

FARM AND GARDEN

PIONEERS OF CLOVERDALE

YOUR CHILD

A Department For Farm Mothers.

KEEP YOURSELF FIT.

Remember, you are not an invalid and are not going to be an invalid. You need exercise and fresh air as much as ever.

Most of us Canadians do our own housework, and you will be able to keep on with this. It is really the best kind of work for you. But whenever you are tired, stop and rest awhile. Work sitting down whenever you can. We often forget to sit down. Plan to take all your work easily. Do not lift any heavy weight. You must not try to do the washing alone, except "a few little things." Your husband would not want you to do anything that would not be good for you. He will hang up the pictures and the curtains. You keep your feet on the floor or on the sofa. Don't climb the step-ladder, and if the street car steps are too high, get the conductor or some other kind man or woman to help you up and down. No sudden stops, or shocks, or jerks, or jumps or jars for you just now. You are not dancing at present or playing tennis. Gentle exercise for you—walking is the best.

Fresh Air.

Take a walk every day. Sit out at the door or on the verandah or in the garden whenever you can. Be in the fresh air two hours a day, if possible. At night, summer and winter, let the fresh air enter your sleeping-room. In very cold weather enough air will enter if the window is opened the least little bit. In summer, windows should be wide open. No room is large enough to give a person fresh air all night long unless there is some opening for fresh air to come in. With daily exercise and fresh air and work you will "keep fit," and when the time of the birth comes, your muscles can do all that is required of them.

Bending.

Much of the fatigue in working is caused by needlessly bending over. Arrange all your work so that you do not need to bend down. Use the top drawers of your bureau. Get some one to put things up on the table for you. Towards the end of pregnancy especially, the mother should not be bending over.

COLOR FOR HEALTH

If You Would Be Happy Wear Bright Clothing.

