## SEED GROWING

The Kind of Crop to Grow and How to Grow It-An Opportunity for the Ontario Farmer

Mr. Paul A. Boving, in charge of the root crop investigation of the Cereal Husbandry Department of the McDonald College, Quebec, has conducted very complete experi-ments in growing seed, and gives some very instructing reports as to this methods. It has been found that the quality of the root seed, offered on the Canadian market; is not always the best, either in re-gard to trueness of type or to per-centage and vitality of germina-tion. Moreover, it is false economy



gels, turnips or other roots. From these he can obtain seed for him-

self and his neighbors. Three hun-dred mangels should produce about one hundred pounds of good seed, and, if care is taken in selecting shapely mother roots for trans-planting, the quality of the seed planting whe superior to that which hundred pounds of good seed,

will be much superior to that which is imported.-From The Canadian Countryman.

that their champion was dead, they fled—In verses 4 and 23 the word

from the standpoint of food value, as the medium-priced peas which are usually the "Sifted" or size three Potato Meal in Bread-Making.

Baking experiments to test the value of making bread of potato-Nourishing School Lunches.

47. That Jehovah saveth not with sword and spear—This was a con-viction of the Israelites (see 1 Sam. 2. 1-10; 14, 65; Psz. 44, 6, 7; Hos-ience of all who trust God. (See especially 1 Cor. 1. 27, 28). 48. Ran toward the army—That is, toward the battle line of the Philistines. David did not wait for the giant to approach him. The suddenness, as well as the swiftness, of David's movements must have taken Goliath at a great disadvantage. determine, as there is great dan-ger of using too much and produc-ing a very soggy loaf. However, the

must have taken Gollath at a great sisadvantage. 50. Smote the Philistine and slew him-David must have struck some exposed part of Gollath's head. 51. And when the Philistines saw pan lowed to exercise vigorously direct ly after eating.—Lillian Randall, Instructor in Home Economics. punched in the bottom as a soap saver, in place of the bought wire

How to Use Canned Goods.

There are a few things every housewife should know about the canned goods which she uses on her table. Among these, according to Eliza-beth B. Kelley of the agricultural

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HEALTH Child Training.

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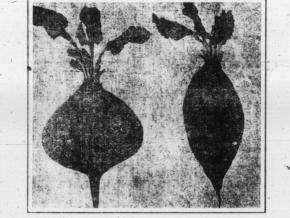
require different treatment, physi-cal, moral, and spiritual. When we have really learned that lesson ing a very soggy 30al. However, the custom of adding a very little po-tato is already used by many housekeepers to keep their bread moist, and this practice can very well be recommended for more gen-tion of music spending laborious years at the piano; astigmatic ba-bies will not be scolded when they blunder over the alphabet blocks, and outbreaks of childish temper temper Have you ever tried (if your fam will be traced to their physical source. There will be no lack of intelligent discipline, but all dis-cipline will begin to be tempered ily is large and your kitchen- sink small) using an oval tin foot tub instead of the orthodox round dish with knowledge as well as love

How to be Thin.

It is not difficult for a woman to It is not difficult for a woman to sort that have fitted tops) and us-ing them to keep such things as rice, barley, hominy, beans, etc. Drying stale scraps of bread in the oven, mashing them to a meal with a rolling pin, and using them in place of the prepared cracker dust for frying cutlets, oysters, and the like? Scalding out tin syrup cans (the

owever, the starvation cure is unnecessary and seldom to be recommended. The best and safest way to reduce flesh -balanced diet is to adopt a well-balanced diet that excludes all carbonaceous foods. Starch, sugar, oil, and al-cohol should be put aside by a fat

To set an appetizing table, yet all



APRIL 25. APRIL 25. Lesson IV. — David and Goliath-I Sam, 17. 1-54. Golden Text, Rom. S. 31. I Sam, S. 31. I Sam, 17. 1-54. Text, Rom. S. 31. I Sam, S. 31. I Text, Rom. 8. 31.

THE SUNDAY SCHOOLLESSON

INTERNATIONAL LESSON.

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Some Timely Hints.

An ordinary tin can with a hole