Feeding for Large Records W. E. Mason, Norfolk Co., Ont.

The past year has been an excep The past year has been an exceptional one for me. During the year one of my cows, Daisy Tensen Posch, broke and held for a time the senior three years-old record in R. O. P. I am still prouder of my two-year-old record made by Ardelia DeKol Tensen who produced over 10 lbs. of but ter in a week, 12 months after calvrecord in ing, thus making a world' this class with a considerable margin. I can testify that there is great pleas ure in milking cows such as these when one lives in anticipation of making great records,

A great record may be the result of a long rest along with good feeding. Our object, however, is the production of large quantities of milk and

consequently we do not give long rests and are thus handicapped when compared with the breeder who does. We always aim to keep our cows in a thrifty condition laying special a thrifty condition laying special stress on the development of the heif-A cow to be capable of making ers. a large record must be large and strong as a two year-old. The earlier feeding and training adds much to the cow's ability in her later years.

the cow's ability in her later years.

HOME GROWN FEEDS PREFERROR

I like to have a cow freshen every
12 months. To accomplish this I feed
them half oats and half barley chop. I have never fed much oil cake as I have been in the habit of feeding only what we grow on the farm, but I bemilk and flesh. Neither have I gro many roots, but from my past year's experience I believe they aid much in keeping up the milk flow and the con-

dition of the cow. One point in the feeding of roots that I believe important is the pecling of them to get rid of the sand. This involves some labor, but it is worth while when it results in a good record.

Ensilage and alfalfa hay make excellent feeding combination for the winter. When the pasture becomes short in August and September I feed green corn morning and night in the stable; also some grain according to the milk flow and season of the year.

I would lay special stress on the importance of regularity of feeding and milking. Particularly is regularity necessary when getting ready and conducting seven-day Another point the young breeder must watch is over-feeding. A cow must watch is over-feeding. A cow with too much in her stomach is labor-ing under a great disadvantage.

## grecesesesessessessesses HORTICULTURE

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* Picking and Packing

By W. W. Farnsworth mistake that serious made in picking the apple that of pulling the apples off and piling them on the grou the trees, to cool off. ace as soon as possible after the tree. The apple on the place as soon as possible arter as the tree. The apple on the trees and to be several degrees coder; the one that is on the ground in shade, and I believe that this is I have tested it. I perhaps or satisfactorily explain it to you h will state the fact as true a explain it to suit yourself

Do not pile the apples under tree storage get them in som the barn or under a shed the coolest place you have. I time and open it up at night tilate as much as possible to storage somehow. orchardists are building their storages, but if you do not h storage of your own, rush your commercial storage as qu possible

In picking apples some use a for the hard skinned varieties, a would discourage the use of it.

WHEN TO BEGIN TO PICK The time to begin picking is hard to describe. maturity of the seed and an the color of the apple. We be guided by several things. it is better to begin a little to than too late, especially shipping or selling in bu In my own case when kets we sometimes let them be bit even if a few drop to the pu for the sake of the extra high mine how early or how late you begin to pick

In storing in cold storage w handle the apples in bushe We take the crates out into and string them along in the the picker dumping his appfully into the crate. We br in on a low wagon with a br form, and springs. into the shed in the shade, warm weather, and left to over night. If the weather they are taken directly into These apples are storage. just as carefully as eggs, and into storage just as quickly a sible. We formerly stored in but we found it better in consaved handling again wished to take the apples to the ing shed.

THE GREATEST ENEMY OF THE The matter of packages is important one. Our Western using bushel boxes. We real
advantages of boxes, for we ca
very much smaller packages,
modern household hasn't the ties for storing large quan a barrel were put in the o cellar, which usually has a it, the fruit would Of course could be used. used more quickly.

Then there is another that is that it is not nearly to pack culls into a box to pack culls into a box Put in talking of the peach mais day said that the greatest at the peach grower was not the nor leaf curl, nor seab, nor gathe little, cull peach. Now the est enemy of the apple is the cull apple.

