

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 indifferently 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 indifferently 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 work of which he really takes 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 aiding 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.

Produce Infertile Eggs.

One item of special importance to the successful management of the poultry flock is to produce infertile eggs for market just as much of the year as possible. This is another reason why the male birds should be disposed of just as soon as the breeding season is over.

Infertile eggs possess a very distinct advantage of keeping better and shipping better. Infertile eggs, even if exposed to much heat during shipment, show no germ development; hence, embryo development and growth cannot be present to spoil the quality of the egg. It is a fact that eggs are often transported from the farm to the point of collection in open wagons or in open trucks on hot summer days.

At other times they are displayed in store windows where the hot sun shines on them and where a very high degree of heat is reached; or they may be kept in warm rooms for longer or shorter intervals.

All of these conditions are such that if the eggs are fertile germ development will start, and then when the temperature is reduced, embryo development will cease and death of the embryo will follow. Such eggs will be handled out as a total loss and will not only seriously detract from the quality of the shipment, but will materially lower the price which is paid for them.

If the general practice of eliminating the male from the laying flock as soon as the breeding season is over and the last hatching eggs saved is followed throughout the country, it would mean the saving of thousands of dollars to the farmers and poultrymen through the elimination of losses from germ development. It is a practice which cannot be neglected.

Whitewash That Sticks.

A whitewash that can be applied with an ordinary sprayer and that when dry will not rub off on clothing may sound too good to be true.

Both these qualities are claimed, however, for whitewash made according to this formula. It is further stated that the mixture is snow white, that it dries quickly and adheres strongly to wood, brick, stone or concrete.

Directions for making are given as follows:

Shake two pecks of lime with boiling water, adding the water slowly and stirring constantly until a thin paste results. If water is added too rapidly, or if the mixture is not well stirred, the paste will be lumpy.

Add one gallon of salt to the lime, and stir thoroughly. Add water to bring it up. Maybe he is right.

to bring the whitewash to the proper consistency for spraying.

Just before using add to each pailful of whitewash a handful of Portland cement and a teaspoonful of ultramarine blue. Adding these materials earlier will cause the whitewash to appear streaked.

The cement makes the whitewash adhere strongly to any surface, whereas the bluing counteracts the grayish color of the cement and results in the snow-white appearance so much desired in the poultry house.

Packing Market Eggs.

It has often been said that success in the poultry business depends very largely upon attention to a large number of more or less minute details. This is just as true to-day as it ever was. More than that, as time goes on and we learn more and more about the hen and her products, the number of these details is constantly increasing.

One of the details that is very important on any farm from which eggs are being shipped is the proper packing of those eggs in the container in which they are to be sent to market.

Packing needs to be considered both from the point of view of as complete protection as is possible for the eggs and with the idea of making the contents of the package as attractive in appearance as the package and the condition of the eggs will permit.

Eggs should always be packed with the large ends up. They appear to carry better in this manner, with less breakage, than when packed small end up. Also they will rattle less in the filler, and the general appearance of a layer of eggs is much better when the top of each egg nearly fills the space in which it is placed.

It is also claimed that packing on the small end allows the yolk to rise and rest against the air space so that the egg appears much better when candled. Packing should always be done in a well-lighted room so that any porous or thin-shelled eggs may be easily seen and excluded.

All of us like novelty. Try giving apple sauce a new dress by adding several candy cinnamon balls to it. These not only add a pleasing flavor but color the sauce a fine pink.

What is down out of sight in the earth? A farmer wondered about it. He took a bar, made a deep hole in the earth and filled it with fresh loam. Then he dropped some carrot seed into the hole. They came up all right, and when he went to this hole he pulled up roots one and one-half feet long. This leads him to conclude that we have some richer land down there of sight than any we are now tilling, and that subsoiling is the best way to bring it up. Maybe he is right.

S.S. LESSON

July 5. The Beginning of Foreign Missions, Acts 12: 25 to 13: 12. Golden Text—And he said unto them, Go ye into all the world, and preach the gospel to every creature.—Mark 16: 15.

ANALYSIS.

