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There's no piece of farm equipment that gives so much service over so long a period with so little attention as a good windmill. That's why I recommend the Toronto Self-Oiling Windmill so highly. Lots of Toronto Windmills have given from eighteen to twenty years' service with practically no attention outside an occasional oiling and are still operating satisfactorily every day.

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D. HOLDEN
"The Massey-Harris Agent"
Phone 184, Stouffville

**TORONTO SELF-OILING
WINDMILLS**

WHAT SHOULD WE FEED OUR CHILDREN?

BY ANNA DEE.

A successful farmer, a purebred stock raiser, was showing me a fine bunch of Hereford calves. He told me with pride exactly what they were fed and the number of pounds they would gain in weight in a month. Suddenly I looked down at his little five-year-old son, a stolid, heavy-faced child, and asked, "How many pounds should your little son gain in a month?" The father looked puzzled for a moment, then hesitatingly replied, "Oh, about five or six pounds."

This father is no exception. There are many fathers and just as many mothers who know the fine points of feeding purebred chickens and calves, but who show not the least concern about what their children eat. As soon as Johnnie is old enough to sit in a high chair, he has a piece of everything which the hardworking father eats. Not that this method is fatal—Nature endows her young with an uncrushable impulse to survive—but the effects will be manifested in later childhood, and even in the latter years of life.

During those precious first five years, children make phenomenal growth. At the age of six months they are helpless infants and at the age of four they are romping and inquisitive human beings with will that are difficult to train; imaginations which startle us; and ability to get away from us at lightning speed. The farm child, surrounded by the choicest foods which nature provides, is often malnourished. Rather a strong statement, you may say, but true nevertheless. Take for example, milk. Do even 50 per cent. of the farm children get the quart of milk a day which they should have to build their bones and teeth?

Mothers say to me, "My children will not drink milk. They don't like it." Well, it isn't necessary that they drink it. They may have it in custards, soups, gravies, and creamed vegetables. One enterprising mother keeps on hand a supply of soda-fountain straws. Her little girl is eager for her glass of milk when she can sip it through a straw. Another mother serves milk in measuring cups. There is a certain fascination in seeing the marks appear.

Perhaps of all foods, vegetables are most neglected. Their value can not be overestimated; they are one of the richest sources of the all-important vitamins—those mysterious substances which maintain life and health. Spinach or other greens and lettuce are at the top of the list. Celery, asparagus, string-beans, carrots, beets and tomatoes should have a place in the diet of every child. These should be cooked in a very small amount of water, and this water should not be thrown away. If there is too much to serve with the vegetable, the remainder should be added to soup, because this water contains minerals so necessary for building bones, teeth and muscle. Potatoes, especially baked and eaten with the skins, should be served at least three times a week. Creamed or mashed potatoes make it possible to serve part of the necessary quart of milk a day.

Don't stint on oranges. They should be eaten every day. If they are impossible to obtain, tomatoes, fresh or canned, are a good substitute. Apples, prunes, dates, peaches, pears—in fact all of the fruits except bananas, are indispensable.

Children should have very little meat. It takes away their desire for bland foods, such as milk and eggs, and overtaxes the kidneys. Use eggs instead; they are easier to digest and are more nutritious. Most children like eggs, and there are many ways you can serve them.

Cooked cereals form an excellent food, furnishing energy for the never-ceasing activity of childhood. They can be either the home-cooked cereals or the ready-to-serve type. Many of these are very nutritious and give a pleasing variety to the menu. Fruit

served with cereals is very appetizing and healthful.

Now what shall we frown upon? What foods shall be put upon the taboo list? Tea and coffee, of course; nuts, spices, and other condiments; pie, cake, and the excessive use of sugar and candy. A piece of molasses or pure sugar-candy after a meal is permissible. The candy-eating habit is a serious one. Sugar satisfies the appetite and takes away the hunger for substantial foods at meal-time; sugar irritates the delicate linings of the stomach; sugar kills the taste for milk and eggs. Most parents give to children the foods which they themselves enjoy, and they feel they are depriving them of a justified pleasure if their children are not given sweets. What could be more unwise?

Another pernicious habit is that of eating at any or all hours of the day. A mid-morning or mid-afternoon lunch of fruit or milk is sufficient in addition to three regular meals. Constant eating keeps the child's digestive apparatus working all the time and paves the way for indigestion and stomach disorders and doctor bills in the years to come.

