



Items and Articles of Special Interest to Our Farmers

Standards For Judging Vegetables

In the autumn, when judging of vegetables is so important a matter at exhibitions, the following standard for judging vegetables will be of interest.

Asparagus.—Shoots should be thick, of medium length (8" to 9") and uniform in thickness, tender, and free from rust and insect pests. Long shoots are liable to be woody and tough.

Beans. Broad Beans.—Straight, broad, well-formed pods filled with large tender beans. Free from disease.

String Beans.—Pods should be long, straight, moderately broad, tender and free from disease. Pods should be uniform. Color according to variety.

Beets, long.—Should be medium in size, smooth and free from side roots, gradually tapering from crown to tip, and firm in texture. Cross section cuttings should show fine dark red, tender flesh, free from white lines. Top small and compact. Roots should be uniform.

Round.—Medium in size, firm with smooth round shape gradually tapering to a fine terminal root. Flesh should be tender, firm, fine and of a dark red color. Root should be uniform.

Cabbage, early.—Generally round or heart-shaped. The heads should have fair size, be heavy, firm, hard, and free from insect injury or disease. Late—Heads round or slightly flattened in shape, with a dense formation of dark green outer leaves, and inside leaves of a cream color. Specimens should be heavy and have firm texture. Red—Slightly conical or round in shape. Dark red in color. Texture firm and solid, with good weight. Savoy—Round and slightly flattened. Leaves close and compact, of a dark green color with a fine curl, good weight.

Carrots, long.—Roots should be long, straight and smooth, without any green at the crown; have a small compact top, be free from side roots, and gradually taper from crown to tip. Texture tender and crisp. Heart, small with a large outer ring. Roots should be uniform. Medium—Medium length, straight, free from side roots and gradually tapering to a blunt tip. Skin smooth. Cross

sections should show a small core and a large outer ring. Flesh should be tender and have a rich flavor. Roots should be uniform.

Cauliflower.—Head, large in size with a dense formation of flower, pure white in color and without small leaves in the head. Shape, round horizontally, with a nice even, curving crown. Cauliflower should be exhibited with a few of the lower leaves attached.

Citron.—Large, well-rounded, heavy specimens, finely mottled and well colored throughout.

Celery.—Bunch, composed of several long, well-bleached stems of medium diameter, free from rust and rot, with a crisp texture, and rich nutty flavor. Leaves straight and even. Heart large.

Corn, sweet.—Cobs should have fair size and be well developed, with straight even rows, well filled but at base and tassel end. The kernels should be tender, juicy and sweet. Ears should be uniform.

Cucumbers, indoor.—Should be long, smooth, with size well carried out towards the ends. Dark green in color; heavy. Outdoor—Specimens should be smooth in form, straight, of medium length, with thickness carried well out towards the ends, of a dark green color and heavy weight. Specimens should be uniform.

Lettuce, Cabbage. Heads should be large, well-rounded, compact, composed of crisp, sweet leaves, free from any discoloration. Cos—Conical in shape with straight upright-growing leaves, well bleached and crisp, and with a firm heart.

Onions, large.—Shape, globular or flat, according to variety; globular shape preferred. Should be smooth and even in form, of good weight, and have a small well-ripened neck, with solid firm texture, especially at the base of the neck. Pickings—Should range from 1 1/2" to 3/4" in diameter, be uniform in size and shape, clean, firm and white in color. Specimens should be uniform.

Parsley.—Head large and bushy with numerous, finely curled dark green leaves, which should be crisp and free from discoloration of any kind.

Parsnip.—Roots should be of medium length, broad at top with a nicely hollowed crown, gradually tapering from crown to tip, smooth and straight, skin free from rust, firm in texture, and have a small core.

Peas.—Pods long and straight, dark green in color and well-filled with large, sweet-flavored, tender peas. Samples should be uniform in size and color, and not over-ripe.

Potatoes.—Specimens should have uniformity in size, with smooth even shape, firm, solid flesh, five and white in color, and be clean and free from disease of any kind. Potatoes with shallow eyes are preferred to those with deep eyes.

Pumpkin.—Round or oblong in shape, symmetrical, large, thin-skinned, closely ribbed, firm in texture and heavy; with deep yellow or creamy yellow color, according to variety.