I. ANTIOCH DECIDES TO SEND THE GOSPEL TO THE WORLD, 1-3.

II. THE GOSPEL IN CYPRUS: LIGHT IN CONFLICT WITH DARKNESS, 4-11.

INTRODUCTION—It was a red-letter day in Christian history when the great new church at Antioch, itself the first-fruits of the Gentile world, and aflame with spiritual zeal—decided that the gospel was not for itself alone, but was to be shared with the whole world.

The step of sending forth Barnabas and Saul is all the more remarkable because, when it was taken, there was no possibility of forecasting the glorious results which these men were to achieve for God in Asia and in Europe. Nevertheless, the decision was felt to be in direct line with the sure guidance of the Spirit, and this consideration prevailed. Barnabas and Saul were released for special service, and the gospel of Jesus Christ, hitherto confined to Syria, was launched among the remaining populations of the Graeco-Roman world.

As for the men chosen, the church could not have acted more wisely. Barnabas and Saul had already won their spurs in the field of evangelization, and in every way the Spirit seemed to mark them out as the men supremely fitted to hold and to keep the confidence of the church in this larger venture of faith.

I. ANTIOCH DECIDES TO SEND THE GOSPEL TO THE WORLD, 1-3.

V. 1. The church at Antioch had from the start the great advantage of possessing a large nucleus of spiritually gifted men, who as "prophets and teachers," that is, inspired preachers and catechists, had notably contributed to the progress of Christianity in its midst. Some of these men had come in at the beginning, when Christianity was founded at Antioch (Acts 11: 19-21); some, such as Barnabas and Saul, had come in later. Acts 11: 22-26. Among the former we are permitted to reckon the Syrophen and Lucius, of whom this verse speaks. Missionary ardor had brought these men in at the first, and it is not to be thought that, when things had got under way in Antioch, they would desert the former enthusiasm to spread the Gospel everywhere.

V. 2. As might be expected, the decision to send missionaries to Asia and Europe was preceded at Antioch by serious deliberations. An earnest effort was made to discover the mind of Christ as revealed through the Holy Spirit in the community. Consequently, the church fasts in preparation for a revelation. What the revelation comes, it takes the form of a clear conviction that Barnabas and Saul have been marked out by God for the task of foreign evangelization. The Holy Spirit declares itself through human fitness: Barnabas and Saul had not their equal for this particular task. The Holy Spirit also declares itself through the confidence which Barnabas and Saul were completely trusted. Finally, there were prophecies in the church which pointed to every ground, therefore, the Spirit said: "Separate me Barnabas and Saul for the work whereunto I have called them."

V. 3. The ordination and commission were solemnly given, after fasting and prayer. Fasting prepared for the decision; prayer asked for divine guidance; finally, the laying on of hands signified that the missionaries went forth, not in their own strength, but with the authority and the blessing of the Church, fulfilling Jesus' words, "You have not chosen Me, but I have chosen you, and ordained you, etc." John 15: 16.

II. THE GOSPEL IN CYPRUS: LIGHT IN CONFLICT WITH DARKNESS, 4-11.

V. 4. The sense of being sent forth by the Holy Ghost is very strong in Barnabas and Saul. In his Epistles, St. Paul always declares that his credentials consist not in personal wisdom or eloquence, but in the plain facts of the Holy Spirit's presence. Here, 1 Cor. 1: 17, and especially 2 Cor. 2: 15 should be read.

V. 5. From Seleucia, the port of



TWO LACE-TRIMMED FROCKS FOR THE SUMMER WARDROBE.

1115. Filmy georgette with shirred godets of cobwebby lace fashions this frock of exceptional charm and grace, which is worn over a slip of white crepe. The pattern provides a pointed collar and long, plain sleeves, with which, by omitting the godets, a tailored street frock may be made. Sizes 36, 38, 40, 42 and 44 inches bust. Size 38 bust requires 3 3/4 yards of 36-inch material, with 1 1/2 yards additional for the godets. Price 20 cents.

1001—Printed silks and flowered chiffons, that are contributing so much individuality to the frocks of the season, is charmingly expressed in this afternoon costume. Lace of a lovely design forms a deep band on the lower edge of the frock and finds its way into the shaped yoke. Sizes 34, 36, 38, 40 and 42 inches bust. Size 38 bust requires 3 3/4 yards of 40-inch or 44-inch material. The pattern provides long sleeves. Price 20 cents.

