a low cost of truck operation.

According to my records, it cost me portance to health. 1.7 cents per mile for gas and oil for t e three-quarter ton, and two cents s on both trucks, and apparently they have worn about the same. In

ton truck is in service for 8.3 years. ceeds from it may be a menace to

In consolidating my records I find health. the lighter one cheaper to operate in regard to gas and oil to the extent of .3 cent per mile. In trip time the difference is negligible, as is the case with tires. Repairs show a balance of \$18.30 in favor of the heavier one while statistics show its life to be six months longer. In addition to this, its ability to carry twenty-five per cent. more per load allows it to do as much in four trips as the smaller one does in five. This factor has been of inestimable value to me in both time and money during the busy seasons. My experiences and investigation has proven conclusively to me that the ton truck is the ideal size to fill the requirements of the average

#### BAD SMELLS.

A little reflection regarding habits of lower animals and of man leads to the conclusion that the sense of smell is of great importance. The startled usually large amount of 585,893 hundeer stands with dilated nostril to dredweights supplied by countries not the breeze, sure that her nose, before specified. Canada's contribution of culls 2.66. the breeze, sure that her nose, before specified. Canada's contribution of butter was 110,000 hundredweights young people of the county together the hungry wolf presses with relent that in the ten months this was then the ten months this was the ten months this was the ten months this was then the ten months this was the ten months this was the ten months this was the ten months the ten months this was the ten months this was the ten months the ten The hungry wolf presses with relent- less in the ten months this year than Believing that the community dances judging competition; held good less speed upon a trail which the hu- in the same period last year. man being cannot distinguish at all. We may believe that once all men were similarly endowed, for in certain primitive tribes the acuteness of wherefore they leave him alone.

Man, too, makes use of his nose to only.

zes acitatiy and improves the tilth or echanical condition. An acid soil is cation of approximately one ton pe

Line has two especial functions agreeming, which is preferance donfifty pounds each provides an appl

The Sunday School Lesson

why i bought the Labrike.

In this age of hurry and buttle it of the control of t

size of the new. I nesitated for quite a while before making my final dewisted the start of the book of Exodus carried the story of the walking of the country of the which is harmful nor indeed can we plied particularly in three forms, as and a hammer are the tools for cut-then tells of the first giving of the straight into a long stretch of desert, and heavy of the walking of the country of the walking of the country of the straight into a long stretch of desert, then tells of the first giving of the tent through the country of the walking of the country of the walking of the first giving of the straight into a long stretch of desert, then tells of the first giving of the tent with neighbors who had one to work among disagreeable smells in guicklime is placed in small heaps, of either size, or both, and learned the representation of the straight into a long stretch of desert, then tells of the first giving of the country of the walking of the country of the straight into a long stretch of desert, then tells of the first giving of the tent with neighbors who had one the people whose occupations lead them limestone. For even distribution is placed in small heaps, and sit is now well established that the care intervals on the field to be treated.

The country of the story of the tent with neighbor who had non of either size, or both, and learned their experiences. I talked to a number of truck salesmen and to one district manager and found that in the majority of cases of farmers similarly situated their experiences coinglet with mine.

This regular in the provided about a bushel in each, at regular in the provided with mine.

The case, at regular in the provided with mine about a bushel in each, at regular in the provided with mine about a bushel in each, at regular in the provided with mine about a bushel in each, at regular in the provided with mine about a bushel in each, at regular in the provided with mine about a bushel in each, at regular in the provided with mine about a bushel in each, at regular in the provided with mine about a bushel in each, at regular in the provided with good it is now well established that the care intervals on the field to be treated.

Water is then poured over each heap intervals on the field to be treated.

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Water is then poured over each heap intervals on the field to be treated.

Water is then poured over each heap intervals on the field to be treated.

Water is then poured over each heap intervals on the field to a cross-tie in was observed in the following centuries. The entire book is made up forty years of exile. The people extended with a bout on eight turies. The entire book is made up forty years of exile. The people extended with a bout on eight turies. The entire book is made up forty years of exile. The people extended with a bout on eight turies. The entire book is made up forty years of exile. The people extended with a bout on the field to be treated.

Water is then pour of the departure, thence amid mountains, with good in the following centuries.

