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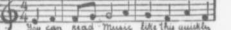
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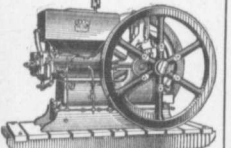


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permit are laid. If the holes can be found, fill them with a soap rolled in red pepper, or fill them with broken glass and plaster of Paris. Chloride of lime will also drive them away.

Appreciation, Enthusiasm and Perseverance

Miss R. M. McKee, Household Editor, Farm and Dairy.

IT does us all good to get out and meet new people and make new friends. Our outlook on life is broadened, we get out of old ruts, and are led to take a new interest in things in general. A week or two ago I spent a pleasant day at Cambridge, Ont., with my friend, Mrs. Frank Webster, who no doubt is well known



Three Enthusiastic Institute Officers.

Cambray Women's Institute is to be congratulated on having so many of the young girls of the community taking an active interest in the work. The illustration shows three of their live officers. Reading from left to right they are: Miss Jean McInnes, President; Miss Emma Moyne, First Vice-President; and Miss Bernice Webster, Secretary.

—Photo by Household Editor.

to many of our readers. Cambray is only 35 or 40 miles west of Peterboro, so it does not take long to make the trip. Upon arriving at Cambridge station, I found Mr. and Mrs. Webster waiting to take me to their home in their car. They had some business to attend to in Lindsay, and I motored back the seven or eight miles to Lindsay and were at the Webster home in good time for dinner. This is but one example of the time which can be saved when an automobile is part of the farm equipment.

The purpose of my visit to Cambray was two-fold: First, to meet Mrs. Webster in her home, and second, to attend one of the meetings of Cambray Women's Institute. The meeting of the Institute was held at Mrs. Webster's home, and a goodly number of members were present. The members of Cambray Women's Institute are to be congratulated on the manner in which they have succeeded in getting the young women to take an active part in the work of the organization. The officers for 1917-18 are all young ladies, which speaks well for the organization, which recognizes the wisdom of working in the younger members. The president, Miss Jean McInnes, conducted the meeting very capably and showed even more enthusiasm in carrying on their work successfully than most of the older members. Mrs. Webster's daughter, Bernice, is secretary, treasurer, and is also doing splendid work.

As household editor of Farm and Dairy, I had been requested to address the Cambray Institute on this occasion. In my remarks, I endeavored to point out three essentials which count for success, not only in our Institute work, but in the life of each individual; namely, appreciation, enthusiasm and perseverance. Three books by the American author, David

Grayson, were recommended as being well worth reading, the titles being, "Adventures in Contentment," "Adventures in Friendship," and "The Friendly Road." David Grayson was a workman city man. During a long illness, from some dim corner of his boyhood came drifting the smell of freshly-plowed furrows and the sound of a certain brook. He decided to leave the city where he was accumulating wealth and go back to the farm. In his books he tells how he fell in love with nature, with his farm, the birds, his neighbors, passers-by, and, above all, learned to appreciate the worth while things in life. David Grayson essentially teaches that it is appreciation and contentment that counts, and not mere accumulation of wealth.

It is not what we pile up in this world that makes for success, but it is the learning to appreciate the things we have. So often we have a mistaken viewpoint, and if we keep the object ever before us of working as hard as we can in order to accumulate a little more riches, we soon simply exist instead of live. It is far better to take time to appreciate the opportunities and blessings we have, and to enjoy life and help others to do the same. As women, we often fail to appreciate the home life. And yet the highest calling of the wife and mother is that of a homemaker. In our Institute, also, if we fail to appreciate the good work that is being done by our members and the talents which are displayed, we are losing much.

Enthusiasm also has an important place. In the home where enthusiasm is prevalent, the humdrum tasks fairly fly at times under its spur. And in our Institute, enthusiasm is necessary in order to have an inexhaustible store of enthusiasm. How the atmosphere of a meeting will change when a woman comes in who is bubbling over with enthusiasm and makes suggestions for carrying on the work. Her enthusiasm is a splendid faculty to cultivate. We sometimes fail to realize in the home that a child's anxiety to be doing something is oftentimes an expression of enthusiasm, and we should do what we can to encourage this faculty.