Our Fashion Book illustrates many frocks just as charming as the two pictured here. Price of the book 10 cents the copy, including a coupon good for five cents in the purchase of any pattern.

Antioch, the travelers crossed the sea to Salamis, the nearest port in the large island of Cyprus. Here, from a very early time, Greek settlers had established themselves among the native population. The missionaries began by addressing the Jews in the synagogues. Naturally, they would take for their subject, the Messiahship of Jesus. They would seek to show that Jesus was the Saviour promised in the Old Testament, and that salvation was not to be obtained by the law, but only through God's grace in the Messiah.

Vs. 6-9. But not all Jews who had gone abroad were pious or looking for the divine salvation. Some were frank and utterly irreligious, and the only use they made of their oracles by which they treated as books, and so make them to tell fortunes, and the only money. Such a Jew was the Elymas, who, when Barnabas and Saul reached Paphos at the other end of the island, set himself against them. Serpious Paulus, the Roman proconsul, had shown a praiseworthy disposition to help Elymas, fearful of losing his own ascendancy, sought to prejudice the proconsul against them.

Vs. 10, 11. The holy indignation of Saul—who is here for the first time mentioned by his Roman surname of Paul (Jews living abroad were accustomed to adopt surnames)—now blazes forth. He denounces Elymas as having sold himself to Satan for meanphemous interests against his blessing of God, and predicts that he will suffer blindness for his sin. And so it comes to pass. We should think of the punishment as symbolical in its meaning. If men sin against the Spirit of God, calling that which is good evil, and that which is evil good, the time will come when God will withdraw all light from their souls, and they will be left in the "outer darkness."

V. 12. The proconsul has no doubt now of the truth of what the missionaries proclaim, and he becomes a believer. Thus, a notable convert from heathenism is gained by Paul in Cyprus.

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 staid, 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 highchair, he has a place at the table and gets a taste 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 you own 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 these 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.

After all, parents, it is a question of habit, and if you have ever attempted to break a habit, you know what a firm hold it has on you. Habits which you have never formed, you do not need to break. How will a little child know the taste of rich cake and candy if you do not give them to him? If he forms the habit of drinking milk when a small child, he will always like it. The same is true of vegetables which so many grown-ups declare they "just hate."

You are the keeper of your children's habits. It is for you to discourage troublesome idiosyncrasies and develop in the children habits which will be a firm foundation for future health. The study of the food of children is a worth-while study.

A Utility Shower.

A shower given recently for a young bride-to-be who was going to house-keeping immediately after her marriage, was in the form of a broom dressed to represent a negro mammy. A bowl-shaped sieve was used for the head and covered with a black, dustless dust cloth, the features of the face being marked on with a lump of starch.

A coat hanger formed the shoulders, and the body was made by wrapping kitchen towels around the broom handle. The rest of mammy's costume consisted of a sweeping cap, rubber gloves and two aprons. From belt and visible pockets protruded frying pans, a bread knife and a whisk broom, and in the pockets of the big bungalow apron, which were large and deep, were a tape measure, six wash cloths, a tack hammer and tacks, dust cloths, dish mops, labels, tags, balls of twine, account book, kitchen slate, a budget ledger, books, and so on.

Each article was wrapped separately and the bride was required to undress the mammy.

Ironing-Board Covers.

Instead of using an old sheet for an ironing-board cover, which soon goes to pieces, I make special covers of heavy unbleached cotton, cutting them the shape of the board, but three inches larger all round. I finish with a one-and-a-half-inch hem. A draw string of stout tape is run through the hem, which makes a snug-fitting, easily removed cover. If starched and ironed it is a great improvement over the old style.

Another good idea, when there are colored clothes, is to pad the board smoothly on both sides and make a slip shape, just large enough to slip over the board. This gives double service; one side of the board may be used for colored clothes and the other for white. Make a calico or cretonne bag to slip over the ironing board when it is not in use. This will keep the cover of the board clean. These ironing sheets last for years.—Mrs. C. G. W.

Why Not Tell Her So.

"Well, I believe in saying what I think! It is too ridiculous for her to humor those children the way she does when she is so hard up." Mrs. Smith's lips closed firmly.

"They are fine children," her neighbor murmured.