Mothers often say to me, "How can I induce my child to eat vegetables? He refuses." Under such conditions there is very likely to be an emotional scene which lingers in the mind of the child, and is recalled every time the food is presented. It seems wise to guard against making an event of this occasion. Serve only a small amount and give the child sufficient time to eat it. If not eaten, remove the entire meal, without any ceremony, and repeat this method for a number of meals. Thus much of the drama in which the child delights is removed, and much of the unpleasant emotional reaction produced by stimulating an antagonistic attitude in the youngster is avoided. An eminent child-specialist declares that a child may go without food for 24 to 48 hours without the slightest injury, in an effort to induce him to eat the food which every child requires.

WESTERN TOURS THIS SUMMER Remarkably Low In Cost

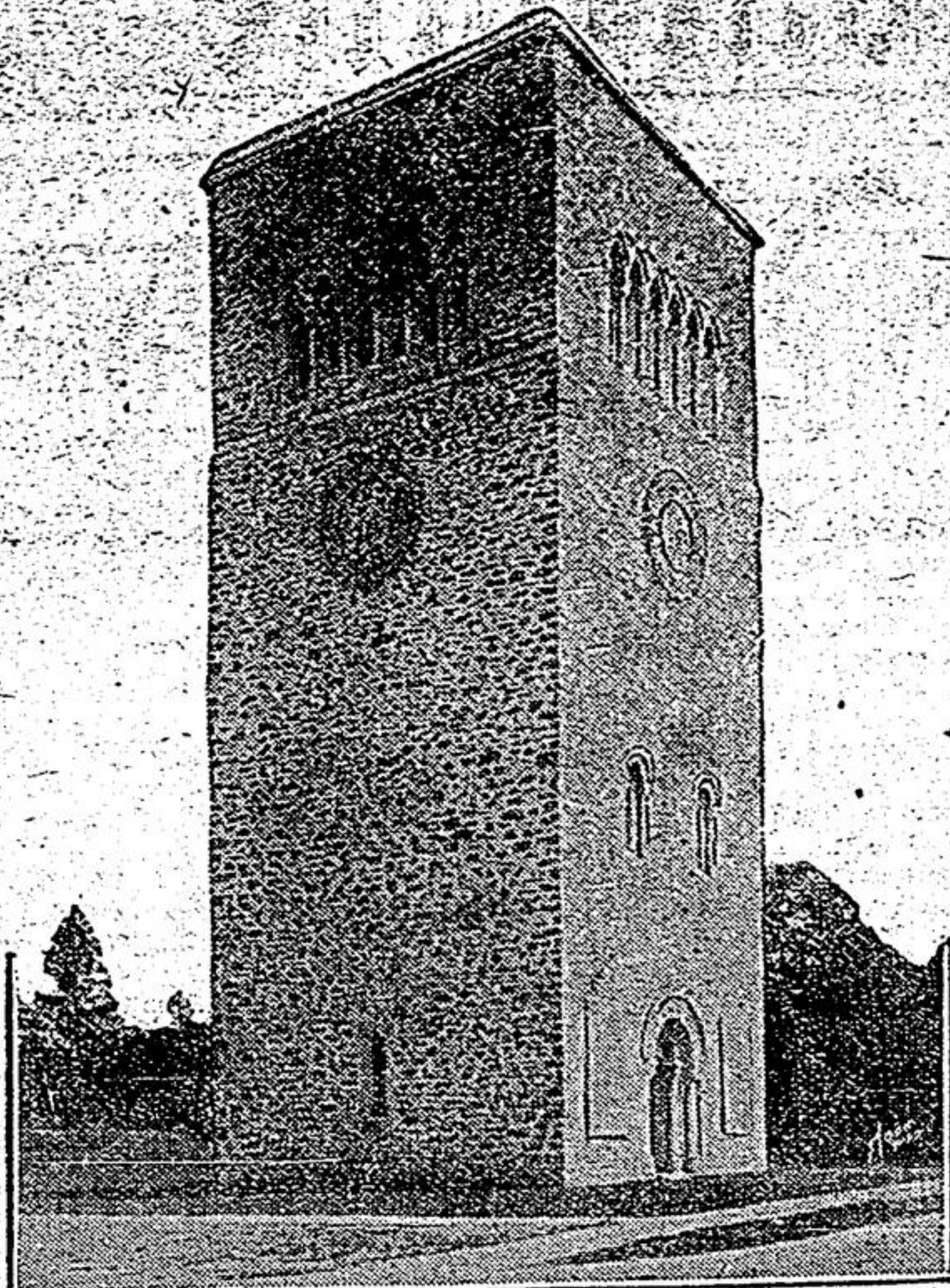
"We have traveled through the most glorious scenery. It has ever been my privilege to witness," were the words used by the Duke of Devonshire while Governor General of Canada in expressing his admiration for the scenery of the Pacific Coast. The opinion he formed of our magnificent west is confirmed by the many people who tour this wonderful country every year.