Water is then pour of the bear of the book is made up forty years of exile. The people extended with a bout of the people of the book is made up forty years of exile. The p

The Hebrew probably means "bound.

to mean that a northeast wind, driv-ing the waters southward, accompanditioned by the choice of a right turn ied an ebb-tide, so as to cause un- when the fork in the road gives us usually low water at the ford, or, pause. Human nature and human more probably, bare sands upon which planning tend all too often towards the Israelites were able to cross. The lines of least resistance. We shrink deeper water on either side made an especially from the long, hard road. selves be regarded as a direct menace

BY ETHEL M. CHAPMAN.

By ETHEL M. CHAPMAN.

Geeper water on either side made an especially from the sale, into the self-cual wall of defence against any But it is not progress to cut corners from the Girls' Institute, Guelph, and in October had flank attack by the enemy, while a so fast that we miss the guide post. Should be taken to suppress them. For the year show a fairly crditable an "at home" at which Dr. Ross of rear guard of Israel's fighting men And on life's pilgrim way there is ers. It has cost me \$49.80, against to for the heavier truck.

In regard to the saving of time, there is very little difference. On personally conducted tests the short have made with an average saverage way with an average saverage saverage and saverage saverage and saverage saverage saverage saverage and saverage s

> cism of Napoleon, that God fights on the side of the strongest battalions. despotic power. What of Israel?poor, overwrought band of bondsme Tyrants had oppressed them through thin ranks; their masters were armed, horsed, and carloted, the poor Hebrew wanderers were afoot; few of sons' building tools; their meek and Truth may often be on the

But behind the dim unknown Standeth God within the shadows, Keeping watch above his own.

There are divine limits set to in-

#### French Canadian Cattle Records.

In order to be eligible for admission ducted by the Dominion Live Stock polis Valley. At the Kentville, N.S., Branch, French Canadian two-year- Experimental Farm tests in thinning old cows must produce 4,400 lbs. of were made on Wagener trees ten has produced in 365 days 8,595 lbs. of spur and to an average of six inches supplying butter to the motherland, canada was ninth and the United States tenth; but there was the unusually large amount of 585.893 hun-

#### Elusive Vitamins.

determining the presence and amount ticed that while more than half the of vitamins in any food. This is part- fruit from the thinned trees graded a vitamin is and partly because the ter from the unthinned trees came up vitamins in various foodstuffs seem to to that standard and that the twos, he unstable and may be destroyed threes and culls in the latter case or subjected to the action of chemi-

#### Thinning the Fruit on Apple Trees.

Good results have followed the in the Record of Performance, con-thinning of apple trees in the Annamental Station at Cap Rouge, Quebec, thin the apples to one apple to a fruit trees 764 apples were picked. Of these 23.15 per cent, were number ones, 52.35 number twos, 21.4 number There is no accurate method for threes and 3.1 culls. It will be no-

During the past year 1.700 separate

wipe the brush with a piece of clean

## HEALTI

ters through this colu Crescent, Toronto.

report of some man or wom suddenly in the prime of li wonder why people should th off in the very heyday of the tence, and for want of a bette ascribe the happening to act Undoubtedly true is the "There is a Divinity that sh ends, rough-hew them how but still we can go out a trouble at times when per could with a little care have

Every day we are shocked

it or at least warded it off. When sickness comes the ways a reason for it. The rea e remote and obscure, but it just the same. It may be neglect of our health in o childhood, thereby leaving its mark on our future. It may indiscretions and excesses in of youth and early adult life be due to excesses in eat drinking, thereby paving the a broken-down system when physical cogs should be smoothly and without a creal

On consideration of this portant problem—the increase span of life and the avoid physical infirmities that m prevented, the first thing a EDUCATION. Without it we cannot get a

Hopeful signs are appearing world is beginning to recog value of education in solv "Goodwill without know!

warmth without light," and I ibly this applies to many mot with the best intentions will a comforter in their own mo then put it into the baby's r

#### Paradise.

Lord, make my heaven plain But new and whole, with

spare.

(No clutter in it, anywhere!