Radish, Summer and Winter.—Medium size; smooth, even form; free from insect damage and side roots; firm texture and mild flavor. Cross sections should show solid, fine white flesh. Specimens should be uniform.

Rhubarb.—Stalks, medium in diameter, long straight and tender; with uniform color and mildly acid flavor.

Salsify.—A good type resembles a well-formed parsnip, broad at top, smooth and straight, gradually tapering to tip, free from side roots, texture firm and crisp, skin light brown in color. Flesh should have a milky appearance when cut, and a small core.

Spinach.—Specimens should be large with heavy foliage; broad, dark green, tender leaves, free from disease and insect injury.

Squash, Winter.—Should be large, heavy and firm in texture, with color and shape according to variety. Should not be over-ripe.

Vegetable Marrow.—Large size, oblong in form, smooth and even, with uniform thickness and good weight. Texture firm and not over-ripe. Color varies from a creamy yellow to a mottled green.

Tomatoes.—Medium in size with an even, well rounded shape, smooth, fine, well-colored skin, firm texture, good weight and a small eye. Not over-ripe. Blossom end should be left on sample. Color varies according to variety—may be pink, bright red or yellow. Specimens should be uniform.

Turnips.—Medium size with smooth, symmetrical form, free from side roots, firm in texture and heavy. Cross sections should show fine, firm, evenly colored flesh. Color varies from white to light yellow, according to variety.

The Truth About Milk

Why it is High, Yet is Still Cheap

Mrs. Turner was in distress. The reason was not far to seek. It lay in the little heap of papers on her desk—the monthly notes of gloom from butcher, baker and candlestick maker. "What do you think, John?" she said. "Davies & Johnson have raised the price of milk again. Two cents more a quart this time. And just when I have been trying so hard to save the wheat and save the meat and all the other things Mr. Hoover wants us to save, and have been using more milk. I don't know what we are going to do."

What she did was what so many other women have done in the last few months in the face of rising prices of milk—she cut down her order with the milkman and exercised her ingenuity in finding other foods to make up for the lesser quantity of milk given her three young children.

Though this was the natural and quite understandable thing for Mrs. Turner to do, it was nevertheless the wrong thing for her to do. It is a mistake for any mother, patriotically and economically, to attempt to meet the higher prices of almost all foods by cutting down on milk consumption. The process should indeed be reversed, and the wise mother to-day is she who depends more and more upon milk as a daily food, particularly, if there are young children in the family.

Every mother can afford to buy milk at present prices, and even higher, so long as she has any money at all with which to buy food. The cause of food conservation for ourselves and our Allies will be helped if we all use more and more milk and milk products, and thereby consume less wheat, meat, sugar and fats, the elements of which are all found in milk.

Do you really appreciate all that milk is as a food? Do you know that it is not merely one kind of food, but a combination of all the food essentials required by the body—particularly the body of the growing child? It contains protein, to build up and repair the body tissues. It contains sugar and other ingredients which supply the body with fuel, or energy. Then there are the fats of milk; lime, phosphorus and other minerals to build up the bones and regulate the bodily functions; casein, albumen and other nitrogen-bearing compounds to make blood and muscle; and finally a mysterious, unknown substance, absolutely essential to children's stance, important to nutrition and growth.

In every family there are adults who have lost completely all taste for the use of milk as food in its raw, natural state. That need not at all affect their consumption of milk, if milk is intelligently used in the kitchen. There are literally hundreds of dishes with which milk

Another good reason continuing, or even increasing, our normal consumption of milk is the condition of the dairy herds of the world. Stern necessity has resulted in the slaughtering of millions of cattle in Europe for meat. The world's total supply has been decreased by 28,000,000 head, and the necessity of restoring this loss as quickly as possible is too obvious to need mention. The dairy herds must be encouraged as much as possible.

Larger consumption of milk and milk products will help to do this. For a greater demand at home for milk and milk products will stimulate increase in cattle herds, and we may thus contribute a part toward the restoration of the depleted meat and dairy stocks.

All investigations by competent authorities during recent months have agreed in the one conclusion, namely, that for the most part, and taking the national milk situation as a whole, an increase in milk prices has been justifiable if not indeed absolutely necessary. There has been, and is, something wrong indeed, but the question of just what is the matter cannot be answered by accusing the dairy farmer and the milk distributor of robbing the public.

