of an expert on any question regarding soil, seed, crops, etc. If your question less of sufficient general interest, it will be answered through this column. If stamped and addressed envelope is enclosed with your letter, a complete stamped will be mailed to you. Address Agronomist, care of Wilson Publishing answer will be mailed to you. Toronto.

The Garden Seed Bed.

the greatest pleasure in gardening is in. "the joy of seeing things grow," and in no way can this pleasure be had in the the same measure as in the raising of small plants from seed for your

It does not require a very large front to retain it. This makes a space to grow a large number of warmer bed, and produces a better young plants. For the home garden, growing condition for continuous seed 50 by 100 feet in size, a plot three and plant growth.

It is an advantage to have the seed the garden proper. bed long and narrow, so that it can be easily reached from the path, mak-ing the work more pleasant and get-

If the fence is an open one, such as plants of one kind right under your palings or wire, it will be well to cover it along the seed bed with building paper, fastened on, to make it tight from the wind.

## Good Drainage Necessary

The seed bed should be specially are likely to be get it so, excavate it to a depth of two feet, fill in four to six inches of until you can do it evenly, and size of railroad ballasts, bats, coarse cinders or other similar mineral rub-

On this put the soil, which should much top-growth. on this put the soil, which should much top-growth. When a plant is be specially prepared. Use the loam taken from the seed-bed and transplanted it loses most of its roothairs, much in addition as may be needed to take the place of the subsoil removed. The melos is the soil of the subsoil removed. Give it a heavy dusting with powdered lime, and one of a good chemical fertifor a vigorous plant. This makes

3Hogs

gether they become very sweaty.

the soil, which should then be worked

A noted garden writer has said that as fine and smooth as possible.

However, the soil is not just thrown in. It is an advantage in earliness to plant seeds on a bed which slopes to the south. This you can accomplish when putting the soil in the seed bed by making it six inches higher at the back than the front, using a board in front to retain it. This makes a

feet wide by fifteen feet long will be amply sufficient. This for the start, but in following years, when you become more expert in handling of the seed bed, you will cut this down and get just as good results.

It is an advantage to have the seed the garden proper.

Sow Seeds Compactly Do not plant the different kinds of ting the work more pleasant and get seeds promiscuously, or in long ribting better results. A short person bon rows. Try the newer and better way. Mark off the seed-bed into as inches wide. inches wide.

The location of the seed bed is very of a size to suit the quantity of seeds important; in fact, there is but one to be planted. Plot these on a paper, good location in every garden, and that is along the north fence, so that it will be exposed to the sunshine all cord. You will find it work as a matter of reference and reday and be protected from cold winds. venient to be able to work with all the

is meant do not crowd them in the rows. When planted carclessly they bed should be specially are likely to be bunched in some place and thinly set in others. Practice and thinly set in others. Practice a few times dropping small seeds from the thumb and two fingers on a paper darinage materials, such as stones the then are ready to sow them in the soil. One of the things desired to be attained in transplanting plants is to increase the root-mass before there is much top-growth. When a plant is

The vegetables usually sown in the zer. Work all well together. The vegetables usually sown On top of the drainage put four to seed-bed are: Cabbage, onions, six inches of the richest well-rotted cauliflower, parsley; peppers, celery, manure you have available, and on this lettuce, tomatoes, chard.

@Poultry@

sion may really be the costliest one to ship to. It will pay the producer of well-graded eggs to ship loss off where that is possible. On numerous markets there are no loss-off buy-

Beware of the agent who calls at your farm and solicits shipments, promising better than market prices.

A Fan-Bag Obstacle Race.

pen during cold weather for the ani-mals crowd and when many are to-poultry by the crate, locate good trust-

gether they become very sweaty. Exposure while in this condition makes them unhealthy.

Eat More Poultry and Eggs.

