

AUGUST 13, 1918

THE CARLETON PLACE HERALD.

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Eat less Bread

GOOD CITIZENSHIP

Has it ever occurred to the majority that those priceless things—ideals of liberty and justice and right living—can be neither bought nor sold? They are not heirlooms and no parent can hand them down ticketed and tied like government bonds or enclosed, like jewels, in a strong box. They may be "recommended" and even insisted upon but are adopted voluntarily or not at all.

These facts offer food for serious thought on the part of those who are responsible for Canada's future. What- ever ideals it is desirable for the citizen- of to-morrow to possess must be instilled into the consciousness of the children of to-day. The process is the tedious one of "line upon line, precept upon precept, here a little, there a little"—a process at times inspiring but more often than not discouraging. It is a process little realized in the main because its work- ings are unseen. Not until the generation stands ready for citizenship can it be seen that damage has been done. Only then is one aware of the existence of the harmful influence. Human careers are too precious to be submitted to this exploitation and the most serious duty confronting patriots to-day is the provision of influences that will produce high standards of living for generations to come.

Had this truth been recognized from any other than a largely theoretical standpoint by the men and women of the preceding and the present generation it would not have been possible for the vicious theories promulgated by Frederick the Great (wrongly so called) to be working themselves out to-day in Prussian atrocities. There can not be too vigorous pushing of baby welfare move- ments or the establishment and main- tenance of supervised playgrounds. By Scout movements, national health boards, carefully considered housing schemes, city planning and every other movement that centres in the cleanest, finest living. An examination into the things in which all were most keenly concerned a decade ago will not result in a list of these national interests. Every one of them must be absorbing interests if Prussianism is to be stamped out forever.

Conserve the Kiddies

There is a close relationship between an increased cost of milk and infant mortality. This was proved by the investigations last year of the American Commission on Milk Standards.

It was found that the use of milk had been entirely discontinued in many families among the poor and its place was being taken by baby foods, evaporated or condensed milk, potatoes, macaroni, tea and coffee. In other families, cheaper milk of a poor quality had been purchased for infant feeding. The increased mortality from diarrhoeal diseases is believed to be due in a number of cities directly to the decreased amount of high-grade milk purchased by mothers for infant feeding as well as by the substitution of cheaper grades of milk.

The work of the pure milk depots, hospitals and other agencies that provide modified or certified milk for infants of all classes at reasonable prices is one of national importance and value. The country as a whole must assist in conserving the kiddies, if it would do its duty on behalf of posterity.

Rod and Gun

"The Skunk and Dolphin" by Jane Dilworth, a story of the visit of that particularly obnoxious little animal with the white stripe down its back to the cabin of a French Canadian; "A Wet Breakfast on a Dry Stump" by Marlow A. Shaw, showing the psychological effect of continuous rain on the mind of an ordinary cheerful camper-out; "When Grandpa Jumped over the Tracks," the story of a trip to the northern gold fields; "Five Shots at a Cluck" by F. V. Williams, are among the list of contents in the August issue of Rod and Gun. Such departments as Rod and Gun Mechanics, Fishing Notes and Guns and Ammunition are well maintained while a specially illustrated account of the tournament of the Canadian Indians at Niagara on the Lake on July 1st and 2nd is contained in this issue. Prominent trap-shooters in Indian costume are shown in connection with this account. Rod and Gun is published by W. J. Taylor, Ltd., Woodstock, Ont.

There was a man who fancied that by driving good and fast, He'd get his car across the track before the train came past; He'd miss the engine by an inch, and make the train-hands sore, There was a man who fancied this: there isn't any more.

—Safety Hints.

Children Cry
FOR FLETCHER'S
CASTORIA

How to Can Tomatoes

Select fresh, ripe, firm tomatoes. Grade for size, ripeness and quality. They will cook better if the same degree of ripeness and quality, and will look better. Wash, scald one-half to one and one-half minutes or until the skins loosen, but do not break. Scald means to immerse in boiling water. Cold dip, but do not allow them to remain in the cold water. Cut out the stem end, taking care not to cut into the seed cells or the seed and pulp will later be scattered through the liquid. Remove the skins.

Pack the tomatoes whole in the jars, doing one jar from the beginning to placing in sterilizer, before starting on another. Shake down well, hitting the base of jar with palm of hand, and also press with a tablespoon, but avoid crushing.

