# Efficient Farming

THE MEANING OF GOOD SEED, it es to withstand, or resist, the at Good seed may be defined as fol- tacks of rust is becoming more pronounced each year as progress con-

A .- Seed belonging to a variety tinues to be made in the production of which is superior in the following more resistant types.

1. Suitability for the conditions cultural Colleges are going very valuunder which it is to be grown.

2. Yielding power.

3. Purity. 4. Quality of product for marketing to the varieties which are likely to do:

or feeding purposes. 5. Hardiness. 6. Strength or straw or stalk.

7. Ability to resist disease. B.—Seed which in itself is superior

in the following respects, viz.:-1. Vital energy.

2. Size and development of kernels. valuable information on his own farm 3. Uniformity of sample as regards regarding the relative suitability of

size and development of kernel. 4. Maturity.

5. Freedom from disease. 6. Freedom from other damage of only by testing varieties on the farm-

any kind. 7. Freedom from weed seeds.

8. Freedom from seeds of other which is not suitable for his condicultivated kinds or varieties.

deserves the most careful consideration. During the past few years, mined by a careful germination test.

The vital energy of the seed of the must consider the purpose for which public opinion so that in our school in the tense stillness of the garden, we too dismayed to be able to speak Does too dismayed to be able to speak Does not all this mean that no burning the last surrender of himself to God.

The vital energy of the seed of the must consider the purpose for which public opinion so that in our school in the tense stillness of the garden, we too dismayed to be able to speak Does not all this mean that no burning the last surrender of himself to God. distinguished not only on the basis of small seed and even shrunken seed in parts of the world. such things as yields, dates of matur- the case of wheat may, under ideal They have become one of the largest stitute to fulfil this work? ity, quality, type of kernel, strength conditions, produce reasonably good and strongest organizations of women. That we have women, interested in the wilderness.

In the wilderness. of straw, etc., but on their adaptabilplants, yet the fact that ideal condiity to different conditions. Certain tions are not to be depended upon the depended upon the depended upon the depended upon the dependence of the de ity to different conditions. Certain tions are not to be depended upon they stand for all that is essential in ed enough to forget the petty, person-which his age held of short and easy sorts thrive better on clay soils than makes it unsafe to risk using seed foundation of empire—the home and a trifles of life and unite in a great ways to the kingdom of God. It was do others. Some varieties will make which is lacking in development. Well childhood particularly. The Women's effort to raise the standards of life. a severe trial, but it was victoriously a fairly good showing on relatively developed seed contains more food malight soils, whereas other sorts would terial on which the young plant degreat co-operative educational system ing the nobility of labor, that home—erness, his mind was made up to take the nath of absolute surrender to God. give very meagre yields. Again, some veloping from the germ will have to which has for its aim the betterment making is the first profession and the path of absolute surrender to God.

This was the first act of the great varieties are better suited to thrive draw upon. If this food supply is of home, school, community and coun-agriculture is the second.

The St. Valentine Wind.

BY IRENE S. WOODCOCK.

Me. What should she do with it?

out to carry the other valentines, and,

She and Rosalie had always carried

valentines round together, and she felt

queer and lonesome now as she started

off alone. It would not be nearly so

it home." Ruth said sorrowfully.

hall. It was Rosalie.

the yard I knew you had."

