By Agronomist.

This Department is for the use of our farm readers who want the advice of an expert on any question regarding soil, seed, crops, etc. If your question is of sufficient general interest, it will be answered through this column. If it is of sufficient general interest, it will be answered through this column. If it is of sufficient general interest, it will be answered and addressed envelope is enclosed with your letter, a complete stamped and addressed envelope is enclosed with your letter, a complete stamped will be mailed to you. Address Agronomist, care of Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

For some unexplained reason the carrot does not seem to be as much of a home garden vegetable as some others which have not so much food value and are not as toothsome or enjoyable in as many ways. I have notized this to be the case in many parts of the country, and yet it is very extensively grown by market gardeners and must be eaten by many in the and must be eaten by many in the

To get a well-grown carrot special attention must be given to the soil, which should be light in texture, very

half of July in such quantities as will give a summer supply from the first plantings, and from the later ones what is desired for winter. Cover the seeds thinly with fine

along the row to make it firm, especially when planting the late ones, when the soil may be somewhat dry, Keep watered enough to maintain an even moisture, which will hasten germination and insure a more even cropmination and insure a more even cropmination.

for beets by being dug deeply, chopped fine, worked into condition with the rake, and have a heavy dressing be lightened by the addition of sharp sand applied when the soil has been dug and worked in with the rake.

The first early beets are raised from t this time. These plants are not xpensive, and several dozens will be ufficient for the ordinary home gar-When buying them be sure that the slender taproot is not broken off, which is sometimes the case when y are not carefully lifted from the

are to manure.

made with the hoe, which is better taken up, root and all, and stored in than the back of the rake, as it does not pack the soil in the bottom of the drill. Set the seeds an inch.

Sheer Notes ?

Lessen the Lambing Losses.

according to the time their lambs are due. Crowding around feed boxes, Jumping over ditches, pushing through narrow gates and rough handling when trimming the feet are likely to

cause ewes to cast their lambs.

Immediately before and during the herdsman needs to be on the job night and day to prevent the loss of lambs from chilling

hour or two, if the lamb is too weak to suck, it should be helped.

Free to

Girls

Growing Carrots, Beets, and Spinach, when alternate ones may be removed

the rows and not all over the beds.

Some Edible Greens

Foremost among edible greens is the what is desired for winter.

Cover the seeds thinly with fine soil, and to make sure of a good contact between it and the seeds tread slong the row to make it firm, eschoice as it can be made to be by

inches apart, according to the maturing size of the variety grown.

Another good greens and salad plant is the upland cress, which is also a stranger to more gardens than it spinach is. moist soil and have free cultivation, Sow it thickly in drills, six inches apart, to force leaf growth. Frequently small sowings are best, as it soon runs to seed if left stand.

The Wholesome Endive

For a fall and winter salad and ars, or indoor seed bed.

The main-crop early beets sown outours should be planted where they
are to manure. It is customary to
to them around the edges of the beds,
well as it the held themselves. They set them around the edges of the beds, as well as in the beds themselves. They make a good edging for the beds of the garden beds (where some early the garden beds) a foot apart. make a good edging for the beds of almost all vegetables, and this makes crop has been removed) a foot apart almost all vegetables, and this makes for economy of space. The practice of making a hole with a stick and dropping in the seeds is not a good one, as it is difficult to provide close contact between the seed and the soil, something which is very necessary. The best plan is to sow the seeds in drills one inch deep. These can be made with the hoe, which is better than the back of the rake, as it does

moth the soil in the bottom of the drift. Set the seeds an inch apart, in order to get a good stand, as some may not germinate, and when they have gained their third leaf they may be thinned out to two inches apart in the row.

These stants are allowed to receive the common wild dandelion when used without a set of the great supersionity of the cultivated sorts over the common wild dandelion when used without as a gold salad or as boiled. These plants are allowed to remain at this distance until the leaves touch, greens with a sour dressing.