"Yes, they are, but look how she gives up everything for them! She never goes out in the evening because she wants to make it cozy for the children at home. Then, if there is a special treat on hand and she can't afford tickets for all, she has some work that keeps her; perhaps she wants the evening for writing! Oh, it makes me so tired! I tell her so every time I see her."

The ghost of a smile fitted across the other woman's face. "Have you ever told her that you thought the children were fine?"

"Well, of course I haven't," Mrs. Smith replied. "Why should I do that?"

"Oh, I just wondered. You said you believed in saying what you thought, and you also admitted that her children were worth while. How much it would help Ellen if you would tell her so!"

Turkish Women Join Clubs.

Women's clubs have become numerous in Turkey. A few years ago they were unknown.

Unless you have fruit trees don't be a grafter.

You can't get something for nothing in this world. Don't forget to feed perennial plants from which you expect to get blossoms.

Paint chicken roasts with crochets and then go in the house after dark and watch the lice come down off the fowl's backs and down the legs. It will kill all the vermin that get on the perch.

HOME and COUNTRY

How the Institutes Are Helping Newcomers to Ontario

BY EMILY GUEST, TORONTO, PROVINCIAL CONVENOR.

Institutes and Immigration.

The members are trying:

1. To secure as full information as possible of immigrant families settling in Ontario, or girls and women employed as domestics in homes throughout the province from:

(a) The Colonization Dept. of the Ontario Government;

(b) The Employment Labor Bureau;

(c) The Land Settlement Branch.

2. To secure as full information as possible, re children being placed in Ontario homes from:

(a) The Children's Aid Society;

(b) The Barnado Home;

(c) The Salvation Army.

3. To see that the children of immigrant families or those placed in homes by the Children's Aid Society or the Barnado Homes attend school regularly.

To report all cases of cruelty, neglect or overwork on the part of those employing help to the proper authorities.

To report to the proper authorities

all cases of children or parents suffering from contagious or infectious diseases, or who are mentally deficient, and when necessary to take any other action advisable.

To take an active interest in supporting local Children's Shelters and to co-operate with the Children's Aid Society in securing good homes for the children for adoption.

To familiarize Institute members with the immigration laws.

To emphasize through article written, through lectures and discussion, the importance of getting in touch with newcomers and leading them to realize that they have a part to play in advancing community interests.

To visit and welcome newcomers, whether native or foreign born, to the community, and into the Institute, where they may imbibe and contribute to the highest idea of home-making and Canadian citizenship.

This is patriotism of a practical nature which is bringing increasingly valuable results.

Partial view of another page with text including 'Red', 'R', 'T', 'OLIVER', 'There was o', 'the most idle, b', 'ture that ever', 'one gift so per', 'he has been fa', 'for a hundred', 'a poor count', 'queer child, p', 'less in his les', 'clared him a o', 'and scolded by', 'When he had', 'and had learn', 'write verses, h', 'lege, but he h', 'ways, so he d', 'well with his', 'packed up his', 'which we may', 'and went away', 'This he soon', 'a great wish to', 'foreign lands, b', 'Continent, a p', 'companion to', 'wealth, and th', 'playing on his', 'ing and some', 'family. He can', 'with a poem r', 'graceful, pleas', 'most famous at', 'But he was', 'ever, working', 'HOMESTE', 'That hom', 'tant phase of', 'ment and that', 'tion of free W', 'means over th', 'farther from', 'each year, is a', 'report of the', 'the Interior.', 'Last year we', 'stead entries w', 'Canada, 1,699 b', '1,226 in Alberta', '197 in British C', 'consists of a c', 'acres of land, e', 'land acquisition', 'resulted in the', 'acres. To this', 'homestead gran', 'ditional 113,600', 'total settlement', 'land in Western', 'acres. This is', 'view of the st', 'that year and', 'wards land set', 'Approximate', 'homesteaded', 'the first three', 'year with 629 p', 'of 236 filed in', 'Alberta, 50 in M', 'tish Columbia', 'first quarter of', 'soldier grants', 'settling settle', 'It is gratify', 'non-speaking', 'serve their maj', 'dian land sette', 'thirty national', 'these homeste', 'Canadian led', 'loved by citizen', 'with 639 and th', 'tish Isles with', 'as accounted for', 'the total regis', 'Homes', 'as it is a', 'of the year', 'a v'