"We are short of red meat. Our as large as it usually is than ever before. We are advocating in every household, every hotel and restaurant in this country the substitution of poultry for red meat. Increased production of poultry can be effected much faster than beef, pork and mutton. While we want increase in all the latter, we must have a quick response in poultry and poultry products. There is a great waste of poultry feeds from every household and farm. It requires little labor. Cannot the poultry raisers of the country help us by providing the increased entering food reasons why poultry and eggs should be used more than they are as a substitute for beef and bacon:—The soldiers and the Allies must have meat and we cannot send them poultry and eggs: We have a good supply of poultry products in Canada at present: They make a palatable and a cheap substitute for the red meat required by the soldiers: Poultry are more easily grown and can be produced in less time than other live stock: The young and the old can supply all the labor decreased production of poultry products in Canada at present: They make a palatable and a cheap substitute for beef and bacon:—The soldiers and the Allies must have meat and we cannot send them poultry and eggs: We have a good supply of poultry products in Canada at present: They make a palatable and a cheap substitute for beef and bacon:—The soldiers and the Allies must have meat and we cannot send them poultry and eggs. soldiers and our allies require more try help us by providing the increased necessary for this work.

These are the words of Herbert These are the words of Herbert
Hoover in an appeal directed to the
American Poultry Association and
producers of poultry and eggs in the
United States. The words are just
To some remote to-morrow. United States. The words are just as applicable to Canadian Poultry as applicable to Canadian Pointry
Producers. More meat must be protided for the fighting men. Less of
the meats that can be shipped must
be eaten at home. Something else
be eaten at home. Something else
like it is sounds a little stern,
And yet I have the feeling
That borrowing without return
Is 'most the same as stealing. be eaten at home. Something else must be substituted for the red meat must be substituted for the red meat.

Poultry and eggs make the best and least the present time Without a word of fretting. cheapest substitute at the present time and should be used more than they are for that purpose.

The prices asked for these are reasonable when compared with the prices of other meats. At present rates poultry, either fresh or stored, is one of the cheapest meats on the market. Though new-laids are high. market. Though new-laids are high, the stored eggs are reasonable in price and quite palatable. Fresh poultry is selling on many markets at from 15c. to 24c. per lb., and good stored eggs from 40c. to 50c. per dozen. These prices are practically as before the war but when compared with the present prices of other meats prove conclusively that they are no

The prices of eggs and poultry were formerly comparatively high, and consumers, to a certain extent, discontinued eating poultry produce, now, when the relative prices have changed, the impression remains that poultry taste as well as if butter had been the impression remains that poultry and eggs are still a luxury.

result the consumption of these is not

There are several good reasons why poultry and eggs should be used more

Take-It-Back Day.

"Tis wrong to pass such kindness by And pay it by forgetting.

Then take it back, whate'er you owe, Till neighbors all are sunny; For friendly hearts, of course you know

Are worth far more than money. Oh, all who labor, all who strive,

Ye yield a lofty power! Do with your might, do with your strength, Fill every golden hour-The glorious privilege to do Is woman's noblest dower.

Then to your country, to yourself, to your own God be true!

A weary wretched life is theirs Who have no work to do

When making cakes with dripping

## **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.

Who would not be covetous, and with reason, if health could be purchased with gold .- Temple.

Cancer is always a tumor, a swelling, a "lump," as many people say, and they are apt to think of a tumor as being necessarily a cancer. But to the doctor any kind of a swelling means a tumor; and there are at least a score of them—bone, cartilage, fat, fibroid and the like. Also there are several kinds of cancer differing in the degree of their malignancy (their life-endangering effects) and in their development. Most benign tumors, development. Most benign tumors, however innocent to begin with, may by reason of constant irritation bethem unhealthy.

Little pigs are happy in a snugly built, warm, movable hog house, and so is their mother. Such a house is splendid in providing warmth, dryness, abundant direct and indirect sunlight, ventilation, sanitation, safety, comfort, convenience, serviceability, durability, low first cost, low maintenance, and pleasing appearance.

