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MONTREAL TORONTO VANCOUVER

Your Problems

Conducted by Mrs. Helen Law

Mother and daughters of all ages are cordially invited to write to this department. Initials only will be published with each question and its answer as a means of identification, but full name and address must be given in each letter. Write on one side of paper only. Answers will be mailed direct if stamped and addressed envelope is enclosed.

Address all correspondence for this department to Mrs. Helen Law, 235 Woodbine Ave., Toronto.

A. M. S.—1. In the vacant spots in your flower border, plant perennial phlox in white, pink and yellow. They like the sun. 2. It is always wisest to buy large plants. 3. Spraying is the best way to water plants. This not only keeps them clean, but, as you know, plants absorb moisture through the pores of their leaves, and they are therefore much benefited by spraying. 4. Dahia roots should not be put into the ground until the weather is settled and the ground warm. They are very liable to rot in wet and cold ground. 5. Did you ever try canna for the large bed in the centre of your lawn? Canna being large plants need space to show up to the best advantage, and require very rich loamy soil and heat. The flowers are very showy, but are not suitable for cutting as they are so tender and easily bruised. If the bed is eight or ten feet in diameter, place a ricinus (castor oil plant) in the centre, surround with two circles of canna, say, the inner circle King Humbert, outer Alphonse Bouvier; and geraniums for the base or outside circle. As the canna is a tender plant it cannot be transferred to the permanent bed before June 1st. It flowers during July, August and September. Be careful to cut out all dried blooms and seed pods. It encourages free blooming.

K. M.—1. Here is a remedy for brittle nails which I hope you will find effective: Oil of pistache, 1/2 ounce; refined table salt, 1/2 dram; powdered resin, 1/2 dram; powdered alum, 1/2 dram; white wax, 1/4 dram; camelline, 1 1/4 drams. Rub well into the nails at bedtime, also after bathing the hands. 2. Lotion for red, oily nose: Sulphur precipitate, 1 dram; spirits of camphor, 1 dram; glycerine, 1 dram; rose water, 1 ounce. After bathing the nose in very hot water, mop the lotion on with absorbent cotton. 3. The amount of water required by the body daily is sufficient to balance the loss through the skin, kidneys, lungs and other excretory organs. This has been shown to be about two and one-half quarts, the amount depending much upon the temperature of the air

and the amount of work done. Part of this water is derived from the food. 4. A good ointment for dry skin is made of lanolin, two ounces; boroglyceride, one ounce; cold cream, six ounces. 5. Whether one should use hot or cold water before breakfast depends upon whether the gastric juice is too acid or not sufficiently acid. If one's stomach does not make enough hydrochloric acid, she should drink a little cold water half an hour before meals, because this will stimulate the gastric glands. If one has too much acid she should take a glassful of hot water half an hour before eating.

H. M.—If your little girl's school reports are not so good as you would like, the reason may lie in her physical condition. It is not at all likely that she is wilfully lazy and inattentive. The first step would be to have the family physician make an examination for eye defects, adenoid growths, dental diseases, and things of that kind. If she is free from these, it will be necessary to look elsewhere for the cause of her failure to do well at her studies. In the first place, is she properly nourished? Does she take just the right quantity of food at meals and of the kind suited to her age? She should not be permitted to nibble between meals or to have too much candy. Too much food causes poisoning of the brain, while too little or of unsuitable variety causes the brain to function freely owing to lack of nourishment. In the second place, are you allowing her to have too much "fun" out of school? If she remains up late at night, and does not get sufficient sleep in a well-ventilated room, she will be unfit for school work because of physical exhaustion. As to automobile rides, it is true that they furnish plenty of fresh air, which is good, of course, but long and frequent rides keep the child in a state of nervous tension and excitement, which is the reverse of good. In short, the manner in which you are bringing up the child must be scrutinized to discover the cause of her backwardness at school.

Farm Crop Queries

Conducted by Professor Henry G. Bell.