No shabby rugs across the fl No rubbers flung behind the

No Sunday papers any more! No littered manelpiece to dust No crowded closets; nothing r

Nor any fear of moth and rust With spaces clear and orderly Wind-swept, in sunshine-- I we A singing spirit, strong and fr

With Heaven itself in which (I wonder-would I feel at hor

### The Scribe.

Winter is a monkish scribe In a white cell. He draws black letters on a

Black boughs on squares of sk And curious thorny shapes of

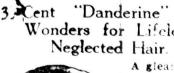
And lays his white page still Where any man who passes No read it, if he will,

The time that you save, morey that you save, is usefu you know how to spend it.

After seventy years I sti myself thrice fortunate to ha orn - General Sir Ian Ham

Wearing old clothes is all the man who knows he doesn't

### GIRLS! HAIR GROW! THICK AND BEAUT





neglected with dep "Danderdi Falling itching sc the dand corrected immediately. This

wispy or fading hair is quickly prated, taking on new strength and youthful beauty. "Dender delightful on the hairs a ret stimulating tonic - not sti



by situated their experiences coineided with mine.

My principal market is located of a polluted water supply; a smell fourteen miles from my farm, while one that I use at certain seasons is one that I use at certain seasons is oxide. In such cases, smell is a clue

of "drains" suggests the possibility and allowed to remain for two or your wife wants you from the parn, ness drawn from the parn, skilfully woven together.

Of "drains" suggests the possibility and allowed to remain for two or your wife wants you from the parn, ness drawn from the parn, ness drawn from the parn, skilfully woven together.

Of "drains" suggests the possibility and allowed to remain for two or your wife wants you from the parn, ness drawn from the parn, ness on a good dirt road, one mile from to some event of sanitary importance

the highway connecting these towns, and should lead to the removal of the This gives me an excellent road with danger which it indicates. From this point of view smells are of great im-The fact that smells cannot in themselves be regarded as a direct menace the ton truck. I have the original to health does not mean that no steps

haul netted half an hour in favor of the lighter truck. When the drivers are together, which is frequently the case, there is no difference, as they return together. I have found this to be real economy, especially on long hauls, for one of the trucks may dentale, for one of the trucks may dentale for a baby at home, the other for delighter for a baby at home, the other for home Nursing. They have had severage system. This may be an expensive business, however, and we occasionally exchange programs with the Senior Institute. For the benefit rain, thunder and lightning.

They that wait upon the Lord looked unto. In shall walk," (no matter how long, dellars toward improving two local occasionally exchange programs with the Senior Institute. For the benefit rain, thunder and lightning.

They that wait upon the Lord looked unto. In shall walk," (no matter how long, dellars toward improving two local occasionally exchange programs with the Senior Institute. For the benefit rain, thunder and lightning.

They that wait upon the Lord looked unto. In shall walk," (no matter how long, dusty, weary, or difficult the journey) occasionally exchange programs with the Senior Institute. For the benefit rain, thunder and lightning.

They that wait upon the Lord looked unto. In shall walk," (no matter how long, dusty, weary, or difficult the journey) occasionally exchange programs with the semicrost programs with the semicrost programs with the semicrost programs with the case, and the consider whether there is no difference, as they occasionally exchange programs with the semicrost programs with the se hauls, for one of the trucks may develop trouble. The presence of the second driver has, on several occasions, more than compensated me for signal and contains the second driver has compensated and contains the second driver has compensated and contains the second driver has c

vised by science and are in daily use. excursion, a sleigh ride and several supper to one hundred and fifty Lis- The skies sent out a sound: any time one may lose by waiting for these processes the other to unload.

The existence of these processes social gatherings during the year; towel tradesmen making an advertis. Thine arrows also went abroad. Should be known to everyone, so that maintained a cot in a children's hose ingree to one number and into the number of these processes social gatherings during the year; ing trip through the county, and real heaven: Since I did not own trucks prior to the pressure of public opinion may be war and, consequently, have never exerted in support of their use, when have the pressure of their use, when have the pressure of their use, when have their did not own trucks prior to the pressure of public opinion may be pital; gave prizes at the Fall Fair; they cleared \$105; part of this money. the war and, consequently, have never exerted in support of their use, when bought a shipment of fruit for canworn out one by fair wear and tear, I necessary, but their choice and applining at wholesale prices for the beneam dependent upon the district mancation is generally the business of fit of Institute members; and they are
buy new books for the public library. And thy path in the great waters." ager of a popular make of trucks for the sanitarian. The individual lesson my information on comparative lonmy information on comparative lonto be learned regarding smells is that my information on comparative lon- to be learned regarding smells is that, tural Society. gevity. According to the records the just as there is "no smoke without average life of the three-quarter-ton fire," so there is no smell without its truck is 7.9 years, while the average source, and that source and what pro-