If you are planning a tour of the Canadian Rockies and the Pacific Coast this summer, you can do better than take one of the low cost trips arranged by the Canadian National Railways.

These tours start from Toronto with stop-overs at all interesting points en route. At Jasper National Park where the famous Triangle tour commences, is the largest park and the largest sanctuary of wild life in the world—4400 square miles of mountains, rivers, lakes, glaciers, canyons and water falls of almost overwhelming beauty.

Leaving Jasper, you pass Mount Robson, the highest peak in the Canadian Rockies; then comes the quaint Indian village of Kitwanga with its grotesque Totem poles and Indian relics. At Prince Rupert you may choose an interesting side trip to Alaska, or you may board the steamer for the three-day trip through the famous scenic seas of the Pacific Coast to Vancouver, Victoria, Portland and Seattle. Returning, the trail follows the beautiful winding Fraser and Thompson rivers with their brilliant colored cliffs of red, gray and yellow, returning again to Jasper National Park, and in due time to Toronto.

The outstanding beauty and completeness of these tours should appeal to every one. These low summer tourist fares will be in effect to October 31st. Complete information, pamphlets and reservations may be secured from any Canadian National Railways Agent.



The carillon tower, containing 23 bells, at Simcoe, Ont., which was unveiled recently as a memorial to the fallen dead of Norfolk county. The total cost of \$30,000 was raised entirely by individual and corporate subscription, the county council giving \$1,000.

POVERTY OR PROFUSION

Such is Farming, Depending to a Large Degree Upon the Attitude of the Farmer.

BY E. M. MOORE.

As I come in contact with men and women living on farms, and see what they are doing as farmers, I am filled with wonder as to why they are living on a farm at all.

In so many cases these farmers are barely able to make a living, pay taxes and interest, and possible small payments on debts. Their homes are commonplace at the best, modern conveniences such as they would naturally have if living in town and earning no more than they earn on the farm, are conspicuous by their absence.

Such families seem to pursue a treadmill sort of existence. They keep a few cows, such as they are, raise a few hogs of no particular variety, just hogs, keep a flock of chickens of nearly every color of the rainbow, possibly have a small flock of sheep which have to rustle for a living both winter and summer, follow an indifferent course of crop growing—maybe having a few beans, possibly a little wheat or a few potatoes to sell for a cash crop, the rest of the product of their effort consists of a "little roughage" to feed to run their stock through the winter. They raise some garden stuff, although usually insufficient to adequately supply the needs of the family. If they keep six or eight cows, they possibly have a can of milk a day to send to the condensary or the creamery, for which they receive a small but regular income. None of the stock has any quality, crops are of the most indifferent sort, and nothing they do, keep, or produce has the dignity of quality or merit.

The question is, what is there in that kind of a life that makes it worth living? Why do they stick to the farm with so little recompense and recreation, when the town has so much more to interest or, at least, to amuse them than the farm offers? I can conceive of nothing more deadening to a person or a family than such a treadmill existence.

On the other hand, there is no occupation more inspiring than farming when once its possibilities for adventure, for personal initiative, for experimental explorations in plant and animal life, and for living the most completely rounded life are realized. A farmer who by study, care and selection produces a superior strain of his favorite type of corn, oats, wheat, beans, potatoes or any other crop in which he is interested, has the satisfaction of having done a really creative piece of work which reacts upon himself to his own mental and

moral improvement, to say nothing of the pecuniary reward which always comes to the man doing this kind of work. Then there is a pure-bred live stock breeder, the man who settles his choice upon one or more breeds of live stock and proceeds to do really creative work in making better the breed or breeds in which he is interested. When he gets a real vision of what he may be able to make of his selected breed and then has an aoiding inspiration that he can attain to his ideal, he literally has the world by the tail. He gives himself to the study of his breed; he delves into pedigrees; he familiarizes himself with blood lines and finally, he selects the type and breeding which most nearly promises to produce the ideal he is looking forward to.