> ed as soon as they lose their heat. It may be necessary to feed weak lambs may be accessary to feed weak lamos by hand, giving a spoonful of the mother's milk every few hours. The ewe and her lamb should be kept in a pen by themselves for a few days until the lamb becomes strong. and we will send endorsend as the end on the brate-

Insecticides will surely be needed by gardeners and fruit growers, Deal-ers should obtain ample supplies and have them on hand ready to meet the demand so growers will not be kept waiting until a good part of their crops have been destroyed and growers should place their orders im-mediately, having the goods delivered as early as possible. Plant lice should be counted on again this year. Several weeks before lambing should be counted time, ewes are best divided into lots.

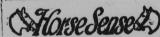
FREE TO GIRLS ROLLED



and from other preventable causes. As soon as a lamb is born the herdsman will clean the mucus from its mouth will give this beautiful rolled go and chain free of all charge girl who will sell 30 Packages ovely, embossed Easter Postcar and nostrils. If the lamb is brought to the ewe she will clean and dry it. If she refuses, a pinch of salt sprinkled on the lamb will help to overcome her backwardness. In an is a package, its a package, its a package, its your name and we will send cards to sell. When sold, send noney and we will send you the doctor. Address:

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Gunns Shur Gain Fertilizer



and loss among horses fed principally oilmeal; or four parts o on timothy hay and corn. A little oilmeal, some alfalfa or a little clean oilmeal, some alfalfa or a little clean silage daily, or a tablespoonful of Epsom salts every day or two in the sheep.

feed, will regulate the workings of the

The tendency of mares to fatten as pregnancy advances during the winter must be guarded, else the mares may become so fat as to interfere with the development of the foal. Abortion may result from failure to guard may result from fa

Good grain rations for colts the first winter are: Two parts corn, five parts oats, three parts bran, and one part oilmeal; or four parts oats, one part

The cheapest animal to raise is the

NUTRITIOUS SCHOOL LUNCHES

By Caroline L. Hunt

and clean cultivation. Break the crust which forms after all rains and keep up the dust mulch.

The best stimulant for the early beet is nitrate of soda, at the rate of 100 pounds an acre, which works out for the small garden in the proportion of one-third of an ounce to a yard.

The lunch at school has long been considered by thoughtful people a considered by thoughtful people which should be light in texture, very fertile, deep and warm.

The carrot has a long growing season. The early ones may be sown now and others successively through the months of May, June and the first the rest of sold, and watering along the months of May, June and the first the rest of sold, and watering along the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first that successively through the months of May, June and the first through the months of May, June and the first through the months of May, June and the first through the first through the months of May, June and the first through the months of May, June and the first through the months of May, June and the first through the months of May, June and the first through the months of May, June and the first through the months of May, June and the first through the months of May, June and the first through the months of May, June and the first through the first through the months of May, June and the first through the first through the first through the first through t

where part of the lunch is prepared at school either in connectior, with the course in Home Economics or otherwise.

To begin with the school lunch can Every child knows the difference be tween a good fuel and a poor fuel. He knows that green wood does not

one tenderness, and this can best the flavor. It is best when planting spinach An ordinary garden soil which may are a clay base may be made better or beets by being dup deeply, chopter by being dup deeply, chopter it rake, and have a heavy dressing rotted manure dug into the trench, feasible to do so, heavy soils may lightened by the addition of sharp and annuled when the soil was a gradens to more gardens then it is needed.

Culent the leaves will be and the finer will produce more power and do more work. It may be said, therefore, to have more energy more fore, to have more energy more power stored up within it. As a rule, however, even in times of peace, it is however, even in times of peace, it is inches apart, according to the maturing size of the variety grown. Another good greens and salad plant is the upland cress, which is also a stranger to more gardens then it is needed.

should be, as it makes a most appetizing salad and greens, when used as spinach is. Should be sown in rich recit soil and begin to the sown in rich recit soil and have free cultivation. They burn within it and proper to wheat. The intelligent child will be

the lunch basket. This is easy to great breadmaking cereal, wheat, prepare, for salad dressing can altrighted by the latter of t

old.