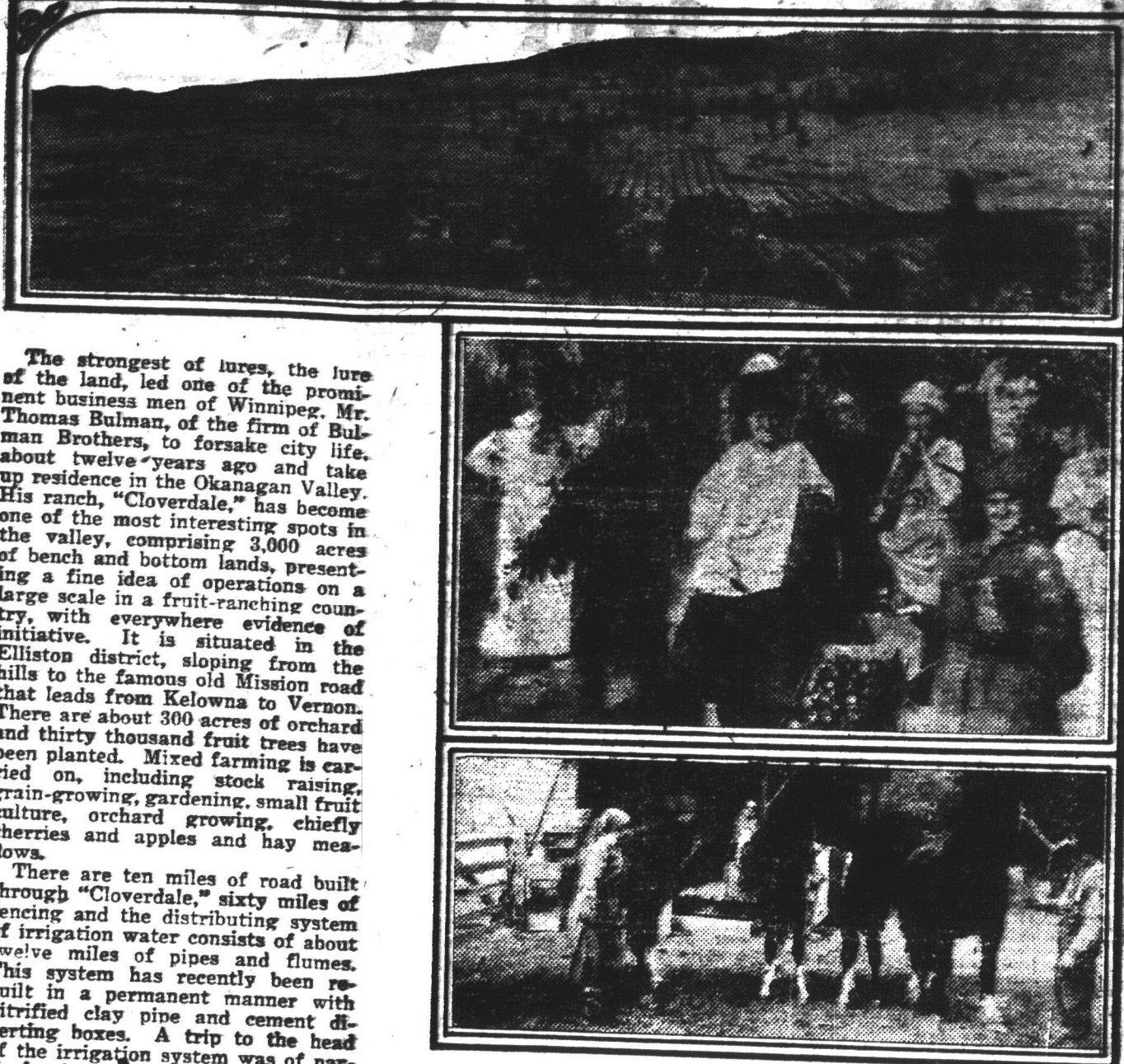
"Clothes make the man" is a saying that contains more truth than fiction. Who has not been conscious of an uplift in spirits when a new and well-fitting suit has been donned? Visualize your friends, and jot down the three jolliest and—apparently—healthiest, and then, when next you see those three, notice their apparel. For a certainty it won't be sombre or dark. As likely as not you might judge it to be the other way. What would a regatta be like if oarsmen and spectators were sombrelly clad? Half its joy would depart. Your spirits would droop. So would your health, for that rises or falls exactly with your spirits. "Merrie England" came to an end—this is an historical fact—when the dull drabness of the Puritans' clothing came in. So, if you want to be in good health and high spirits, go in for colors and cheerfulness. This advice is neither bad nor fancy. It is based on medical and scientific and hygienic truth.

FACES AND FIGURES

Tall People Have Long Limbs and Arms and Short Are Short All Over.

The type of the nose that we call "aquiline" is much more common in tall people than in those of short stature. On the other hand, short people are much more apt to have flat or snub noses. Tall men are usually long-headed, whilst most short men have round or broad heads. Tall persons usually have small mouths. It is the short people who mostly have big mouths. Short people in a great majority of instances have short or round faces. Long faces go more often with superior height. This is not at all surprising. Tall people have a tendency to lowness throughout their anatomical structure. Usually their noses are long. Their arms and legs are long. The height of most tall persons is, mainly in their legs. Short people, on the other hand, are apt to be short in all parts of their physique.

Any method of telling people the advantage of your store is advertising. The method that tells the most people most effectively at the least price is the best advertising.



(1) View of a Cloverdale orchard, in the Okanagan Valley.
(2) Fruit pickers at Cloverdale.
(3) Horses on the Cloverdale Farm.