Britain's Imports of Butter and Cheese. Of the 2.362.574 long hundred-

the United States 10.578 hundred-States tenth; but there was the un-

Live Stock in Canada. According to official figures, all the sense of smell is not altogether species of live stock in Canada has lost. W. H. Hudson tells of the can-decreased in numbers from last year, nibal tribes of Queensland who were excepting swine and poultry. Horses found to hunt by smell a large species are said to number 3,530,641 comcourage his enemies and constitutes sheep 2,753,860 compared with 3,263,a powerful weapon of celf-defence. 525, swine 4,405,316 compared with According to the theory of natural 3,915,684, and poultry 45,469,292 com-

# Work, Study and Play in the Girls' Institutes.

For Home and Country

BY ETHEL M. CHAPMAN.

They will still be regarded as a nuis- line of work accomplished. Because Macdonald Institute and a class of prevented too close a pursuit. For no turning back. In such a vital matitem of repairs the lighter one and people will not be any the the New Year is a good time to re- her students gave a demonstration of the figure used in v. 22, compare ter it is inspiraton to remember that ers. It has cost me \$49.80, against more disposed to endure disagreeable view the past twelve months and games and folk dancing. With the Nahum 3: 8, where the seas is said God has a plan, and that one of the

4,378,227 hundredweights of butter ron contest" (explained in a former anese Relief. public 399,781 hundredweights and mutual need of each other."

Literary meeting, including a debate, a layette for relief work.

haul was made with an average savtag of about ten minutes, and the long haul netted half an hour in favor of haul netted half an hour in favor of the lighter truck.

This may be an adequate for a baby at home, the other for the lighter truck.

The boys and only on the simptutes.

Chicago.

Chicago.

Chicago.

Fordwich has had courses in Foods fugitives passed on.

Fordwich has had courses in Foods fugitives passed on.

Values and Cooking, and Sewing and V. 24. In the morning watch. That woid of offence towards God and man.

Sewerage system. This may be an adequate for a baby at home, the other for the lighter truck.

Northern relief.

Freelton. This is a "Girls' Circle" Stratford was organized at the We should, therefore, translate, "He mighty leader himself had only his Freelton. This is a "Girls' Circle"
within the Women's Institute; the girls meet regularly with the women but they have some special meetings of their own and they carry on certain special lines of work by themselves. They made a layette for silver cure the cure heir denoted by the Agricultural Representative.

Stratjora was organized at the we should, therefore, translate, "He mighty leads to close of a course in Domestic Science; bound, or clogged, their chariot rod." The scaffold, wheels," that is, by making them sink scaffold, but they have some special meetings of their own and they carry on certain special lines of work by themselves. They made a layette for silver cure the cure heir denoted by institute we should, therefore, translate, "He mighty leads to close of a course in Domestic Science; wheels," that is, by making them sink in the wet sand or mud of the bottom, and so made them drive heavily.

Stander V. 27. Returned to his strength; or rather (as in margin) its "wonted to his strength; or leads to the sound, or clogged, their chariot wheels," that is, by making them sink in the wet sand or mud of the bottom, and so made them drive heavily.

Stander V. 27. Returned to his strength; or rather (as in margin) its "wonted to his strength; or leads the same of the course in the wet sand or mud of the bottom, and so made them drive heavily.