the first time since they had been play-

home to ask if she might stay to sup-

## PLANTING

much fun, she knew, to ring bells all Many dwellings, both in the counby herself and then run and hide. She try and in the towns and villages, present a bare appearance. The improvement that the planting of shrubis training which broadens our out-As she passed Rosalie's house she As she passed Rosalie's house she provement that the planting of shrublooked toward it out of the corner of bery about the base of the house look, that we may value things of life vice. The word "Service" should be the source of that grief was; not merelook, that we may value things of life vice. The word "Service" should be the physical shrinking from again, and to serve our generation. It ing up, not for strength, but for serlook that we may value things of life vice. The word "Service" should be the physical shrinking from again, and to serve our generation. It is training which broadens our outlook, that we may value things of life vice. The word "Service" should be the physical shrinking from again, and to serve our generation. It is training which broadens our outlook, that we may value things of life vice. The word "Service" should be the physical shrinking from again, and the physical her eye. Was Rosalie there, or was the she going foriornly round alone, most unbelievable. Foundation plant- ter homemakers, more logical. We see the she wishers that the short of the corresponding month of 1923. ing is done usually by the grouping of that work is honorable, and glory in they may enjoy what it has been our near, to sympathize, and yet they can—It says that while the hog market they may enjoy what it has been our near, to sympathize, and yet they can—It says that while the hog market they may enjoy what it has been our near, to sympathize, and yet they can—It says that while the hog market they may enjoy what it has been our near, to sympathize, and yet they can—It says that while the hog market they may enjoy what it has been our near, to sympathize, and yet they can—It says that while the hog market they may enjoy what it has been our near, to sympathize, and yet they can—It says that while the hog market they may enjoy what it has been our near, to sympathize, and yet they can—It says that while the hog market they can—It says they can—It sa By the time kuth had mashed runs shrubbery, vines, and neroaceous plants, excluding trees. The planting is done about the base of the dwelling school for homemakers, the university in-the-making.

| Opened weak in the first month of the planting of new Canadians of the nationalizing of new Canadia breath. There was only one valentine buildings. The most usual objects of nations rests. We all realize the truth of the statement that no nations can be usual objects of those upon whom the prosperity of nations rests. We all realize the truth that we otherwise never would have awful experience which he has now to and unsightly foundations, to break up hard and formal lines in the architecture, to unite the building with the grounds, and to secure privacy. Practical observations will show that notical observations will show that notical observations will show that notice that it is composed; especially is the statement that no nation can known, in agriculture as well as in undergo—"might pass from him, if manufacture, that if we are to regain that could be."

In and that despite the latter of the year toward are ours by birthright as well as commarkets, which is the Aramaic word, "Father" than in 1923. All along the line the prospect has a hopeful appearance.

The statement that no nation can will be statement that no nation can in undergo—"might pass from him, if manufacture, that if we are to regain that could be."

These are homes of the line the prospect has a hopeful appearance.

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The statement that no nation can undergo—"might pass from him, if manufacture, that if we are to regain that could b The second time she passed Rosalie's house she tried to go by, but somehow her feet lagged. What would happen if she ran up the walk and rang the house seem naturalized to its sur
"landed gentry." These are homes upon which the world depends for its uniform quality and highest type. Not sible unto thee: take away this cup of the door five open she house seem naturalized to its sur
"landed gentry." These are homes upon which the world depends for its uniform quality and highest type. Not sible unto thee: take away this cup of the maintenance, the homes which are sources of our national wealth. They he our password expression for any experience, when bell? Would the door fly open, she wondered, and some one shout, "Valwondered, and some one shout, "Vallike air, than judicious foundation to the great centres of nonulation.

sources of our national wealth. They be our password.

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wondered, and some one shout, "Vallike air, than judicious foundation to the great centres of nonulation. Ruth hesitated a moment; then, as simple and may consist only of two men's Institutes can accomplish ed out to one: "this cup" means the garding the latter fact the new much by studying market conditions present agony of Jesus' soul. The says that the shortage of supplies was men's Institute work—the uplifting of moulding public oninion and below to one: "this cup" means the garding the latter fact the new ew present agony of Jesus' soul. The says that the shortage of supplies was physical nature of Jesus reels before responsible for keen prices and that she started to walk on again, some or three or half a dozen shrubs plant men's Institute work—the uplifting of moulding public opinion and bringing this agony, and he would fain be designed in December choice lambs made a top thing unexpected happened. The wind, ed to screen corners or steps in front home and improving of home conditions.

In a started to wank on again, some or three or half a dozen shrubs plant home and improving of home conditions.

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In a started to wank on again, some or three or half a dozen shrubs plant home and improving of home conditions. thing unexpected happened. The wind, which as night fell had been blowing harder and harder, came swirling suddenly round the corner of the house and snatched the envelope from her hand. Away it went high into the sir, which and circling and circling and circling. It new straight

home and improving of home conditions.

