storm so that there might be no question about the moral right to open Mother's strange gift. At last the day came when there could be no question as to the weather conditions and the box was opened with joyous ceremony. Six neatly wrapped parcels came to light when the cover was removed, each one sealed and numbered.

A card was also enclosed upon which was written the statement: "Parcel No. 1 to be used on the SECOND RAINY DAY, etc., the BOX with the rest of the parcels to be put away safely until needed."

Upon opening the parcels on successive rainy days, the children discovered that each contained simple, inexpensive things but in each instance materials which furnished opportunity for self expression, which would give legitimate outlet for stored-up energy.

In the first parcel—two pairs of blunt scissors; a pad of coarse paper; a dozen pictures selected from magazines or newspapers, to be used as cut-outs; in this way suggesting a source of unlimited material.

In successive parcels—two tubes of paste and a package of papers of varied shapes and colors.

No. 3. Two clay pipes and a small cake of soap.

No. 4. A pound of plasticine for modeling.

No. 5. Two boxes of wax crayons; a pad of drawing paper, pictures to color, landscapes, dots, doll dresses and animals.

No. 6. Two metal-tipped strings and two boxes of large glass beads differing in form and color.

Many other suggestive play materials could be included in such a box, always keeping in mind the number of children in the family, their respective ages and whimsical interests. Any mother would welcome such a gift as the plans occupation for a contented child, or as she looks ahead to the summer vacation. Better still, the children might do the collecting of their materials and either make a gift of a Rainy Day Box to some little friend or make on in the winter time and not open it until the long summer vacation has arrived. Children might be able to assemble their own material if it is not possible to secure it in any other way. It's worth trying.

Make Life on the Farm Appealing.

Since the war a problem which has been worrying agriculturists all over the country is that of keeping the boy and the girl on the farm. The literature that I have seen on the subject shows quite plainly that no parent has been discovered to meet the difficulty in connection with the exodus of the boys and girls from the farms. I think that hon. gentlemen will all agree that we can at least go a long way towards solving the problem by adopting better farm methods; by making the home more attractive; by keeping the better farm methods; by making more profit on livestock; by making more possible more comfortable conditions such as will be conducive to happiness and contentment; by making conditions tolerable for the farmer's wife; and generally by doing everything we can to make life on the farm appealing.

In addition to this, I think that good roads and cheap automobiles should play a very great part in helping to keep the young people on the farm by rendering very valuable assistance to the farmer in different ways in connection with his work and by enabling him and his family to move around and mix with the neighbors, thus obtaining some social pleasure out of life.—Hon. S. F. Talmie, in House of Commons, May 14, 1920.

Functions of Water in Plant Growth.

(1) It gives strength and form to the balloon-like cells of which plants are composed, by keeping them fully distended.

(2) It serves as food. Its elements hydrogen and oxygen, are separated and built into the structure of the plant tissues; and, in addition, water as such is an essential constituent of many plant materials. Water and its elements make up about 50 per cent of the dry weight of plants, and over 90 per cent of the green weight.

(3) Water dissolves plant-food in the soil and carries it into the plant. It also distributes the elaborate materials in the plant to the parts where they are used.

(4) By evaporation the plant is protected somewhat against the temperature high enough to cause injury to its delicate tissues.



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