Perseverance is another mighty factor for success. It is this quality to persevere, to keep everlastingly at it, which has caused men and women who have achieved great things, to forge rapidly upward. Lack of perseverance among the officers of an organization is sometimes the cause of its slow growth. Programmes prove disappointing, or members do not attend in as large numbers as they might. To officers this is discouraging. But people will respect us the more, and we will respect ourselves the more, if, instead of giving up, we go to the work again with renewed energy. Another way in which we may persevere in our Institutes is to get the young girls interested in it as it is being done in Cambray Institute. Nothing holds the interest and brings out latent talents so well as a certain amount of responsibility. A good motto, therefore, is "Something to do, and everyone at it."

Appreciation, enthusiasm and perseverance are indeed essentials which count for success in our lives, in our home life, and in our Institute work. First we must appreciate a thing, and when we appreciate fully, we are prepared to go at it enthusiastically.

Having reached this stage, we can bring it to a satisfactory conclusion, only by perseverance of an idea.

In concluding, an instance was given of a young man who at one time was connected with a young people's organization. He was bright and had a keen appreciation of an idea. If a scheme appealed to him, his enthusiasm would soar to great heights and he would talk of the plan for hours. His enthusiastic ideas were seldom put into execution, as he lacked the quality of working out details in order to ensure success. He evidently had two essentials, but not the third. We hear much from the men folk nowadays about balanced rations. Let us see to it that we have a balanced ration—let us appreciate, let us endeavor, and, above all, let us persevere.

Children's Health Code

SUNSHINE—Sun yourselves, your clothes and your rooms; it will stop the growth of the germs of sickness.

MILK—This is the best food for growing children. Drink at least three cups a day.

Clothing—Dress lightly; keep warm by exercise, play, and deep breathing and not by many clothes.

Dirt and Dust—These are the cars and rails that carry disease. Avoid them, if you would keep well.

Sleep—Sleep with all windows open, top and bottom. Go to bed early. Get at least nine hours' sleep.

Bathing—Bathe at least twice a week; better once a day.

Air—Be the open air every minute that you can. No inside air is ever as healthful as that of the outdoors. Play—Play every day, winter as well as summer, and always outdoors, if you can.

Food—Wash your hands always before eating. Eat slowly and chew your food thoroughly.

Alcohol and Tobacco—These cause lack of sufficient alertness of nerves and stop your growth.

Water—Drink at least four cups every day.

Mouth, Nose and Teeth—Keep these parts clean, as they are the doorways for disease germs. Brush your teeth night and morning.

—Public Health, Michigan.

The garden must be kept free from weeds if the vegetables are to do their



Enjoying a Social Hour.

The illustration which appears herewith was snapped by our Household Editor on the farm of Mr. Frank Webster, near Peterboro, Canada, just before refreshments were announced after the meeting of Cambray Women's Institute.

best. In removing the weeds use care not to hurt the roots of the vegetables as they come quite near the surface. One will commonly think of the fleshy part of the beets and carrots as the root. It is only a part of it. The roots that feed the plant are slender and threadlike and extend far from the fleshy root. These feeding roots come quite near the surface.

Next to its unique flavor the great economy of Salada Tea has been the reason for its enormous sale.—(Adv.)

the creek, a was not good remember.

"I'll show well my love no tolling. I'm Droug strait down and on to help bear the black snow, to turn up in business Here comes the storm—

at that moment leaped forward and, fell up again the each other, blinded them, thunder that stand, stilling, the sharp lo-shot

An hour lay drenched with the crooked tree. The cool air west and a faint line gave promise.

A Dairy T tra I which Jo ed, the place Leith Shirley memories, he and shared in

Lying in the ward the deep creek lay The with unseeing ing sky. While the road lay Jacobs, rain-bust, as if he in his death-t

As Chamber him, the smiles the sweetness severity of rested as visio entrance lie

Grass River ments had been tranced so app tion of John Ja "unknown" m gone to Kansas the event and his face again. He did not know it

Darley Champe believed none talking, so the Thomas Smith to the dust of the River craves

The coroner locate the blan unmarked and the strange in his revolver hind, and as n by not untag affair after a breathing, won place of spluch

CHAM Jane a Impulsive, en And make h fact

Keeping with The secret of O heart rose best That Heaven's rest.

early Cham often absorbed morning was front door the drit in. Thru