Law is a slow and many times a distance to have tion and nutrition, that our children may not be denied their rightful inheritance to be well born and to have the demand. Away it went high into the sir, which is the only way he will choose, heritance to be well born and to have the demand. We have our natural resources, our geographic situation, our raw materials, and we are the comes back to the three discinles and remunerative outlet for the right sort. hand. Away it went high into the air, at their best at different seasons of where privilege of developing the three seasons of whirling and circling. It flew straight the year. It must be remembered that thus growing into the nerfect man or descendants of the heat need to the three disciples, and remunerative outlet for the right sort over the fence and into the yard of foundation plants are a wholly secondwoman as God ordained. If not we Rosalie's house. Up, up into the air ary item, that is to say, they are secular are the product of some misconception are the product of some misconception are the product of some misconception are the products, commanding premium prices, are the products, commanding premium prices, and into the yard of stock. A good report trade. and landed right at Rosalie's door!
Ruth was so astonished that she stood stock still in surprise. Then she pushed the gate open quickly. She the foundation planting should not must out back that envelope and in a stood stock still the content of the grounds particularly of our own or our ancestors.

It is the duty of every woman to appear to the best advantage, whether it be milk, butter, cheese, appear to the best advantage, whether it be personal or mental, to surround ada to overflowing. It is ours for the herself and her home with the best must get back that envelope, and in a claim particular attention to itself. herself and her home with the best grasping, the goal is in sight. There it lay right on the doorstep. For this reason plants rather inconnot realize the value of their personal measurable factor in attaining these Somehow it seemed to be in just the chosen. Very suitable varieties for appearance. At the same time too ideals; for with our increased finan-Somehow it seemed to be in just the chosen. Very suitable varieties for appearance. At the same time would ideals; for with our increased manifold place, but it must not stay this country include spiraes, the hyd-little attention is paid to our home cial returns we shall have no difficulty sandwiches that are not at all fussy after a paper pattern. Here is a recommendation our ideals in home and some very pretty and very good little sheet and cut with a cooky critical or sandwiches that are not at all fussy after a paper pattern. Here is a recommendation of the paper pattern. As she stooped to snatch it up the and the barberries, where these are penditure of labor we can remodel our school and conditions generally; bedoors flew open. "Valentine!" a voice not forbidden because of their relacried joyfully. "I caught you!" Some tionship to the perpetuation of wheat places into homes; and besides the spending ability to a great extent, if one seized her and drew her into the rust. Individual specimens in some cases are fustified, but as a rule they "I saw you pass," Rosalie said, "and should be planted in groups of threes, pence. I hid behind the curtain and watched. each from three to five feet apart, so

she did not want to say it. "That is, by laws of educational growth." I had a valentine for you, but I wasn't This success depends upon co- great moulder of public opinion, and the olive-garden had a place for press- and dismounted, and went up

The Experimental Farms and Agri-

able work in testing different varieties

in various ways, so as to be able to

furnish farmers with information as

best under the conditions which pre-

vail on a given farm. Growers are

therefore strongly urged to keep close-

Ottawa has worked out a very simple

plan by which any farmer can obtain

different varieties of plants for the

which characterize his farm. Such a

scheme is highly recommended as it is

er's own farm that he can be sure

that he is not trying to grow a variety

ly in touch with these institutions.

her other valentines into envelopes. But she knew that she did care a great deal. She sat and gazed at the valentine that had been intended for Rosa-"I know what I'll do," she decided.

"I'R just take it with me when I go mind."

perhaps I shall think of some one to are just a St. Valentine wind—full of

## **FOUNDATION**

How I hoped you had brought a valen- arranged as for each group to form tine for me! Then when you came into a unit when they are well developed. -Canadian Horticultural Council.

## A VALENTINE

What can I send you, for old Winter's reigning! Snowflakes are flying past my window pane; Bare the friendly wildwood, gone the nodding blossoms. Sad the empty meadows and the winding lane.

Yet are mem'ries fadeless, precious beyond telling. Friendship links together days of shade and shine. Some of May's soft laughter and the Summer's glory, These I offer: take them, for a valentine.