These movable sunlit houses are easily cleaned because they have solid wooden floors and plenty of space inside in which to work. That they are easily cleaned because they have solid the producer does who ships first to sought. An unskillful operator (many become the sought) as beauty doctor is such) may leave some microscopic portion of the s vice.

Such a house is good for the brood sow, the little pig, the fattening hogs, and the herd boar. All are contented within its walls; and it costs not more

to all who send me a stamped cancer and self-addressed envelope

Take No Chances.

About a month ago a swelling form-About a month ago a swelling formed under the left side of my tongue bluish black in color. About in the center of this is a little pus pocket. Although I have been using a mouth wash prescribed by a druggist I don't seem to notice the swelling go down It is about the same size as at first. It troubles me mostly when I eat.

Answer—I have no desire to fright-en you; but this may be cancer, as may any growth in the mouth that may any growth in the mouth had does not get well within a week or at most a fortnight. Go to a capable physician and get thoroughly examined. Yours is no case for over-the-counter prescribing. Read the above. I am mailing you further information.

I am 20 years old. broke down with my nerves. I have chronic bronchitis, and have had a bad set of boils and carbuncles. now no desire to keep up my physical

after forty, especially women, find their health not as it should be, had best without delay go to their family physicians for examination. I will mail further information about

QUESTIONS AND ANSWER.

Bronchitis.

and the herd boar. All are contented within its walls; and it costs not more than one half the present value of a 250 pound hog.

The concern which charges no commission may really be the costliest one to

FUNNY FOLD-UPS CUT OUT AND FOLD ON DOTTED LINES



Sister tip-toed softly by, It really wasn't fair; For Willie thought he had her sure, And only caught the chair.

## MOTHER WISDOM

By Fisticuffs and Quarrels the Child Works Out Ideals of R and Justice

By Helen Johnson Keyes and John M. Keyes, M.D. There are many ways in which children receive education; many ways and the effect of such license is their outside of school, even outside of the

we may preach these virtues to serving young people year after your without really gaining their attention but when Sam learns from Bill's fisticuffs that the social organization does not tolerate a bully; and when Julia finds out from May's bitterness that friendship will not endure piggishness, these serving are herinning to become the serving respect and exerving many fights do not serving respect and exerving many fights do not ship will not endure piggishness, these children are beginning to become

citizens. Most of our moral progress since most of our moral progress since from the tasted of the knowledge of good and evil, has been along the line of yielding to other men the same privileges we claim for ourselves.

It has been a strangely slow progress. Truly it is curious that it should have taken our race hundreds and hundreds of years to learn the joy of being just to the human creatures with whom we share this earth!

William that the control of the first that we are learning so they go out into the world; and these

s broken the great European war. In view of all this we should be patient with our children who, like us, learn the golden rule very slowly and who, after having seemed to learn it, has all the like ourselves, break it over and over all the torigant. again.

Fight For An Ideal

When men go to war, we look be- is such a thing youd the horror and brutishness and ing but it is the atrocities and find the courage, the loyalty, the idealism of the fighters. Do not you believe that children when they quarrel and fight also have an ideal for which they are struggling? Surely they have! Beyond the coarse struggle for a sack of not learn this until he has found out candy or for the front seat at the the coarse struggle for a sack of candy or for the front seat at the wishow," there is a principle in their minds and they are working out a problem of right and justice even stronger than their greed.

I believe it is dangerous to make a habit of settling children's quarrels self he library what he learns for

I believe it is dangerous to make a habit of settling children's quarrels for them, to separate them in their encounters. I believe this for the reason that I think the education of experience and the punishment of consequences are the strongest corrective forces we have. When we settle a quarrel we shield our children from the consequences of their acts and thereby, perhaps, make cowards of them or else headstrong men and women who will rush into experiences without counting the cost because they have never had to pay that acts. without counting the cost because they have never had to pay that cost.

habit to settle children's quarrels, away Of course, there are occasions when they must be stopped abruptly. I do not believe that children should be allowed to disturb the quiet of the his family and neighb

outside of school, even outside of the direct influences of home. These are forms of self-education education through the instincts.