Production of milk is as much a farming proposition as the production of wheat or corn. The farmer with a herd of cows on his hands must feed them. The value of cows to him depends, first, on what it costs him to feed them and second, on what he can get for their products. The cost of producing milk is then largely dependent on what it costs to furnish cows the food from which their bodies manufacture milk.

The whole country knows now that the cost of about everything produced on our farms is higher than it was. To begin with, over large areas of the country the soil has been rendered poorer by farmers taking more out of the earth than they put into it. The result where this condition prevails is that not so much food is produced on a given area as formerly was the case, so that to produce the same amount of food as formerly takes more land; or more fertilizer, or more labor, or perhaps all three together. Up goes the cost of food, and up goes the cost of producing milk.

Then there is the general world shortage of all sorts of food. The

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To the Farmers of Western Canada

There is considerable low grade grain throughout the West this year and farmers who have this class of grain as well as those who have oats, barley or flax to ship should bear in mind that it will be to their advantage to ship to us as our long experience in the grain business and special connections enable us to get for the shipper the very highest possible prices for his grain and the best premiums that are being paid. Grain can also be sold on sample and, if the shipper wishes it, we are well equipped to handle it in this way.

While we are so infatigable, we feel that we are in a position to give our customers the best advice as to when to sell and all their grain will be wanted, and wanted badly this year, therefore don't sell on street but ship your own grain.

Do not let the fact of your having to load through an elevator stop you from shipping to us. The Grain Act distinctly states that the Elevator Companies must ship grain to whom they are ordered. (See Grain Act Sec. 160)

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25th September, 1918

demand is greater than the supply, and prices have of necessity risen. In some foods, even, human demand is competing with livestock for possession of food, this again contributing to higher prices and higher costs of feeding cows. Before the Food Administration was organized European demand was draining the United States, not only our reserve but current stocks of foods of nearly all kinds.

It is equally obvious to everyone that farm labor costs much more than it did, and is hard to get. A conservative statement of the case is that, while feed costs to the farmer have probably doubled, labor costs have increased an average of two-thirds.

The existing crisis in our food supply has come just at a time when the dairy farmer has been getting a new light on his business. Manufacturers of goods have long been accustomed to keeping cost accounts and knowing to the fraction of a cent just how much each bit of material, each operation, each finished product, cost them. Farmers have only just begun to study these costs, and one of the first results of their studies was the discovery by many that they had been selling milk at less than it cost them, or at least without a fair allowance for profit on their labor

and interest on their investment. The cause of food conservation is not always that of pocketbook conservation. We are asked by the Food Administration to save and to substitute, even if such saving and substitution mean increased expense to ourselves. But this is not the case with respect to milk, even though the price has gone up, for in the long run, and surveying all available foods, we are certain to get more for our money if spent for a generous supply of milk than in the purchase of other foods.

For the welfare of the nation's children continuation of normal amounts of milk in their diet is imperative; for adults it is most desirable. The highest prices are, generally speaking, truly justified, and our national interests in the war require a liberal encouragement, in every way, of the cattle and dairy industries.

Revolutionary riots in Berlin and Hamburg and in the Rhine provinces of Westphalia have become so widespread that all the newspapers are publishing appeals to the people to refrain from participation in such acts against the government. This information is telegraphed from Zurich by the correspondent of Le Journal.

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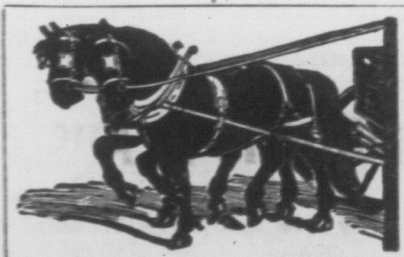
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Our former waste of skim milk alone represents a loss of food values sufficient to feed an army. Skim milk contains all the food elements of whole milk except the butter fats, and is really a most valuable food that is too little appreciated. Skim milk fed to hogs, measured by the amount of pork meat it will produce, is worth only one cent a pound. Yet one cent a pound, or approximately one cent a pint, is an extremely low price for any food fit for human consumption, and particularly so for a food so high in nutritive value as is skim milk.

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