The object of this department is to place at the service of our farm readers the advice of an acknowledged authority on all subjects pertaining to soils and crops.

Address all questions to Professor Henry G. Bell, in care of The Wilson Publishing Company, Limited, Toronto, and answers will appear in this column in the order in which they are received. As space is limited it is advisable where immediate reply is necessary that a stamped and addressed envelope be enclosed with the question, when the answer will be mailed direct.



Henry G. Bell.

Question—G. H.—If I plow in a full crop of clover, would I have to do this in the summer to get the full benefit of it, or would it be as good if I let it grow on till the fall? Or, on the other hand, would it be as good if I took a crop and plowed in the aftermath? I have no stock except fowls and two horses, therefore little stable manure. However, I intend to use a lot of phosphate.

Answer—At the present price of food and its universal scarcity in most sections, I would advise G. H. to feed the first crop of clover and plow in the aftermath. If he does not have enough stock to consume the clover it will pay him to make the hay and sell it, and to buy feed and plant food in the form of fertilizers. Since he has little manure I would advise him to use a fertilizer containing 2 to 4% ammonia, 8 to 12% phosphoric acid, and if he intends to plant potatoes, truck or root crops, from 1 to 3% potash. This will supplement the plant food in the soil and that turned under in his clover. It is very questionable, and especially at the present price of fertilizer, whether it is worth the trouble if anyone can plow under a full crop of clover or any other cover crop, for that matter. Apply the fertilizer at the rate of 200 to 400 lbs. per acre.

Question—H. B.—What distance apart should the rows of Indian corn be planted and what distance in the rows? How many kernels should be put in a hill? I wish to get as much ripened corn as possible.

Answer—The farther south we go the farther apart the rows of corn

and the greater the distance between the hills. For instance, in the Southern part of the United States the rows are frequently five feet apart and four feet between the hills. As we come North this is reduced to at least 36 inches and some men even plant closer.

The number of kernels to the hill and the distance apart depends very largely on the type of corn and the fertility of the soil; ordinarily the richer the soil the closer the corn can be planted.

H. B. says he wishes to get as much ripened corn as possible. If he does not care for the size of ears he can plant much closer than if it is large ears that he desires. The Nebraska Experiment Station, U. S. A., found that 3, 4 or 5 stalks to a hill gave practically the same yield but the weight of ears was less with four than with three and still less with five than with four. One plant to the hill gave but two-thirds as much corn as did three plants. Two plants gave 10 bushels less to the acre than did 3, 4 or 5. The corn was planted in hills three feet eight inches apart each way.

I would recommend that H. B. plant his corn 36 inches apart each way, unless the soil is extremely fertile, when he might plant a little closer, and plant three to four kernels to the hill. If he wishes to drill it, the stalks should be ten to twelve inches apart in the row, unless the soil is exceptionally fertile, when this distance may be reduced to 8 to 10 inches.

English Grammar.

Grace's uncle met her on the street one spring day and asked her whether she was going with a picnic party from her school.

"No," replied his eight-year-old niece, "I ain't going."

"My dear," said the uncle, "you must not say 'I ain't going.'" And he proceeded to give her a little lesson in grammar: "You are not going. He is not going. We are not going. You are not going. They are not going."

going. Now, can you say all that?"

"Sure I can," responded Grace quite heartily. "There ain't nobody going."

The term "Yankee" is supposed to have been derived from a corrupt pronunciation of the word "English" by the Indians.

According to Josephus the walnut tree was formerly common in Palestine and grew luxuriantly around the sea of Tiberias.

SWEET CHERRIES: SOILS AND VARIETIES

G. A. Robertson, St. Catharines.

Sweet cherries are yearly increasing in popularity; and this popular favor will increase or diminish only as the product put on the market is good, thereby increasing the demand; or poor, thereby decreasing the consumption. Not many years ago the sweet and so-called sour varieties were marketed at practically the same price per basket; the sweets are much more difficult to produce and to market than the common or sour varieties; and an imperfectly grown sweet cherry is a decided asset to any farm.