Quarrelling is one of these education instincts. It is exceedingly disagreeable to scown-ups; it is noisy, vulgar and editar. Yet, undoubtedly, it is a means by which children learn for themselves to with the end of fair play, peaceableness and co-operation.

We may preach these victors to out young people year after year with young people year after year with the self-shore in quarrelling and fighting.

Moreover, a boy's fights do not destroy friendships; they often make them stronger.

Quarrels Are Educational Girls usually remain "huffy" after their quarrels, probably because these are only intellectual and do not have

with whom we share this earth!

Curious that we are learning so slowly that law and order make for happiness! Even into the midst of an age confident of its humanitarianism outspokenly, which power is a real de fense to a girl in many perilous situa-

Teasing has broken. ruin a disp

said it was dangerous to make it ents can best guide from the quarre



INTERNATIONAL LESSON FEBRUARY 3.

Lesson V. Jesus Lord of the Sabbath

lesson V. Jesus Lord of the Sabbath

—Mark 2. 13 to 3. 6. Golden

Text. Mark 2. 28.

Y Verse 23. Grainfields—"The sown lands." Not-breaking a path through the standing grain, but following the path through the standing religious sect, whose name, "Pharisee," "the separated." indicates their aloofness from the masses. They were known by their peculiar garb and their ostentations piety, so roundly scored by the Massier. A prominent element in the creed of the Pharisee was his Sabbath and the Sabbath? On the Sabbath day that which is not lawful—Not unlawful it. itself, but unlawful on the Sabbath. Reaping on the Sabbath was forbidden (Exod. 34, 21), but Jewish rabbis had decided that even picking a few heads of wheat and rubbing them out in the palms was reaping, hence, the offence of the disciples.

25. Did ye never read—He refers them to their own history for a glimpse of the larger meaning of the Sabbath. Under stress of emergency that may be done which at other times might be condemned as sacrilere. He enunciates a principle which the world has been slow to recognize, that the individual man is greater than any institution; than men are not to be sacrificed to bolster up institutions; that rigid restrictions must give place to the higher requirements of necessity and mercy.

26. House of God—The "tent of meeting" at Nob (1 Sam. 22. 19), a locality in the northeast of Jerusalem. The showbread—The law of the showbread is found in Lev. 24 5-9. The consistent with holy character. To rearry and sin not is the New Testament standard (Eph. 4, 26). Stretch forth thy hand—The healing is immediate, without contact with the sufferer.

Apples and dates make a good combination requiring no sugar. To preare them, steam until tender in a contract of one lemon with high care in the palms and the first of one lemon with high care in the palms and the first of the law of the la

observance of observance of the highest interests every respect. He places man a institutions. Everything in state a church ought to serve to bring the dividual to his best.

28. The Son of man is lord even of the sabbath—He will do what he pleases on the Sabb.th, but he will not please to do anything say; for the ministering to the highest needs of

am not positive whether she is going to be a "boarder" cow or not. Now if there could be some means provided to aid one in determining exactly whether a yearling is going to grow into a good cow or not, such means would prove very valuable to dairymen. Many of the heifcrs would be fattened and sold for meat while, on the other hand, not a few that go directly to the shambles without trial at the pail would be given a chance to show their value as dairy animals. The scales and the Babcock test are the only accurate means we have of knowing what a cow can do, but these can be used only when the animals are producing, and as a heifer may prove to be a good cow after an unprofitable season or two, we cannot see where the practical dairymen are going to avoid the heavy expense involved in weeding out the "boarder" cow and at the same time not waste valuable potential dairy cow material. Artificial coloring of gold fish by keeping them in water containing certain chemicals is extensively carried on in Sicily.

Observation is the most enduring of the pleasures of life." George Meredith.

Finding The "Boarder" Cows. I have been in the dairy business for

a dairyman. According to my ex-perience it takes about five-years for a cow to develop. Up to that age 1 am not positive whether she is going to be a "boarder" cow or not. Now

fifteen years with varied success, says your