Here is the great field for adventurous experimentation in combining various blood lines, to produce greater excellence; here is the great opportunity for initiative in adopting a different line of breeding than commonly followed; and when success crowns these explorative breeding excursions, there is a satisfaction in attainment unequalled by the greatest success in any other field of endeavor. This is the life of the creator, and such a life must become infinitely rich in directing the laws of nature to produce the better things, and in the satisfaction in having produced something more worth while than anyone else, up to this time, had been able to do.

The man who simply farms to make money is likely to shift about from one type of farming to another and oftentimes changes from one job to another so that the farming industry, as such, would be really better without such men engaged in it at all. Such farmers make for no permanency in agriculture, they are little interested in the social and moral life of the country, and, in the long run, are, to a great extent, responsible for the rural discontent and for the growing contempt for the things really worth while in connection with farming.

But the man who sees nothing else in farming besides just making money, who really attempts to do creative work, either in growing a better grade of crops, or producing a higher class of live stock, or building a more productive sort year by year, is most likely to be interested in the living conditions of his home and community and to give what is best in himself to make possible the permanency of agriculture in the fullest sense.



Exclusive photograph of the Geneva Conference, taken at the signing of the protocol, outlawing gas warfare, to which 27 nations agreed.



18 Advantages of a GYPROC Farm

GYPROC Advantages

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GYPROC is fireproof wallboard made of solid rock—the finest material for farm buildings ever discovered. Its 18 separate and exclusive advantages increase the comfort, appearance and earning power of your farm.

Hen houses and stables lined with Gyproc are practically vermin and moisture proof. This prevents disease, makes hens lay and increases the milk output of your cows.

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IRELAND'S DEATH RATE ON DECLINE

Improved Housing and Living Conditions Aid in Checking Tuberculosis.

A despatch from Dublin says:—The "White Scourge" which some years ago was the cause of great anxiety to public health authorities in Ireland is showing gratifying evidences of a steady decline. The tuberculosis death rate which was nearly three per 1,000 twenty years ago has now fallen to half that figure and each year becomes progressively less. Even now the rate is distressingly high as compared with other countries, but there is much satisfaction with the improvement effected and strong hopes are entertained of still further reduction.

Many factors seem to have contributed to the improvement so far made. Not least important, is the disappearance of the old mud hovels and other wretched cabins, which, even at the beginning of the century, were all too conspicuous a feature of Irish rural life. A most blessed change in this respect was effected by the building schemes carried out under the Laborers' Cottages Acts passed by the British Parliament some eighteen or nineteen years ago with the result that the Irish agricultural laborer is no

longer condemned to live and rear his family under the appalling conditions of the past. Undoubtedly also there has been a vast improvement in public health administration, notably in the increase in Government grants to local authorities to assist in the provision of sanatoria for tuberculosis treatment.

Yet another reason—and it may be the most important of all—is the better standard of living among Irish workers resulting from the comparative prosperity of the war period. From 1915 to 1920, when agricultural prices were high, the Irish rural population were able to buy food and clothing on a scale never previously possible and there can be little doubt that this has had a most beneficial effect on the capacity of the individual to withstand disease.

King Sends Telegram of Welcome to Amundsen

A despatch from Oslo, Norway, says:—King Haakon, of Norway, has sent a telegram of welcome to Captain Roald Amundsen saying:— "The Queen and I bid you and your companions welcome home, and thank you for your feat and for again bringing honor to the name of Norway." The Norwegian Parliament at its opening session also sent a telegram of thanks and congratulations to Amundsen.

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It has been proved by every test that it pays you best to ship your cream to us. By studying the market prices you will find that our prices are the highest and our service the best. We supply cans, we give you correct weight, correct test, and highest market price. We call for your cream, or you can bring it yourself in any quantity steady or part of the time. If you are not yet a shipper we would be pleased to have you among our many hundreds of shippers.

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Stouffville Creamery Co.

Agents for the DeLaval Separators
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BUY a new Massey-Harris No. 21 Mower, and a new No. 5A Binder for this year's haying and harvest. Also the famous Quebec Sulky Plow that every body is buying, don't fail to see it before buying. We have a full line of repairs on hand, with plow shares for every make of plow. Repairs Strictly Cash by order of the Massey-Harris Co. We also have a number of second hand machines for sale. 2 single furrowed Riding Plows, 2 Walking Plows, 1 M-H. 12 Hoe Drill, 1 Combination Cultivator and Drill, 1 Light Spring Wagon, 2 Gaig Plows, a number of Cream Separators, Engines and Mowers. We are also agents for John Deere Mfg. Co.; Ont. Wind Engine and Pump Co.; and O.K. Potato Machinery Co.

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