Location: Sweet cherries should be planted on a deep, dry, well drained soil. No other tree fruit will respond any better to good treatment, but planting on an unsuitable soil is disastrous, and a wet subsoil will prove fatal. Therefore, when choosing a location, a high, dry, sandy, or gravelly knoll is best, and a proper system of underdrainage will prove beneficial. Close proximity to a town where a requisite number of good pickers may be had, and frequent and rapid shipping facilities is desirable.

Sweet cherries bloom very early, varying in the last few years from as early as the 23rd of April, and sometimes as late as the 10th of May. Most of our popular varieties bloom

heavily and set freely; when in full bloom a few hours of hot sunshine assisted by the presence of myriads of bees will set a fair crop. This may be followed by a week or ten days of cold wet weather, with perhaps a few degrees of frost, but if properly set the cherry blossom forms a little blanket to protect the tender fruit; and this drops only as the cherry swells or as the stem of the improperly fertilized fruit shrivels and drops; hence planting an orchard near a body of water which will modify the temperature, will often insure a crop when a few miles inland the few degrees difference in temperature may shorten it materially, if not destroy it entirely for the season.

Varieties: In choosing the varieties planted on a commercial standpoint, annual bearing is the most desirable, and size, color and flavor and also good shipping quality. The tree should be a rapid grower, strong and hardy. The varieties that so far I have tried that conform to this standard named in the order of ripening are: Black Tartarian, Napoleon Bigarreau (white), Elkhorn and Windsor. I have also fruited Lambert which ripens after the Windsor, and is promising, being of good size and flavor, and I may also add Bing, both of these being grown in the west, the latter ripening about the same time as Elkhorn, and is an excellent flavored cherry.

The Dairy

That some source of sediment in milk does obtain even under the most rigid conditions possible in a cow stable is evident from an examination of any sediment disk through which the average milk has been passed, and there is no doubt that thorough straining will add to the cleanliness of the product even after all possible precautions have been taken. The presence of slime in the separator bowl after skimming is another sign that some dirt has found its way into the milk between the time of its secretion and its arrival in the machine, provided the receiving or supply can has been clean up to the time when separating started.

The separator no doubt removes a great deal of the foreign matter that occurs, but is incapable of throwing out much of the undesirable bacteria that accompanies the dirt which enters the milk at milking time, so the importance of cleanliness in caring for the cow and for the milking utensils is very great indeed.

The assurance that milk delivered at the dairy, where pasteurization takes place, is free, or reasonably free, of sediment, should be worthy of consideration by the whole purchaser who, in his turn, should reap a benefit from the ultimate consumer to whom he can guarantee this milk as having been clean, and thus safe from the time it leaves the cow's udder until it arrives at the consumer's residence.

The farmer's part of the undertaking to supply pure, wholesome milk must start with the taking of precautions previous, even to the secretion, of the milk. He should satisfy himself fully that his cows are entirely healthy; and in order that the small amount of dust that will inevitably get into the milk will pay may be as harmless as possible, he must provide for a plentiful supply of sunlight in his tables. Then if the cattle are always kept as clean (or a little cleaner) all the year round, as they would keep themselves on a good, well-drained pasture field, and the milkers obliged to wear well-washed clothes, and take a bath frequently, the chances of the milk being satisfactory are pretty good. Of course, aeration of the milk and thorough cooling must also be attended to.

Poultry

Sell off all hens in their third year, as soon as the rush of laying is over. The last call for hatching is now on. Chicks hatched after the first week in May cannot be expected to prove good winter layers.

Brood chicks that are closely housed and fed too heavily are very likely to develop weight too fast in proportion to their strength.

It will cost the farmer no more money to raise pure-bred poultry than it will to grow culs.

Turkeys do best when kept separate from chickens. If the two are kept together the turkeys are likely to take chicken diseases.