The box is a good packages tain classes of fruit, but is

The Gospel of Efficiency--How it is Preached to and Practised by Canadians

Fifteen years ago the word "efficiency" held the same place in the Dictionary that it does to-day, but in the popular mind it was a somewhat ordinary word used for describing the attributes of a certain engine, too, perhaps, a remedy of some kind-all inanimate things.

At that time the watchwords of the ambitious Canadian were "Initiative" and "Hustle." and with these h whipped himself into superlative and Hussie, and with those he whipped himself into superlative effort until he found that he was fast losing the ability to keep himself up to "concert pitch"—he no longer responded to the whip—something serious had happened

Truth was, he had lost his effici-

Thus did the word Ersteiney sume a new and great import among sume a new and great import among men and women alike, for without it we can have neither initiative, hustle or ability to keep pace with the busi-ness and social requirements of the twentieth century.

How to obtain and maintain the highest degree of Efficiency while we are about, rather than how to get well and efficient after we are ill—as a matter of fact, in this connection, those of us who consider ourselves well and strong are not consistently more than 50 per cent efficient

We may be able to get about a do our daily tasks with more or less satisfaction to ourselves, and without undue exhaustion, but that is not by any means one hundred per cent of

efficiency.

If our brains are clear, our intellects bright, and our condition such as to put enthusiasm and "ginger" as as clear judgment into our work, we have a tremendous advantage ov we have a tremendous advantage over those who are half the time de-pressed, blue, and all the time nervously fearful that their judgment may be wrong—who lack the confi-dence that comes with perfect efficiency and makes so much for success

But most of us are in the latter class, if we analyze our feeling, and for a very good reason.

Nature is constantly demanding one Nature is constantly demanding one thing of us, which, under our present mode of living and eating, it is im-possible for us to give—that is, a con-stant care of our diet, and enough consistent physical work or exercise to eliminate all waste from the sys-

Nature has constructed us for a certain physical "speed," as it were. If you construct an engine for a cer in you construct an engine for a cer-tain speed, and then attempt to run it at a quarter of that speed, it clogs up and gets "wheezy at the joints," and needs frequent attention and assistance to operate satisfactorily-just so with the human body.

If our work is mostly mental, o confining, as it is in almost every in

stance, and our physical body runs at quarter speed or less, our system can not throw off the waste except accord ing to our activity, and the clogging process immediately sets in.

This waste accumulates in the colon (lower intestine), and is more serious in its effect than is immediately apparent, because it is intensely p ous, and the blood, circulatin circulating them through system and lowering our vitality gen-

That's the reason that biliousne d its kindred complaints make us "all over." It is also the reason that this waste, if permitted to re that this waste, if permitted to remain a little too long, gives the destructive germs, which are always present in the blood, a chance to gain the upper hand, and we are not alone inefficient, but really ill—seriously sometimes if there is a local weak-

Accumulated waste, for instance the direct, immediate and specific cause of Appendicitis.

Now, there have preachers of the Gospel of Efficiency among them men high up in the liter ary, commercial and professional world, who have tried to teach us to world, who have tried to teach is to conserve our energies by relaxation, avoidance of worry, habitual cheer-fulness, etc., but this is useless advice when the seat of the trouble is physical first, and mental afterwards.

There have also been many practical men, sure as physicians, physical culturists, dietarians, osteopaths, etc., who have done something towards actually removing this waste from the colon, at least for a time.

It remained for a new, rational and perfectly natural process, however, finally and satisfactorily solve em of how to thoroughly elimin ate this waste from the colon without strain of unnatural forcing-to keep strain of unnatural forcing—to keep it sweet and clean and healthy and keep us correspondingly bright and efficient—clearing the blood of the poisons which make it, and us, sluggish and dull-spirited, and making our entire organism work and act as na ture intended it should.

That process is internal bathing with warm water-and it, by the way now has the unqualified and enthus astic endorsements of the enlightened physicians, physical the most turists, osteopaths, etc., w who have

Heretofore it has been our habit, then we have found, through diswhen we have found, through disagreeable and sometimes alarming symptoms, that this waste was getting much the edter of us, to repair to the drug shop and obtain relief through drugging.