The strongest of lures, the lure of the land, led one of the prominent business men of Winnipeg, Mr. Thomas Bulman, of the firm of Bulman Brothers, to forsake city life, about twelve years ago and take up residence in the Okanagan Valley. His ranch, "Cloverdale," has become one of the most interesting spots in the valley, comprising 3,000 acres of bench and bottom lands, presenting a fine idea of operations on a large scale in a fruit-ranching country, with everywhere evidence of initiative. It is situated in the Elliston district, sloping from the hills to the famous old Mission road that leads from Kelowna to Vernon. There are about 300 acres of orchard and thirty thousand fruit trees have been planted. Mixed farming is carried on, including stock raising, grain-growing, gardening, small fruit culture, orchard growing, chiefly cherries and apples and hay meadows.

There are ten miles of road built through "Cloverdale," sixty miles of fencing and the distributing system of irrigation water consists of about twelve miles of pipes and flumes. This system has recently been re-built in a permanent manner with vitrified clay pipe and cement diverting boxes. A trip to the head of the irrigation system was of particular interest when a fine view of the large tract was obtained. In the bright sunlight a lovely valley was unfolded—bright green meadows, dark green fields, orchard slopes, and pine-clad hills.

During the war an evaporating plant was operated at "Cloverdale" and has become a permanent industry there. Carrots and onions were evaporated and sent as army supplies to the front while apples and other industries that have been in operation. The yields from the available bottom lands average from 12 to 18 tons per acre, in onions and the yield of tomatoes is from 15 to 20 tons per acre, the canneries making contract with the growers for their output.

The original owner of "Cloverdale" was Mr. George Whelan who now resides on a 200 acre tract near by, and a visit to this fine British Columbia pioneer, who, at 76 years of age, is enjoying life by reading, keeping abreast of the times and rich in experience, makes one realize that elderly men are one of the nation's greatest assets. Mr. Whelan arrived from England at the time of the gold rush at Cariboo and made good in placer mining, afterwards losing what he had gained. He finally drifted down into the Okanagan country with "a square of canvas, an axe and a dollar," setting up a tent in two feet of snow on Christmas eve, 1872, on the property that is now part of "Cloverdale." He acquired 320 acres of land, adding from time to time till 3000 acres was acquired and as the first farmer in the valley to grow clover, he named his farm "Cloverdale."

normal calf should have all the good roughage it will eat.

FARM NEWS AND VIEWS.

Many feeders believe that the results will be fatal if a hog is allowed a liberal quantity of salt. During the last few years this idea has been entirely disapproved. Feeding tests conducted at the U. S. Government Farm, Beltsville, Md., at the Iowa Experiment Station, and at several other stations have shown beyond doubt that the cheapest gains were made where the salt was self-fed. Many feeders use salt in a mineral mixture, with charcoal, wood ashes, lime and cop-per. However, the quantity of salt in the mixture is usually not sufficient and feeders would do well to feed salt in a box by itself where it would always be available.

There is no healthy cow so poor that salt will not raise productive offspring if mated with the right kind of a sire; and there is no cow so good that it is impossible to improve upon her greatness by mating her with a properly chosen bull.

If pigs should suffer from lameness an authority advises giving a little bicarbonate of potash in the food night and morning. The disease frequently shows itself when the food given to the young pig is of too heating a nature and given in too large quantities at one time. It is, however, more frequently caused by draughty, damp, and low-lying pig-geries.

Although rapid in its action, sulphate of ammonia does not benefit the plant immediately it is sown, as is the case with nitrate of soda, which is the more easily soluble of the two manures.

Carrots and beets keep better if a little dry sand is put over them. It prevents drying out.

Hang cabbage in a good cellar. They may sometimes be wrapped in paper and laid on shelves in a cool cellar. As soon as the frost kills the foliage of the grape it may be pruned back and laid on the ground ready to cover with earth.

Husks, the popcorn and hang it up in a light airy place. It will dry enough to be used early in the winter.

Apples carefully picked and wrapped in newspaper keep late into the fall and winter if kept cool.

ceptional value. It is impossible to secure good, productive cows from half-starved, undernourished calves. To secure a normal development of bone and muscle it is necessary to feed sufficient nourishing food to keep the calf in a healthful state and produce ample fat to maintain a good, vigorous condition of the body. It would require two gallons of milk a day to give the calf what it needs, and at the price of whole milk this would be quite an expense.

