

## The H. C. of B.

is largely caused by waste resulting from spoiled cakes, pies and pastry

Many people do not consider baking powder a very important ingredient inf baking, whereas it is most important-Success or failure depends upon the powder you select.

## EGG-0 Baking Powder

helps keeps down the HIGH COST $O F B A K I N G$, because, first, it is sold a reasonable price, and second, its double acting qualities absolutely as-
sure perfect baking at all times. Alsure perfect baking at all times. Al-
ways follow the directions on the label, you use less powder.
Buying Egg-O in the larger tins is most
Egg-0 Baking Powder Co. Limited
Hamilton, Canada

Boys and Girls

virnvinion

## Our School Department.

## Standard Varieties of

 Vegetables. hundreds of school gardens in the Pro vince, and the following list of vegetable varieties is given to include those recog. nd as standard varieties by com also is a list of the different vegetables with the amount of seed or the number plants necessary for a row 100 feet in ength.Artichoke: Red or white Asparagus: Palmet
ossal, Reading Giant.
Beans: Wax - Golden Wax Davis White Wax. Green-Valentinc, Refugee Beets: Flat Egyptian, Detroit Dark Red.
Broce
Brussels Sprouts: Dalkeith
Cabbage: Early-Jersey Wakefield, Copenhagen Market. Main Crop-Glory Savoy-Chester Savoy, Green Globe Cauliflower: Erfurt, Snowball.
Celeriac: Large Smooth Pragu Celery: Early-Paris Golden, White Iume- Wrizer-Winter Queen. RedChives: Common

## Citron: Colorado Preserving

 Barn: Early-White Cory, Golden Cucumber: White Spine, Improved Ong Green, Chicago Pickling.Dandelion: Improved Cabbaging Egg Plant: Black Beauty, New York

Endive: Moss Curled.
Horse Radish: Bohemia
Kale: Dwarf Scotch.
Lettuce: Grand Rapids, Nonpariel, Big Muskmelon:Paul Rose, Osage, Burrell's

Mustard: English White
Onion: Seed-Southport Yellow Globe
outhport Red Globe, Danver's Yellow Southport Red Globe, Danver's Yellow
lobe, Red Wethersfield. PicklingIver Skin, Barletta. Green-Whit aker.

Peas: Early-Gradus, Sutton's Excel
ior, American Wonder, Thomas Laxton ate-Stratagem. Peppers: Ruby King, Chinese Giant, Potatoes. Irish Cobbler, Early Ohio Pumpkin: Quaker Pie, Connecticut Radish: Ne Plus Ultra, Scarlet White Chinese, Round Black Spanish Rhubarb: Victoria, Linneaus.
Salsify: Mammoth Sandwich Island. quash: Green Hubbard Geaf Summer bard, Boston Marrow, Vegetable Marrow
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$\qquad$ Pink-Byron Pink Mor, Red Canne
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ounce; cauliflower, 1 ounce; celery, $1 / 4$ Silage Crops,"' which appeared in the

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ounce; We hope you did not miss the Spray
2 ounce; Calendar in the issue of April 1. This school. It will guide you in caring for the school garden or home plots.

Factors in Education. what the Ontario Federation of Home a School Associations conside or Home and factors in education. Ree important qualifications for trusteeship they erng the the following line of thought: The Trustees.- Men and women p trusteeship; equipped as educational ers and not mere followers of pult opinion, anxious to provide equal edu all the people. and girl, during their give every b after they complete theen-age ye school course, a high school education terms of their life needs; free from id of false economy; seeing the possibilit of the school as an agency for keep. school, through evening commanity school, through evening classes, lecturs, viding all necessary equipment facilities and encouragement so that the teacher may do the best positble muth arranging for regular health inspection af the pupils, so that children mive derie. the greatest possible benefif from their
opportunities.
The Inspector.-An educational leader as well as an inspector; a man or moman of force and vision; practically acouninted with the progress of education in othrer provinces and countries; helofal 10 ) teachers; inspiring to pupils, and stimulating to trustee boards and communties equipped to organize the prograsir forces of his district for constructue au-

The Department of Education,- Ea . couraging, through progressive legislation the democratic development of loal enthusiasm, initiative and pride: providing the leadership that will stir communities to self-directed progress; sup. porting liberally, especially in the less prosperous districts, local effort to provide better schools or to initiace new, twe the Province may be equally well served in education; outlining courses of study that will be elastic enough to permit of wholesome freedom; arranging for terrbooks through which pupils and teachers nay receive the most help and greace large to organizing to school in nifit schools, reading clubs, debating socicties, xtension courses, etc.

The Home and School Association ordinating and encouraging all the above agencies.

If you find plants or insects that are strangers to you, take them to your eacher and learn all about them. sould nor, however, expecte are many problems in nature that puzzle even the most learned professors and highly* educated people are learning naw inious. all the time. Life is one contind deal chool and there is always a great will that we never learn. Your things about animals, plants and insects-work to gether!

If a corn-tester has not yet been constructed and used in the school, the torke. In connection with your corn studn Silage Crops," which appeared issue of April 1, page 61
quart;
10 lbs ;