The Central Experimental Farm at These oxen of Haliburton, Ontario, are so well-trained that they can be driven by the seven-year-old boy shown in the photograph. The animals are used in a lumber camp to break down soft places on the saw-log roads.

### FOR HOME AND COUNTRY

### The Essentials in Women's Institute Work.

sentials in Women's Institutes, we suitable, it is our opportunity to mould gathering dusk of the April evening, in influence, and in the more sleeping, under some overpower, in influence, and in the more sleeping, under some overpower. Choice of variety is a matter which The vital energy of the seed of the must consider the purpose for which public opinion so that in our school in the tense stillness of the garden, we deserves the most careful considera- variety decided upon should be detertion. During the past few years, mined by a careful germination test. tures of the work which have made best paid teachers, and to assist with

There is deep and anguished conflict, there has been a rapid increase in the Seed should be plump and large for them so popular and valuable that we our sympathy. It is imperative that but there follows peace and radiant production of new varieties by our the sort and as uniform as possible as find them not only in rural communi- all should have opportunity to culti- sctory. plant breeders. These varieties are regards size and development. While ties in Ontario, but in many other vate the talents already possessed.

under drought conditions than are scant and the season is unfavorable try. We might also add the betterment of their relative abilbe weak.

In this 100d supply is of home, school, community and country arriculture is the second.

To know that in unity there is the last. We see Jesus "obedient unto death, even the death of the cross."

The next minute Ruth was running Minister, forging every link in the between all parts of the work. follow the line spoken of by our War and that the closest union should exist have any sense of what is happening, of faith, with the eyes with which per at Rosalie's house. When she came back the wind was roaring down the chimneys and rattling the windress. The Women's Institute has been ups." It is the university in which down the chimneys are restricted by the control of the grown what we have accomplished. The reason was feel so is because our ideals to make the selects reter, James, and John, who had indeed seen min. It is the windress to see "the poor man, Christ Jesus" and what we have accomplished. The reason was feel so is because our ideals to make the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken which was the selects reter, James, and John, who had indeed seen min. It is the weaken was the selects reter, James, and John, who had indeed seen min. It is the weaken was the selects reter, James, and John was the sel

is that training which develops conpowers, not only physically but mennot depend upon our numbers so much mind, that is, "and sore troubled."

V. 34. The disciples not only see the amount of labor a maximum amount which it is composed it depends upon the confession, wrung from the very of results. In other words, it is that loyal support of our own organization, soul of Jesus, "My soul is sorrowful with death" Grief terrible as

For this reason plants rather incon- possible. Too many of our women do The Women's an unthis country include spiraes, the hydinthe attention is paid to our nome ciai returns we shall nave no directly sandwiches that are not at all fussy after a paper pattern. Here is a representation of labor we can remodel our school and conditions connectly, he to make and carry out nicely the cipe that will make very tempting

The rating value we receive at the hands of our fellow residents is only a reflection of the value we rate our. Oh, merchant, show me all your stock selves at. The world is a true mirror, I want a valentine

Our co-operation can be extended to So give me something fine, our school, not only by assisting in Pink satin and forget-me-nots, beautifying the school and its sur- Or silver lace and blue, roundings but by aiding the teacher Or verses on a gildedwith our hearty support. We have Nay, none of them will do. many examples of the good work done For rings and hearts and doves and by the hot lunch, drinking fountain, flowers, picture painting and the arousing of public opinion as regards. And wedding bells and spangles bright and, after piling up the bread-and- to a paste the finest confectioner and the influence brought to bear upon But would not please her—she is such our children. Many times the conditions in the schools were such as So I had better go instead would not be tolerated in any other

operation, we in the Institutes form a can be done whether in branch, dis-"But I hadn't," Ruth said, though advancement, not by laws of force but minion Federation. To-day the Wo-has the name Gethsemane." Geth-remembered that he wanted mates. And now St. Valentine's Day was coming and she could not send her the valentine that she had bought so joyfully only a few days before.

"There!" said Rosalie, laughing. "I boards, but between members and the in a tangible form. It is therefore down, while he goes on into the leafy carry on so effectively.

