



## She's Daddy's Girl

Make sure that after you are gone, she will receive as long as she lives, a monthly cheque to provide for her every need

**The IMPERIAL LIFE ASSURANCE CO.**  
OF CANADA  
HEAD OFFICE TORONTO



As fresh from the package as from the oven.

# McCormick's

## Jersey Cream Sodas

Factory at LONDON, Canada.

Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

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## Take Your Time, Don't Hurry!

There is no need for so much rushing on baking days, hurrying to get your cakes in the oven—such exhausting exertion adds baking to the list of household drudgeries.

You can take your time yet do more with

# EGG-O

## Baking Powder

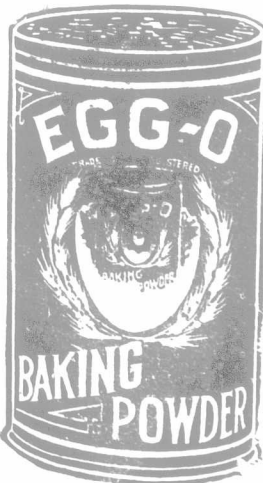
than with other brands because the leavening action of Egg-O only ceases when your cakes are properly baked—No matter if you do have to wait several hours for your oven.

And don't worry if your oven does cool off. Egg-O will leaven your baking with less heat than most other brands.

And above all, don't worry about fallen cakes, follow the directions on the label. You will use less Baking Powder, and have better baking.

**Egg-O Baking Powder Co.**  
Limited  
Hamilton, Canada

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## Our School Department.

### A School Progress Club.

BY PERCY P. MCCALLUM, ESSEX CO., ONT.

In this day, when the little red brick school on the country side road is coming more and more into prominence, when the farmers are called upon to govern the country, there is need for laying a firm foundation in the lives of these school products. The day of consolidation is at hand, but shall we wait until it actually arrives before giving the country child every available opportunity in literary work as well as the three "R's"?

By organizing a "Progress Club" in the school much may be accompanied in this line. For those who may be interested, I shall outline a plan I have followed with considerable success. In the first place, a nomination is held; here we have an opportunity to teach civics. The older classes will learn and learn readily what is meant by nomination, candidate and other such terms. It is well to allow not over three nominations for each office of hon. president, president, vice-president, secretary, treasurer and librarian. Two or three days after nomination, the election may be held. It is well to have ballots made with name of all candidates on them. These may be made by a copy pad or the teacher may outline one on the board and have the older pupils make several ballots. The teacher will appoint a scrutineer, poll clerk, and returning officer, explaining to the whole school the duties of each. Use an old chalk box with a hole cut in the lid for a ballot box. Have pupils take their turn at balloting, allowing the candidates to canvass for votes. Try to impress pupils to vote for those best fitted for the offices, and not for their friends.

After the election the officers will fill their respective offices at the club meetings, which are usually held Friday afternoons from three o'clock till four. The club will choose an opening ode such as "The Maple Leaf Forever." It is well to also have a name chosen as "Uplifters," "Busy Bees," or whatever they wish. Outline on a sheet of paper for the president the mode of procedure as:

(1) Opening ode; (2) Minutes of last meeting; (3) Adopting minutes; (4) Old business to deal with; (5) New business and so on. This outline will vary. It will require a few meetings to have pupils understand what is meant by a motion, the seconding of a motion, an amendment or an amendment to the amendment, also to instruct the president how to put a motion. These matters will be guided by the teacher, but after two or three meetings they will soon understand. The duty of this club will be to look after all matters about the school-room and yard, such as keeping seats clean, paper off the floor, to see that all pupils keep their books packed neatly in their seats, to introduce new games in the yard, new songs in the room, keep the yard clean, and look after the school garden. Of course, the executive will not do all this, but will appoint committees at their meetings to do this business. The librarian's duty is to look after the books of the library.

Much interest can be added to these meetings by having a little concert every two weeks in which the pupils have a debate. The fourth class debating one the next. After one or two debates invite the parents in on these Friday afternoons, also invite some older ones in the section to come with musical instruments or come and sing. The club appoints a committee to provide the program for next meetings. It is well not to have the same ones on this committee who are debating. The concert idea can be worked well every two weeks. The idea of raising funds in the club may be arranged as best suits the teacher. In some cases a membership fee of one cent a week for each pupil may be charged

or one cent every two weeks. The funds may be used to purchase small necessities about the room or pictures.

The above idea if worked out will give wonderful results, but too much must be expected of the pupils at first. Through the winter concerts may be held on Friday as outlined, and in summer just business meetings. After the first winter you will find a very business-like little club, and while you are teaching civics, also how to conduct a public meeting, you give the pupils confidence to stand on their feet and express their thoughts, all these points aid in making good citizens.

### Every Calf is a Factory.

There are so many of you young farmers, not only in name but in reality and very successful at that, in bringing your calves, lambs and pigs to early maturity, that you have much to interest you even though it is winter with all the broad expanse of nature locked up in frost and snow. Could we not be co-workers together for a few months until seeding time comes round, when all will be opened up and nature once more demands our labor elsewhere?

What a fine machine or little factory you have in your calf. Let us make a little examination of it, using no big names or technical terms, that we need to go and see what they are before we understand them. The head is the first place we look to, and it is there all the work begins. In the mouth are the teeth that grind the food and there is the saliva that first mixes with the food. There are four stomachs which the food passes through and at each stomach other juices mix with the food.

The first stomach is the largest and the animal uses it first for a bag to hold the food until it has time to chew it properly. The cattle eat their food hurriedly then rest, either standing quietly or lying down if they have a good bed to lie on. They chew their cud, that is they take up the food from this first stomach and chew it over again more thoroughly, mixing it again with more saliva, for two purposes, more especially extracting the nourishment from it and in changing the starch in it to sugar. This extracting and changing cannot all be done in the mouth, and in the passage of the food through the different stomachs it meets other supplies of juices all tending to take the most that is in the food to build up the body.

Next we find a very fine drainage system carrying all that extracted matter to the blood, which carries building material to every part of the body, some to build flesh, some muscle, some bone, and some where it can be stored for future use as in fat to be used up in heat when needed.

The blood has two systems, one, the arteries, going from the heart from where it is pumped to all parts of the body, and the other the veins that convey the blood back to the heart.

There are thus several systems of drainage in the calf's body. The saliva and kindred juices, the lactes, conveying the extracted matter from the food to the blood, the two systems of the blood itself and the system that carries the food through the stomachs and intestines until it passes off the refuse as dung.

When we look at all this fine structure need we wonder that we can choose and blend foods to build it up, even in a commercial way with an eye to profit, to take all out of the natural food we get ready to our hand or from that we may grow or purchase? Growth and health must be two of the goals we keep ever before us, and profit is another goal we cannot lose sight of and the greater number of us are aiming for the three.

Hang on! cling on! no matter what they say, Push on! sing on! things will come your way, Sitting down and whining never helps a bit, Best way to get there is by keeping up your grit."