FIRST AID AND CARE.
A young calf should remain with its mother for several days; longer should it be weak or the cow's udder swollen. As the stomach of the calf is small, it will nurse frequently, taking only a small amount of milk at a time. The first milk, or colostrum, is readily digested and is laxative and very nourishing. It is the best food for the calf.

A strong, robust calf may be removed from its mother immediately and never permitted to nurse. When partially fed the calf should be fed three or four times a day at regular hours. For the first ten days it should receive whole milk. For the average calf two quarts three times a day would be sufficient. For a larger one three quarts at a feeding may be needed. Each calf must be fed individually a certain amount, and not be fed all it will consume. After ten days the whole and the skimmed milk can be mixed together, feeding one-third skimmed milk and two-thirds whole milk. This should be continued for about a week, when half of the whole milk can be substituted with the skimmed milk. The whole milk may be omitted entirely at the end of the first month. By making changes gradually the digestion of the calf will not be disturbed. In changing to the skimmed milk the amount should be increased as the calf grows.

FEEDING MILK SUBSTITUTES.
After the calves are more than two weeks old they may be given milk substitutes. The calves must become accustomed to them by gradually shifting from the milk to the substitute. Generally the commercial calf feeds are composed of a mixture of clean ground grains, linseed oil meal and wheat by-products. The oil meal contains vegetable fat, which takes the place of the butterfat of the milk and makes the food laxative. For young calves it is best to cook this, making it into a thin gruel so that it will readily mix with milk. Good results are obtained by using pure linseed oil meal, or a mixture of equal parts of chops and good wheat or rye bran substituted for linseed meal.

This mixture will be somewhat laxative, probably too much so for some calves. Should it prove too laxative, or not palatable, the amount should be reduced until the calves become accustomed to it. After they once get well started there will seldom be any trouble.

Professor Spencer, of the Missouri College of Agriculture, advises, in starting to feed the substitute to calves, to give one pint at a feed, which can be gradually increased and the skimmed milk reduced, until the calves are six to eight weeks old when the milk may be taken away and boiled milk substitutes fed entirely.

After a calf is about two weeks of age it will start to eat. By placing a small amount of grain in a box and keeping it before the calf, it will be only a short time before it begins to eat regularly. A quarter of a pound or less each day will be sufficient for 10 days or two weeks, and this can be gradually increased, giving the calf all it will eat up clean. The appetite for solid foods should be developed slowly, and not by omitting the milk or gruel in order to force it to eat the dry feeds.

Continue the gruel or milk feeding until the calf is four or five months old. Calves will eat most grains that are fed to dairy cows, but cornmeal or whole corn gives the best results. A good mixture is seven pounds cracked corn, two pounds wheat bran and one pound peanut or linseed meal. This should be fed twice a day and the water cleaned out before a fresh supply is placed in it.

After the calf is three or four months old it can depend largely on the grain and less on the milk feed, but the two should be fed together. When six months old it may be taken off the liquid feed and fed solids entirely. Each calf must have individual attention, fed separately from a pail or bucket and the milk weighed or carefully measured. The feeding utensils should be scalded each time after feeding and kept clean. The calf should have access to fresh water and salt, and should have a clean and comfortable shelter and should not be exposed to rain nor bad weather.

FEEDING ROUGHAGE TO CALVES.
When about two weeks old calves will begin to eat grass, green forage, hay or silage. They will consume about the same weight of roughage as of grain, and it should be supplied as regularly as the grain feeds. Roughage to the calves gives bulk to the feed, and satisfies the normal appetite. It also develops the digestive organs and makes the calf less dependent on the milk or gruel feed, and makes it less subject to indigestion and scours, when any change of feed or irregularity arises. Well-cured hay, good silage, or good pasture will reduce the cost of keeping the calves and will develop them in a normal way. However, coarse moldy hay or fodder, sour, dirty silage, dried-up pasture are poor feed for dairy calves, and should be avoided.