Do not add water. Hot tomato pulp may be added, otherwise add no liquid whatever. Tomatoes are an exception to the general rule of hot water or hot syrup for fruits. A large part of the tomato's water. It is not necessary to add anything but one level teaspoonful of salt to each quart, and if liked, one-half tablespoonful of sugar. The tomato pulp for home canning, made from large and broken tomatoes, cooked and strained, should have one teaspoonful of salt to each quart, and should be poured hot into the filled jars, allowing it to enter the spaces.

Put on rubber and top, adjust top ball or screw, top on with thumb and little finger. Sterile 22 minutes in hot water bath, or 16 minutes under five or ten pounds' steam pressure. Remove, tighten, seal and cool.

Canada's Substitutes For Wheat Flour

A supply of substitutes for wheat flour in Canada is being rapidly augmented. The Quaker Oats Company of Peterboro have installed a mill to produce corn flour, corn-meal, oat flour and oatmeal, at the rate of 7,000 barrels a day. Two mills to produce 200 barrels of substitute flour per day are being installed in London and Penetang, respectively.

Canning Don'ts

Don't start canning until you have the right appliances.

Don't use old screw-tops. Buy new ones.

Don't use old rubbers. New ones are cheaper than allowing fruit to spoil.

Don't use two-quart jars. Use quart size. Pint size is best for a family of not over five members.

Don't neglect cleanliness—clean person, clean room, clean apparatus, clean work. Cleanliness counts fifty per cent.

Don't plan to can more than three to six jars of fruit or vegetables the first day. Speed up gradually.

Don't assume that the water surrounding the jars will keep boiling without attention to fuel. The right amount will result in a list of these national interests.

Don't mistake simmering water for boiling water. "It was boiling just a minute ago," doesn't water, at the moment of using.

Gathered His Crops

A farmer who was much troubled by trespassers during the nutting season consulted with a botanical friend. The botanist furnished him with the technical name of the hazel, and the farmer placed the following notice at conspicuous points about his premises:

"Trespassers, take warning! All persons entering this wood do so at their own risk, for, although common snakes are not often found, the Corylus Avellana abounds everywhere about here, and never gives warning of its presence."

The place was unmolested that year, and the farmer gathered his crop in peace.

Experience vs. Theory

"Why don't you get out and hustle? Hard work never killed anybody," remarked the philosophical gentleman to whom Rastus applied for a little charity.

"You're mistaken dar, boss," replied Rastus, "I see lost four wives dat way."

Overheard up the Lake

"I'm quite a near neighbor of yours now," said Mr. Bore, "I'm living just across the lake."

"Indeed," replied Miss Smart. "I hope you'll drop in some day."

Canada's war bread is made from 90 per cent wheat flour and 10 per cent substitutes. This makes the loaf a little darker out it is just as palatable as ever, if properly made, and just as nutritious. The Canada Food Board warned bakers not to use artificial means of whitening war bread.

Conservation necessarily means more public ownership, more public business; this means a demand for better government; and this means giving men a real career in the public service.—Richard T. Ely.

The Washington Postoffice Department has announced the loss of 1,741 letters and other postal matter for Egypt through the sinking of a steamer in the Mediterranean Sea.

Germany as a sop to Finland for the adoption of monarchical form of Government has offered to use its influence to secure the cession by Russia of Eastern Karelia to the Finns.

A reduction in the weekly meat ration in Germany from 250 to 200 grammes is reported by The Vossische Zeitung of Berlin. The new ration comes into force on August 12.

Children Cry
FOR FLETCHER'S
CASTORIA

The Romance of Lighthouses

IN these days of darkened coast lines, danger zones, and forbidden seas, the lighthouse, in many cases, is having a very unwanted rest, for, if there is one thing specially notable about a lighthouse, it is that it must never be off duty. Many, indeed, of the most remarkable stories, whether fact or fiction, connected with them have been bound up with determination of the keeper never to fail in the lighting of his lamps. And so the longshoreman, far away, at sea, counts on the lights appearing at the appointed hour, and they have a common bond in the white or red shaft which from dusk to dawn, year in and year out, sweeps round the horizon of land and sea.