If we are to achieve results we must sent you in spirit as well as in name, of the man who along in all the world. It is therefore down, while he goes on into the leafy tory, he rode on, but when he leafy darkness to pray.

V. 33. Jesus must pray alone, but sent you in spirit as well as in name, of the man who along in all the world. It is therefore down, while he goes on into the leafy tory, he rode on, but when he leafy darkness to pray.

V. 33. Jesus must pray alone, but sent you in spirit as well as in name, of the man who along in all the world. With the goes of the man who along in all the world. If we are to achieve results we must sent you in spirit as well as in name, of the men who alone in all the world he had seen the Lord. With the eyes

he chimneys and rattling the winlows.

"Blow, wind," said Ruth. "We don't
nind."

"You "Yes, blow," echoed Rosalie. "You

"You achieve their best.

"It is the university in which
son we feel so is because our ideals followers seen the Master break down, brother" so he said to one of his followers seen the Master break down, or confess to mortal agony, and therethat of home and country. The love fore, we may imagine with what awed achieve their best.

"When thou seest a poor man, my followers seen the Master break down, brother" so he said to one of his followers to mortal agony, and therethat of home and country. The love fore, we may imagine with what awed fore thee. And in the weak behold the seed of these are in every land, so that we hearts they saw the change which the weakness which he took upon him." This is that Francis who prayfind the Women's Institutes are fast now came over Jesus. It was, we him." This is that Francis who pray-

tally, to accomplish with a minimum as upon the union of all the parts of change, but their ears are startled by Francis had both, and the market remained on his hands and feet.

bery about the base of the house look, that we may value things of life at their true worth. It makes us betion of womanhood: ours is an opporion of womanhood: ours is an most umbelievable. Foundation plantter homemakers, more logical. We see
tunity to render service to others that
agony he wishes the disciples to be
with the corresponding month of 1823.

houses from being mere stopping cause in the end it depends on our

giving back only what we show to it. To send the sweetest girl on earth,

darts

And rosy garlands gay, A pert capricious elf. And offer her myself.

# The Sunday School Lesson

Leus in Getheemane, Mark 14: 32-42. Golden Text-Not

what I will, but what thou wilt.—Mark 14: 36.

beauty—as the ordinance of God, as a advantage of them. service freely rendered for the mem- Vs. 89, 40. The same recurs the

We may compare with the Agony in What is essential in a Women's In- Gethsemane the earlier scene in Jesus' life. where he battled with the tempter

men's Institute is recognized as a semane means "oil-press." Evidently Christ's soldier. Then he turned Ruth had quarreled with Rosalie for going to give it to you. The wind operation between not only members our responsibilities increase as our ing the berries into oil. In the garden, poor sufferer, gave an alms and manufacture of the state of branches, districts and Federation membership increases. Laws are only Jesus, who is bearing a heavy burden lovingly the wounded hand whi

should be near him. For this purpose, angels see, as St. Anthony said he read, appalling in its form. "He be ed that he might have before he died The value of our organization does gan to be amazed," utterly stricken in an exquisite moment of the love which

V. 34. The disciples not only see this which he bore. And we read that

such plantings are to cover up high and unsightly foundations, to break rise higher than the standard of the manufacture that if we are to remain and undergo—"might pass from him, if

He says, "Simon, are you sleeping! Introduction From the upper Could you not watch even for one room, Jesus and his disciples pass to hour?" Jesus is distressed at this in Threading their way voluntary remissness on his followers through the city streets, they issue part. He feels that some dread danfrom one of the gates, and all is still ger hangs over them, perhaps of their ness. They descend the steep side of falling away from him. He knows the Kidron valley, and then follow the visibile hosts of darkness of darkness are that the inpath to an enclosed olive garden on visible hosts of darkness are in arms the other side, where, according to the against him, and that Satan will not Fourth Gospel, Jesus was accustomed leave his followers alone. Therefore to resort. Here the last great conflict of the Master's life takes place enter not into temptation; the spirit of the Master's life takes place. Hitherto, in speaking of his death to the disciples, Jesus had made the bright side appear. He had representatively the world, his disciples are but men, commounded of flash and life. ed the Cross, as Professor Allan Menzies says, "not in terrors, but in its Jesus dreads that Satah will now take

bers of the kingdom, as the opening act of the new age." But now, when the Supper and the exaltation of the The Essentials in Women's Institute Work.