Dampness, lice and filth are deadly foes to poultry of any kind.

Since hens on range produce more eggs at a lower cost and fewer young fowls die than do those kept in confinement, poultrymen are urged to provide outside yards with plenty of green feed for laying hens. Hens on range produce 15 to 44 per cent. more eggs at a feed cost of 15 to 36 per cent. less per dozen than hens kept in confinement.

In Spring fowls require more careful attention than at any time in the year. All the accumulated debris of winter lies on the surface. Then comes a warm spell, and the surface of the ground gets muddy, while the filth of winter sticks to everything that touches it. This is the time to keep the hens dry and to give them straw to stand on and to work in during the day.

Women feel just as men feel; they need exercise for their faculties and a field for their efforts, just as men do.

Teacher—What does gender show? Pupil—Gender shows whether a man is masculine, feminine or neuter.

The beings that can leap the greatest are insects, the flea and grasshopper. The former can hop over an obstacle 500 times its height, which is the same as if a man could hop over a mountain 3,000 feet high. A grasshopper can jump 200 times its length. How tall are you? Four feet? Well, if you were a grasshopper you could leap 800 feet.



Let Us Hope This Baby Won't Reach The Poison

106 children were reported poisoned by fly destroyers. And this is but a fraction of the actual number. Arsenical fly poisoning and Cholera infantum symptoms are almost exactly the same. Diagnosis is difficult. And first aid in arsenical poisoning must be quick.

Don't subject your children to this danger. Use the non-poisonous fly catcher.



Tanglefoot is a safe, sure and efficient which catches the fly and entangles its body and the deadly germs it carries in a coat of disinfecting varnish.

Government Issues Warning

Don't A. Smith, President of the National Fly Catcher Association, says that the Government has issued a warning to parents to be on the lookout for arsenical fly poisoning in their children. He says that the symptoms are almost exactly the same as those of cholera infantum, and that the diagnosis is difficult. He says that the first aid in arsenical poisoning must be quick.

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American Address: Grand Rapids, Mich.

Hogs

The man who keeps cows is well fixed for raising hogs.

Hogs will eat alfalfa hay, and pay well for it. This was proved the last winter on many farms where economy was practised by substituting hay for part of the corn and tankage or other milfeed which it was customary to feed.

It is essential that the brood sow be fed a well balanced, succulent, nutritious, milk-producing ration while suckling the litter. Dairy by-products, such as skim-milk, buttermilk or whey together with meals such as shorts, ground oats, barley, oil cake and the like, are all highly suitable for the feeding of the sow at this season. These are also splendid feeds for the litter at weaning time. If dairy by-products are not available, digester tankage may to some extent supplement these feeds.

Kitchen slops, ground barley and shorts formed the greater part of the ration of a pig which took first prize at a recent show. The pig had the run of an alfalfa pasture, with a stream at the foot of the hill in the same lot.

Horse Sense

There are two forms of strangles or distemper, viz., regular and irregular strangles. The symptoms of regular form are: cough, unthriftiness, fever, difficulty in swallowing, nasal discharge, swellings between jaws or about throat, which form into abscesses. In irregular form the same symptoms occur, with less difficult breathing, and the abscesses may form any place, externally or internally.

Attend to comfort, apply poultices of antiphotogenic to throat, lance abscesses as soon as ready, give 2 or 3 drams hyposulphite of soda out of the spoon 3 times daily, do not drench. If breathing becomes very difficult send for veterinarian.

Go easy with the horses at the start and see that collars fit.

Farm horses usually could haul larger loads on the country roads if wagon tires were wider, and less damage is done to roads by wide tires.

NURSES WANTED

Toronto Hospital for Incurables Training School for Nurses, affiliated with Bellevue and Allied Hospitals, New York City, offers to women having one year's High School education, a Three Year Course in Nursing. The pupils receive the uniform of the school and a monthly allowance. The intermediate year is spent in New York. Applications will be received by the Superintendent, Miss Cook, 130 Dunn Avenue, Toronto.