This is particularly true in cases

Like potato salad, creamed pota-toes can be varied by combining the potatoes with other vegetablesbe made a means of teaching one of the simplest and least complicated facts about foods—their fuel values.

Curry powder gives variety and is not unwholesome if used in very small

Curried Vegetables

of fibrous loam, well drained and well enriched with good rotted manure. It is one of the crops which should have a quick and uninterrupted growth to insure tenderness, and this can best be had in such a soil.

An ordinary garden soil which may have a clay base may be made better for beets by being due. 3 cups cold boiled potatoes cut into

se wood near the place where it is rown and to carry coal which is far as bulky to distant places where uel is needed.

Foods of various kinds, milk, meat, are acceptable dishes on cold days at recognitions.

others, are the fuels of the human machine. They burn within it and provide it with the power to walk, run, or to take long tramps as soldiers often have to. Some are bulky and conserved rather than other cereals, some are concentrated fuels and it is the concentrated fuels that we are answer is that wheat can more contrying to save for transportation as far as possible. far as possible.

An interesting class exercise can be ed unless they can have part at least of their cereal food in this form of from lists of foods those which provide the greatest amount of fuel or vide the greatest amount of fuel or in the form of breakfast foods but not all. The time has come, unfortenerary per pound. There are many ways in which potatoes can be used in the school lunch—potato salad can be carried in the lunch—potato salad can be carried in the lunch hards. This is again to the lunch hards lunch and the lunch hards lunch and the lunch hards lunch hards lunch lu

exercise consists Great variety can be secured in mashing the gluten out of wheat flevering the flavoring flour. Directions for doing this can Great variety can be secured in potato salad by varying the flavoring flour. Directions for doing this can be combined with the potatoes. The egg-yolk and skim milk dressing mentioned here offers a very good way to use egg yolks which are good food for children.

The value of this will be a failure of course but it will be enlightening.

iority of the cultivated sorts over the common wild dandelion when used either as a cold salad or as boiled greens with a sour dressing.

Heaf is the best medicine for weak lambs. If the shed is cold, warm woollen cloths wrapped around the yeanlings will put heat into their bodies. The cloths need to be changed as soon as they lose their heat. It may be necessary to find the mustary and the sour dressing.

Many ways of using other cereals so as to reduce the amount of wheat bread needed will occur to mother and teacher. Boiled rice can easily be carried in the lunch basket or prepared at school. When eaten with milk, syrup, honey or stewed dried fruits, it makes a good war-time dish. The rice saves wheat, the milk saves greating.

Many ways of using other cereals so as to reduce the amount of wheat bread needed will occur to mother and teacher. Boiled rice can easily be carried in the lunch basket or prepared at school. When eaten with milk, syrup, honey or stewed dried fruits, it makes a good war-time dish. The rice saves wheat, the milk saves meat, and the honey or fruits save grant ways of using other cereals so as to reduce the amount of wheat bread needed will occur to mother and teacher. Boiled rice can easily be carried in the lunch basket or prepared at school. When eaten with milk, syrup, honey or stewed dried fruits, it makes a good war-time dish. The rice saves wheat, the milk saves meat, and the honey or fruits save grant was a cold salad or as boiled in sugar, ½ cup vinegar, ½ cup vi

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GOOD HEALTH QUESTION BOX

By Andrew F. Currier, M. D.

Dr. Currier will answer all signed letters pertaining to Health. If your question is of general interest it will be answered through these columns; if not it will be answered personally, if stamped, addressed envelope is enclosed.

Dr. Currier will not prescribe for individual cases or make diagnoses. Address Dr. Andrew F. Currier, care of Wilson Publishing Co., 73 Adelaide St.

When a bunch of veins which have crs, house-servants and others who been inflamed and swollen break down have little active, muscular work.

Varicose veins are simply enlarged, dilated and sometimes thickened

not easy to make the diagnosis

A number of veins or only a single one may be varicose, appearing as dilated, knotted, bluish cords, sometimes hard and sometimes soft.