Before we can decide what are es- Should the system not be deemed natural recoil takes place, and in the more sleeping under some specials in Women's Institute Work. ing influence, and naturally they are however near and dear to Jesus, can in this hour enter into, or share in any manner the sorrow of Jesus?

Vs. 41, 42. The third time the ans wer comes. The conflict is over, Jesus has no longer any doubt of the Father's will, and his resolution is taken. Coming back, calm and triumphant, he rendered: "What? Sleeping still? Still taking rest? Enough of that! hour has come. See, the Son of Man" -that is, the Messiah-" is betraved

ST. FRANCIS AND HIS DEVOTION-St. Francis was riding one day near Assisi, while he was still perplexed about the nature of his future work, when suddenly he was startled by a loathsome sight. A leper was seated by the roadside. For a moment Franhis Master knew and of the utter pain.

# VALENTINE SANDWICHES AND CAKES

small affair, we will want to know prefer simply a red jelly or jam

spread with softened butter, then mix tablespoonfuls of hot melted love expl enough currant jelly, raspberry jam teaspoonful of vanilla. or other red-tinted jam or jelly with Beat the eggs thoroughly, and the cottage cheese to make it quite red, sugar and vanilla and beat the first carefully creaming the cheese batter, then add the water and until it is soft and delicate, and sea- again. Sift flour, salt and be sing soning it nicely with salt and a little powder together and whip thick sweet cream.

Spread the bread with the cheese ter. Bake in a moderately her even filling and press the slices together. When the little cakes are conspiculting sandwich fashion, then with a heart- them through the centre and spread shaped cooky cutter cut the sand- a lemon filling or a tart jelly between wiches into hearts. If the cooky cut- them, then put them together and ter is not available cut a paper heart cover with an feing made by mixing butter slices, place the pattern on the sugar and the juice from canned top and cut around it with a sharp strawberries or raspberries. If it is knife, through all the bread.

sandwiches if preferred. Cream shops at this season, in ert one cheese to which chopped candied cher them in each cake. C. B &

Even if the party is to be a very ries are added will be tasty, or we may spirit of the anniversary of the good little cakes: 3 eggs, 1 cupful of agar. pleasure derived, it would be a good we are to remedy the evils which exist graham bread in thin slices and powder, 1/2 teaspoonful of sold

cake. Last of all fold in the het but

Other fillings may be used in these red cupid darts usually shown in the

Halifax, N.S about 169 squa the Lake Ross tion by the F sanctuary dist be permitted, shooting. Othe to follow, pos district, Guysh

Montreal, Que pleted at the pacity of 2,000. ing capacity have found it 000,000 bushel vator for which ing prepared." statement of Montreal Harl

ing birds--W New York rece the ranch of t Pt. Dover, On to Sweden, He land. A large being received reading stock Winnipeg, M.

survey of the n PROGRAM SPEECH

### Amendment Equalization in Com

A despatch

The last gun o

as been made l ments before P. the constitution per to the cons of the Upper I La brief, th Throne indicates intends to ask lation to give:

(1) Equalizat we-n province (2) Governme (3) improven ports on both c (4) Colonizati (which implies ) in the Peace Riv

MILITARY AND FRA

A, despatch fre

(5) An Act :

Franco-British se ready. Lord Cre don se eral days British Governme Paris and has had with Promier He is being for a French-l British Belgian d other words, the is 'a make a m France for the p for a general se the other hand, b tion of Rhineland The Herriot Go a general Europea

ymany also, if the To enter into the without condition would mean final many of the Polisi and Silesian front **The** British ha formed the French they would have Franco German R but as for the Br exposs d in Pari allied agreement. Lord Crewe in statem in an ac gian w the Friend

Freeh and Britis "We have arrive ment in European elapsed since the way cooled the se ship and gratitude which continue to and more vivid w

"Nevertheless, s lems as complicated