In the early days, of course, there were no refinements of this kind in the way of lights, moving or stationary. On the tops of the towers built by the Libyans and Cushites in lower Egypt, many centuries before the Christian era, great fires were lighted and kept replenished by the priests. And so it was for 2,000 years or more; the lighthouse of antiquity and the Middle Ages was a beacon tower, and many of them are still to be found up and down the world to-day. They were often wonderful structures. The tales, for instance, that are told of the famous Pharos of Alexandria, built by Sostratus of Cnidus in the reign of Ptolemy II., would make the structure a serious competitor with the Eiffel Tower. No less than 600 feet in height, it was, for more than 1,400 years, regarded as one of the wonders of the world. Evidence in support of the statement is, it is true, what the scholars would call "doubtful," but, at any rate, Sostratus' wonderful creation has come to be regarded as the patriarch of all lighthouses, and has given its name to the art of lighthouse building, although the average man, light fail in a definition of pharology.

Whether Ptolemy II. was the guiding spirit in the construction of the Pharos is not known, but lighthouse building was a special joy of kings and princes. Thus the very earliest example of the wave-swept lighthouse, the famous light of Cordouan, on a rock in the sea at the mouth of the Gironde, owes its beginning to Louis le Debonnaire, whilst the second tower to be built there was erected by Edward the Black Prince. And yet it was reserved for a country gentleman, Henry Winstanley, to build perhaps the best-known lighthouse in history, namely, the famous Eddystone Light, off the coast of Devon. For many years before the day of Henry Winstanley, the Eddystone reef, which, swept by the sea at high tide, lies south some fourteen miles south-southwest of Plymouth Sound, had taken its toll of ships.

When the reef was fully exposed, the Channel, the reef is fully exposed, the end of the Seventeenth Century, Winstanley submitted plans for the building of a lighthouse there. Gaining permission to try, he set to work with a will, and gradually there began to rise out of the waters a wonderful structure. Fashioned for the most part of wood, it was built on a polygonal plan, highly ornamented with galleries and projections. Its construction was attended with many adventures. One especially should be mentioned, wherein the redoubtable Henry, whilst superintending his work, was carried off by French privateers, and not released for several months.

When he was released, however, he went back at once to Plymouth and resumed his task on the Eddystone reef. In 1698 the tower was finished, and the light exhibited for the first time. There were those who doubted, who sailed past the strange tower-heavy structure, so reminiscent of the ships of the period, and declared that the first great storm would blow it into the sea. But Henry was certain that he had built true, and he declared that he wished for himself nothing better than that the first great storm should find him inside his lighthouse. And so, indeed, it happened. Towards the middle of November in the year 1703, the southwest wind began to blow up the Channel with mighty force, as it does still to-day, on occasion. Winstanley made his way to the Eddystone Light, and on the night of the 20th, he and his tower were swept away.

Winstanley had, however, done a great and meritorious deed. He had proved the possibility of building a lighthouse on the reef, where it was so greatly needed, and, when Rudyard erected his tower there three years later, he profited much by Winstanley's mistakes. His tower withstood sea and storm for nearly half a century, and was finally destroyed by fire in 1755. Then came Smeaton's famous work, built entirely of stones dovetailed into each other, and rising to a height of some seventy-two feet above the sea. Smeaton's tower stood more firmly than the rock on which it was built, for it was only the undermining of the foundation which compelled the Corporation of Trinity House, 118 years afterwards, to build a new tower on sounder rock. All this is, of course, about lighthouses in particular, but, then, about lighthouses in general there is the same family likeness as about the world's seas. To know one well is to be introduced to all the others.

Long Livers.

Lady Mabelle Knox, who died some time ago, was one of nine brothers and sisters, whose aggregate ages totalled 769 years. Four of them survived to 99, 98, 93 and 89 years, respectively.

Compressed Peat.

Compressed peat, formed into sheets, has been invented in Europe for insulation against heat and cold.

USE OF TRACTORS IN SAVING LABOR

Greater Acreage Made Possible by Improved Machines.

INCREASE CORN PRODUCTION

Larger Plows, Harrows and Other Implements, Make It Possible to Accomplish More Work Per Man on Farm.

The more extensive use of labor-saving implements will make it easier in 1918 to approximate the record-breaking acreage of 1917, especially when employed in sections where corn is now grown profitably but on a more limited scale than is desirable because present methods require a large amount of man labor. The more general use of recently developed and improved tractors that are adapted to the uses of the small farm as well as the large farm would tend to increase the acreage and to effect a saving in labor. The use of larger plows, harrows, and other implements used in fitting the land would make it possible to accomplish more work per man. Similarly the substitution of two-row planters in place of smaller and less efficient implements would make it possible to do the same amount of work with less expenditure of labor.

Replant Missing Hills.