They are usually on the lower extremities, but may extend to the abdomen, especially when the circulation in the space. tion in the veins of the abdomen is impeded, for example, by the pressure of an abdominal tumor or veloping child in the later months of

veins are poorly supported by the tissues surrounding them, their walls are thinner and less resilient than those of the arteries, and the venous the terms of the arteries are the terms of the arteries. circulation always has to work up hill, against gravity.

For a partial safeguard they have

valves at short intervals to prevent back-flow of the blood, this tendency being great in those having weak bearts, weak or flabby tissues and hearts, weak or flabby tissues and who stand all day at their work. In such people the veins gradually get dilated, the valves knotted. Some-

times these veins get hard and thick, and the circulation makes new paths for itself, like a brook whose channel is obstructed. Or the pressure of the struggling blood-current forces the blood serum into the surrounding tis-sues, making them thick and hard un-

Among them are clerks, bookkeep-

nd become a running sore, it is a varicose ulcer. Varicose veins are simply enlarged, veins, also sufferers from obstructed eirculation in any internal organs.

Bear in mind also that inflammation or abscess of the veins is always

They may not cause very much trouble or they may become inflamed and give rise to all the symptoms which attend the disease known as In the minor degrees of this dis-

They may be superficial or deep, or both, and when they are deep it is not easy to make the diagnosis.

Rut aven such according to the control of the contro But even such cases must receive

attention or they will rebel and troublesome The external support of a rubbber

bandage, carefully wound from toes to knee is most comforting to these sufferers.
It should be removed and cleansed with an antiseptic solution at night

and re-applied the next morning. If the veins are enlarged and painful, rest for a week or two. lying on couch by day, with the foot ele-

vated at least six inches. Should actual inflammation occur, rest in bed is imperative with elevation of the foot and the constant use

antiseptic lotions. Should suppuration occur, the abs-ess must be freely opened and drain-

is very important that it should be treated by one who understands its

inderlying principles QUESTIONS AND ANSWERS.

W. K., Jr.—Is there any cure or re-lief that you know of for asthma? Answer—There are many ways of relieving this annoying trouble, though the only way that I know of to cure it is to change one's residence to an elevation of at least 2,000 feet. sues, making them thick and hard until a slight injury or even continued pressure results in the sluggish sore which may not heal.

There may also be eczema or other asthma. Also, relief may be attainskin eruption around the ulcer and there may be haemorrhage from time to time.

Sufferers from varicose veins tire easily, and may be unable to do hard work.

Also, relief may be attained by inhaling the smoke from burning stramonium leaves. Even inhaling simple steam will sometimes bring relief and break the spasm.

But the most effectual relief is found work.

To preserve the color in black stockings, wash them with soap that is free from soda, and add a teaspoonful of vinegar to the last rinsing wa-

seeds may be started in



SIMPLEX LITTLE GIANT

3HOOSE

is needed, and it is not yet too late to Tomato seeds may be started in the house the middle to the last of February for early plants. Keep the plants growing slowly to make them low and stocky. Too much heat will downlen tell enjuding underly. will develop tall, spindling, undesir- other pasture. Late June pigs can be made to weigh 200 pounds before FREE to Boys or Girls Christmas, if they are kept growing all the time.

Satisfactory prices for hogs are certain. Should the war cease im-mediately there would still be a great demand for swine, because the countries abroad whose herds have been depleted will need foundation stock with which to start again.

Because of their prolificacy, hogs furnish the best means of relieving the present meat shortage. Two litters can be produced in a year under most conditions. In four years the possible increase from one sow is 1,002 fins all letters, figures, period and comma. Rubber type, strong and durable from body, and a perfect freed rolle; the boused for writing letters, addressing envelopes, bill-heads, tags, etc. Send us your name and address and we will send you 30 packages of only embossed Easier postcards to sell at 10 conts a package (f lovely cards in at 10 conts a package). When sold send us the money (three dollars) and we will send you the typewriter, all charges prenaid, you the typewriter, all charges prenaid; ROMER-WAREEN, Doyt, 39, TORONTO





Each day, with sprinking can and lose, Into the garden Willie goes;
It's loughtful care like this you know, That makes the lovely flowers grow.