Stander V. 27. Returned to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to his strength; or rather (as in margin) its "wonted to Northern relief; held a "Shamrock silver cup—the cups being donated by ing tide was accompanied by a change justice, and it is the cause of the Tea" realizing \$25; arranged a comprominent men in the county. The of wind (see ch. 15: 10). The Lord people, not the iron might of Pharaoh, munity picnic in July and a baseball girls held a picnic, raising \$77 for overthrew (literally "shook off") the or Alexander, or Nero, or Caesar, or weights of cheese imported by Great tournament and corn roast in August their Institute work; served dinner Egyptians in the midst of the sea. Britain in the ten months ending Oc- the girls have their own soft ball at the county plowing match; had a tober 31, 1923, Canada supplied 760,- team; are studying the Government very pleasant excursion to the Agri-694 hundredweights, New Zealand 1, publication "Laws of Ontario Concultural College with the Junior 212,346 hundredweights, and the Uncerning Women and Children"; held Farmers, and gave donations of ited States 39,039 hundredweights. Of a Hallowe'en party including an "ap- money to the Navy League and Jap-

imported by Great Britain in the same News Bulletin), the proceeds from Bond Head has been making a period Canada supplied 33,764 hun-which went to buy presents for the study of Canadian Authors at their dredweights, Denmark 1,555,785 hun-children in the county Sanitarium. monthly meetings; they have also exdredweights, New Zealand 955,612 The president says, "Our year's work changed programs with other girls' milk and 198 lbs. of butter fat. A years planted which were carrying a hundredweights, Australia 450,279 together in the circle has certainly Institutes in the county, and have had two-year-old at the Dominion Experihundredweights, the Argentine Regiven us a better realization of our a course in Home Nursing. They sent Elgin. This is an organization of the Indian Reserve, made a layette milk and 399 lbs, butter fat with an apart on the branches. Five trees weights. Of ten individual countries girls from all over Elgin County. They for Northern relief, held a bazaar in world's record in milk for the motherland. The fruit was graded

operate closely with the Junior Farm- Rockwood "Eramosa" was organ- tion, Cap Rouge, was 8,544 lbs. of ones 59.06, of number twos 33.88. of might be improved, the girls framed monthly meetings regularly, with dea "petition" asking for chaperons, an monstrations, addresses, debates, a earlier hour for closing, etc., and pre-spelling match and a geography sented it to the boys' committee. The match; sent a donation to the Armencommittee agreed to their requests, ian Relief fund, and a box of canned the gatherings. At their December Hospital. They are planning to make ly because no one knows exactly what number one rather less than a quar-

of box with which they supplement pared with 3,648,871 last year, mules their more gruesome dist. The evil 3,722 compared with 9,202, cattle 9,smell of the skunk is produced to dis- 246.231 compared with 9,719,869, girls sent a box of homemade candy picture theatre to bring good shows to atmosphere under certain conditions, to each inmate of the County Chil- the town by helping him to sell tickdren's Shelter and House of Refuge ets and taking part of the proceeds cals and processes. Practically the broadcasting programs, averaging also to a number of "shut-ins" in the for Institute funds; sold baskets for only known methods for vitamin de five hours each in length, have been According to the theory of natural 3,915,684, and pountry 45,405,252 com-selection, those species would survive pared with 43,443,718. Horses have which made use of their noses to dis- decreased in every province except county. The Girls' Institute personal a tag day. The girls report "Our first ments with animals. These methods Britain. tingrish good food from hed. The British Columbia and cattle in every cunning skunk feels his enemies that province excepting Outario and British Columbia. Swine show a decrease itself. house on our bathing beach and a mins has been gained in this way. At in Neva Scotia and New Brunswick: Brampton sent a bale of clothing to tennis court in our village." They least eighty common foods contain Man, teo, makes use of his nose to sold.

Me speak of the Northern Ontario fire sufferers; have also given donations to the Fall sping age of pullets varies be firmly pinched or its owner laves a cold in the head, he will be able to eat a bad agg without tasting its base institut which makes in four or five some institut which makes to a boil agreement from party, a debate, and a corn roast; in firm district to firm allows the four all firms and apparently cod liver oil brush in a pan or basin of vinegar and lettuce contain them in greatest to a boil. Rinse the brush in the name as it was to a boil. Rinse the brush in the family; sent flowers to sick members, and given a present to each girl being married; and at Christmas time law with members to a boil. Rinse the brush in the remembered eighteen elderly women.

As monotony robe you of zest it robs the soil. Diversitfy your crops!