In feeding silage a grain feed can be mixed with silage to advantage. A

CROPS TO ENRICH SOIL.
One of the important problems of agriculture is to maintain the fertility of the soil and yet produce maximum crops year after year. When it is considered that every leaf, stalk and root of vegetation draws its sustenance from the soil and air, it is inevitable that the plant food in the soil will be exhausted at some time no matter how fertile and deep that soil is, unless some plan is followed that puts back into the ground the chemical elements extracted by the vegetable growth. The modern successful farmer does this by spreading manure over the surface or by an application of commercial fertilizers, or else by growing what are known as "cover crops." These are virtually green manuring crops, and although a comparatively recent development are proving very successful.

Plant food is derived largely from organic matter in the soil, and when this organic matter is low there is usually a corresponding lack of nitrogen. Almost any kind of dense vegetation plowed under and incorporated into the soil will supply the organic matter needed to lighten up the soil and improve its tilth, but the valuable ingredient, nitrogen, is obtained largely from the air, unless commercial fertilizers containing this material are used.

AN IMPORTANT FAMILY.
An important family in the vegetable kingdom is known as legumes, and they possess the faculty of drawing nitrogen from the air and storing it in the ground, where it is made available for plant food for succeeding crops. This they do through the agency of minute organisms called bacteria, growing in large colonies upon their roots, and by irritation producing there the nodules or wart-like bodies so characteristic of them. The legume group is a very large one, and members of it are found in nearly all parts of the earth. In some parts of the world legumes are principally annuals; in others, perennial herbs, and still others, shrubs and trees. The family also includes many of our best-known crops, such as peas, beans, clover, alfalfa, vetches, lupins, locust trees, mesquite, acacia and many others.

Some of the legumes are grown for their own value as forage, such as alfalfa and clover, and while growing these crops the nitrogen content of the soil is built up to a certain extent, but to secure the full benefit of cover crops, they must be allowed to reach a luxuriant growth above the ground and then plowed under, the vegetation thus returning to the soil all of the food elements drawn not only from the ground, but from the air as well. Through the activity of the bacteria finding lodgment on the roots, a considerable quantity of nitrogen is drawn from the air and stored in plants and when released through the decay of the turned-under vegetation this food is made available for the soil.

LONG GROWING SEASON.
In the South, where the growing season is long, many farmers make a practice of planting a cover crop after the summer crop is harvested, and this growth is continued until it is necessary to plow for the spring grain, when it is turned under for its fertilizing value. This permits of a building up of the soil at a time when the ground would ordinarily be idle, and when legumes are used they supply both the humus desired and a considerable amount of nitrogen obtained from the air. Legumes, of themselves, do not possess the ability to draw nitrogen and when the nitrogen-fixing bacteria are not present on the roots of the plants, or in the soil it is necessary to inoculate the seed so that the bacteria may function properly on the growing plants. This inoculation is easily done by mixing the seed in soil already impregnated with them.

Hairy vetch is a winter-growing forage plant used in many parts of the country as a cover crop. It is an annual plant coming up from seed early each fall. A vetch plant has numerous vine-like stems usually three to five feet long. Vetch thrives on a great variety of sandy, clayey and lime soils, including the poorest which it greatly enriches. Land for vetch need not be free from weeds or trash, and in the South it is often sown among the growing cotton plants without breaking the land. Hairy vetch serves the same uses as crimson clover and it is hardier, being less apt to be killed by very dry weather as soon as it germinates, or by the cold in winter. All summer crops grown after a good stand of vetch are well fertilized by the nitrogen in the vetch veins and stubble. The vetch plant and stubble are about as valuable for fertilizer as are the cowpeas. It affords excellent grazing, and hay made from the plant is as nutritious pound for pound as wheat bran.