In some corn-growing sections it is the practice to replant missing hills as soon as the corn is up to a stand. Frequently this is done by dropping kernels by hand and covering with a hoe. A labor-saving and quicker method would be the use of small hand planters. These could be used to advantage for the first planting also in sections where comparatively small areas are planted and where it is at present the custom to drop the corn by hand and cover with the hoe.

It is the practice in some localities to plant a much larger number of kernels than the number of stalks desired and to thin to the desired stand when the corn plants are about 6 to 8 inches tall. This method may be satisfactory where plenty of labor is



Two-Row Cultivator Is a Labor Saver.

available, but where it is desirable to economize labor it would be advisable to plant tested seed at about the same rate as the stand desired and do no thinning.

A more general use of efficient harvesting machinery would permit a more economical use of labor. A corn binder with an attachment for elevating the bundles of corn into a wagon should be used much more extensively than it is for harvesting ensilage corn. There is also on the market a machine that converts the corn into ensilage in the field, elevating it into a wagon, from which it is sucked or lifted into the silo. The use of either of these machines, especially the latter, would do away with the necessity of much laborious work.

Harvest by Machinery.

A large percentage of the cutting and shocking of corn is done by hand labor. In some sections, because of unfavorable topography or other reasons, it is not practicable to use machine cutters. However, the greater part of the corn that is now cut by hand labor could be harvested by machinery, economizing labor and doing the work in a less laborious manner.

Much of the corn that is now husked from the shocks could be handled more economically and with a saving in feed value of stover by substituting machine huskers and shredders for hand labor. The use of corn pickers would accomplish similar results in the case of corn husked from the standing stalks. Unloading and elevating machinery at the crib should be introduced and more generally used in many sections where it is now unknown or not commonly used. Where such facilities are not available cribs should be constructed in such a manner that they can be filled and emptied with the least possible labor. For level ground, double cribs with an elevated driveway and approaches that will enable the loads to be driven through the cribs and dumped or scooped out of the wagons without any high pitching are very satisfactory.

Value of Stable Manure.

A ton of stable manure, of good quality, may be said to contain 11 pounds of ammonia, six pounds of phosphoric acid and 10 pounds of potash.

Mileage of Gravel Roads.

The gravel road probably ranks next to the earth road in total mileage.

Never known to disappoint the Most Critical Tastes—

"SALADA"

A Tea-pot Test is better than a page of Advertisement.

Black—Green or Mixed . . . Sealed Packets Only.

CAN'T ALWAYS SIZE THEM UP

Former Acquaintances One Meets in New York Must Not Be Judged by Their Appearance.

You never can tell who is who when you meet them in the White Light section. The other night a Pittsburgher ran into a former Steel Cityite who was wandering along the big lane. He wasn't so glad to see him, as he feared a "touch," because back home the man never seemed prosperous, neither was he down and out. His appearance hadn't changed since his residence here.

"How long have you been living in New York?" asked the visitor.

"Oh, about three years," replied the former resident.

"Then you know the town pretty well?" was the next query.

The former Pittsburgher, admitted that he did, and gave the visitor some advice and warning about the big city. He listened. Then he asked: "What are you doing here, Bill?"

"Working for a bank down town," replied the other man.

The Pittsburgher didn't press his chance friend for details. He thought that Bill had one of those jobs down town where one starves to death amidst the wealth of the nation—die of thirst upon the fountain's brink. "Won't you take lunch with me?" he asked, and Bill said he would be delighted—some time.

The next day the Pittsburgher went to a bank down town to see about a check of a friend of his which had gone astray. "You will have to see the cashier," he was told, and there was the former Steel City man. He was in an office marked "private" on the door and his name in gold on the side of the desk. He was cashier of one of the biggest banks in the world.

COMPREHEND IF THEY WISH

Foreigners Reluctant to Admit Knowledge of English, but Understand When It Is Advisable.

Many of the foreigners are extremely bashful about admitting their inability to speak our language.

When there is work to be done, according to the officers, observes the Boston Herald. On the other hand, if they desire a pass or any similar official boon, their comprehension becomes exceedingly acute. On one occasion, a captain announced:

"Kabbible, you are on fatigue duty; you will sweep the mess hall and the office."

"No spik Engleesh," murmured the conscript, with a blank look at his superior.

"Hm—wait a minute."

The officer whispered to one of the sergeants.

"Sure, he understands all right," the latter affirmed.

The captain returned to the still uncomprehending Kabbible.

"Look here, if you don't sweep this mess hall quickly, you'll lose your pass for next month. Do you understand that?"

"All right; where the broom?" the private replied with astonishing facility.



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