This is partly effectual, but there are several vital reasons why it should

not be our practice as compared with internal bathing.

Drugs force nature instead of assisting her-internal bathing assists nature, and is just as simple and natural

ture, and is just as simple and natural as washing one's hands.
Drugs, being taken through the stomach, any the vitality of other functions before they reach the colon, which is not called for—internal bathing washes out the colon and reaches nothing else.

To keep the colon

clean drugs must be persisted a, and to be effective the doses must be in-creased — internal bathing is a con-sistent treatment, and need never be altered in any way to be atinuously effective.

No less an authoris an Professor Clark, M.D., of the New York College of Physicians and Surgeons, says:— "All of our curative agents are poi sons and as a consequence every dose diminishes the patient's vitality."

It is rather remarkable to find at

what would seem so comparatively late a day so great an improvement on the old methods of internal bath ing, for in a crude way it has, of course, been practiced for years.

It is probably no more surprising,

however, than the tendency on the part of the medical profession to depart further and further from the custom of using drugs, and accomplish the same and better results by more natural means, causing less strain on the system and leaving no after-effects.

Doubtless you, as well as all Canadian men and women, are interested in knowing all that may be learned about Efficiency—about keeping up to "concert pitch," and always feeling bright and confident.

This improved system of internal bathing is naturally a rather difficult subject to write about in detail, but there is a physician who has made this his life's study and work. He has on the subject, called "Why Man of To-day is Only 50 Per Cent Efficient," which he will send without which he will send without cost to anyone addressing Charles A. Tyrrell, M.D., at Room 267, 280 College anyone addressing Charles A. Tyrren, M.D., at Room 267, 280 College Street, Toronto, Ontario, and men-tioning that they have read this ar-ticle in The Peterboro Farm and

is surprising how little is known by the average person about the sub-ject, which has so great a bearing on the general health and efficiency

My personal experience and my ob vation makes me very enthusiastic internal bathing, for I have seen its results in sickness as well as in health, and I firmly believe that everybody owes it to himself, if only for the information available, to read this little book by an authority on the subject.

\*\*\*\*\*\*\*\*\*\* POULTRY

September 25,

n 202222222222222222 Preparation f

Amos Howes, You If my observations should say that not or in five is properly sup feed. This is not particularly on the fabe had so abundantly. Green fe is necessary to the hea Without it they canno use of other kinds of fo ing to the tests condu birds in whose ration been lacking during not produce as high a fertile eggs as do bi supplied with food

A few of the common rops that may be used are, mangels, turnips a favor the latter. Now lay by a store of these Charcoal is something

We do not prize

ts nutritive value as f condiment and an ertile egg production.
e purchased quite che
acreial forms. It can ured even more cheapl fire of old boards, co i fire of old poarus, and then smothering we or straw. This is the working my charcoal. separe my charcoal. I The dust bath is ano ot get dust when the si Itecan be had l on any country road ave already put up a c els for my small flock.

A suggestion that I we my who are renovating uses this fall, is along me improvements I ee years ago. I took glass windows in the up a portion of the to

anghty, but is neverth iy and dry. Most of the hen houses wated around here in to wated around here in to mked up with earth, the ag that has been on the the summer substitute glass sashes and every get warmth even at the od ventilation. open front house is too to be longer questioned

left an open sp

back

chalf feet wide, the fu

at every crack was tho

d on the sides, back f. This gives a house

What Disease is 7

ring the past winter and a large number of flock. The incapaci turally, thus causi symptom. Gradua: e until finally the ely useless. Occasion iy useless. Occasio iy useless. Occasio ected, and sometim w up. After days c and in this mann is. It attacks the well as some of t eens are well house eens are well house. advise us? Kindly giv D. P. E. Co., Ont.

ld say that some of the n by your corresponder n by your correspondence that the birds have although I could not at this without seeing to ald be more satisfactory i Bacteriological Dept., of here where an examinate

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