A SOIL BUILDER.
Crimson clover is another important soil builder, and does excellent work as a cover crop. It thrives on a great variety of soils, including some of the poorest. It will succeed much better on soils poor in lime than some of the other legumes and it does especially well on a mixture of clay and sand. To be successful as a cover crop it is necessary to inoculate the seed with the nitrogen-fixing bacteria, and this is usually done by sprinkling soil containing the bacteria over the newly-seeded fields.

FEEDING CALVES.
In well-established dairies calves are raised with skimmed milk and milk substitutes, as it is altogether too expensive to feed whole milk except to very young calves or those having ex-

FARM WORK OF THE MONTH

Just about this time the farmer looks out over the green pasture, gets restive, reflects upon how sick he is of doing chores, and rushes the stock out on the land. If you are beginning to have the symptoms, remember the parched summer months and let that pasture get a start, leastwise while there is still good silage in the big barrel.

Was the lamb crop a good one on your farm? All getting their milk all right and coming along in the shape now? It takes a little care and patience sometimes to get the young lamb started out on a healthy life. These cold spring days are not the best thing in the world for him either. A sheep will stand all kinds of cold dry weather, but let it get its fleece soaked in a cold rain and then there is the dickens to pay. Shelter the lambs till it warms up.

Thrifty, vigorous, and growing almost visibly each day, the little pigs are now a sight to gladden the heart. Going to keep them coming along just that way? How about some rape or peas or alfalfa on which to turn them in the late summer and fall? Better sow it now.

Many, too many farmers, neglect that finest time of all for killing weeds in the corn, that first week just after it has started from the ground, when you can run over it with a drag, killing out the fine little weeds just making their appearance, and permitting the corn to get such a start that when you start to cultivate you can cover the second crop of small weeds in the row without covering the hills of corn. Will the weeds get the best of you this year?

Some men have so much affection for a horse that they cannot put on the harness without first giving the animal a good cleaning; while others, well, others are different. If you haven't long before this, removed Dobbins' old coat of winter hair and winter dust, go out to the barn now, grab hold of that brush and curry comb, and show the poor brute that you haven't lost all interest in him.

There is no time when we are going to feel this shortage of labor so much as at haying time. You know what it is like trying to hay it shorthanded. Let's begin to get ready for that haying time by setting to work on a box rack or two on the very next day it rains. Box racks and hay loaders—let's go, men! We can do it!

originally a Norman name, one nickname derived from it is distinctly Anglo-Saxon, namely, "Hob." It was not at first a popular name among the Anglo-Saxons, following the Norman conquest, but because of through the fame of one Hob, who won the archery championship of Sherwood Forest. Archery, of course, was a calling reserved more for the Anglo-Saxon element than for the Normans, who, as conquerors, had established themselves as the nobility and the upper classes socially.

Hobkins is a combination of "Hob" and the Anglo-Saxon ending "kin" (similar to the modern German "chen"), meaning "Little Hob." Hobbs is a shortened form of Hobeon, or as it was more likely to be spelled in those days, "Hobysen" (Hobysen), which also explains the variation Hob.

A stork has been known to perish in a conflagration rather than desert her little, helpless brood.
More than half the diamonds of the world are now owned or held in the United States.
Though Robert may be classed as

The History of Your Name

By Philip Francis Nowlan.

HOPKINS
VARIATIONS—Jobson, Hopkinson, Hobbs, Hobey.
RACIAL ORIGIN—English.
SOURCE—A given name.
Hopkins, which, of course, is simply a shortened form of the name Hopkinson, does not sound a bit like Robert. Yet it is from one of the forms of that given name that this group of family names has developed. Paradoxically, the Hopkinns, the Echsons, the Hopkinsons, the Hobbs and the Hobys, trace back to Anglo-Saxon blood for the most part, rather than Norman blood, though the name Robert was brought into England by the Normans.