Health

Biliousness.

The word "biliousness" has had varying fortune in the language of medicine. At one time it was used to define an indispotion of peculiar character, and at another physicians rejected it because they believed that it implied a wrong cause for the condition in question. Although the pendulum is swinging back in favor of a judicious use of the word, the latest medical dictionary cautiously defines it as "a minor ailment, thought to depend upon a slight disturbance of the hepatic functions."

Whether properly named or not, however, the condition certainly exists, and it is quite probable that the liver, whether or not it is primarily at fault, is often concerned in the digestive upset. The functions of the liver are manifold: it secretes bile, stores up sugar, and destroys many poisons, either derived from without the body or formed in it, especially some of the waste products of digestion, which it converts into urea. If any of these functions become deranged, the system suffers. If something interferes with the secretion of bile or with its passage into the intestine, the symptoms of jaundice appear. If the liver is unable to store up sugar, diabetes results. If it cannot destroy the poisons that are taken into the body or that are accidentally formed in it, an indispotion or actual illness follows.

When we speak of a "sluggish liver" we mean that the organ is unable to dispose of all the poisonous waste products that occur in the system; the result is that acute form of auto-intoxication which we call a bilious attack. The symptoms are headache, dizziness, spots or zigzag figures before the eyes, irritability and depression, indigestion, nausea and perhaps vomiting, and often a pasty complexion and a yellow tinge to the whites of the eyes.

Associated with those symptoms, or preceding them, there is constipation or irregularity of the bowels. And that is no doubt the cause of the whole trouble. The intestines are slow in disposing of the waste products of nutrition, and so a larger amount of poisonous material is carried to the liver than that organ can easily dispose of. Some of it therefore enters the blood stream and causes an attack of biliousness. That checks the appetite; fewer waste products form, and thus the body rid itself of the excess already present. When an equilibrium is restored the "bilious attack" is cured.

Lowered Resistance.

The things which reduce our personal resistance to disease are many and varied. Conditions known as "depressed vitality," "lowered tone," "general debility," "weakened constitution" and similar terms, imply a condition in which the resistance to disease in general is reduced. The principal causes which diminish resistance to infections are wet and cold; fatigue, insufficient or unsuitable food, bad air, insufficient sleep and rest, worry, and excesses of all kinds. The campaign against tuberculosis has been of great value to the public at large in teaching it the value of fresh air, sunshine, good food and rest in increasing our resistance to infection.

All diseases, however, are not the same in their behavior. Typhoid fever, smallpox, measles, scarlet fever and cholera for example, have no relationship whatever to bodily vigor, and these often attack the young and vigorous in the prime of life. The most robust, for instance, will succumb quickly to any of the above diseases if he receives a sufficient amount of the virulent disease germs and has not been rendered "immune" by inoculation or a previous attack of the disease. One only has to consider how readily smallpox spreads among unvaccinated lumbermen, a very rugged class of men; how readily typhoid fever is contracted by un-inoculated soldiers, another peculiarly rugged group; and of how measles has carried off as much as one-third of the vigorous population of certain southern islands where the disease had been unknown and where there was no "immunity" against it, to realize how true the above observations are.

A Good Fire.

Once a householder secured a colored cook at an employment agency and brought her home with him. She knew nothing about gas stoves. So the new employer took her to the kitchen and explained the range. So that she could see how it was operated he lit each of the many burners. While still explaining, a message called him from the kitchen, and he left her, saying:

"I guess you will find that it will work all right now, Mary."

He didn't see the cook again for four or five days, when, entering the kitchen, he said:

"Well, Mary, how's the range doing?"

She replied: "Deed, suh, dat's the best stove I ever see. That fire yo' kindled fo' me fo' days ago is still a-burnin' an' it ain't even lowered once."

There are plenty of people always ready to do the farmer's thinking for him. Do not let them. Do your own thinking. It will pay.

The Doings of the Duffs.

