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Choice land in the 3rd own as the consis of large bank x 50, wag-20 x 32. All shape, the shape, the sll watered, urches and fact every-up-to-date . Apply to ent, Aylmer,

e farm near od state of dings, well ply to C. O. In 1915 the farmers of Ontario will require 1,000,000 lbs. of root seed, made up as follows: 304,000 lbs. mangels, 222,500 lbs. sugar heets, 286,000 lbs. turnips, 8,586 lbs. carrots, Formerly these seeds came from England, France and Germany. This year those imports will be almost entirely cut off. The german supply, of course, will be entirely checked, while France and England engaged, as they are, in a momentous world struggle, can not supply us as they have in past years. ter piling, the pit is immediately covered with a thin layer of straw,

SEED GROWING

The Kind of Crop to Grow and How to Grow It-

An Opportunity for the Ontario Farmer

Hence, at this time, it appears to just enough to keep a 4-inch layer least 250 yards. Swedes and tur-nips require a greater distance. They will not only cross with a variety of their own kind, but will be not only the duty, but the op-portunity of the Ontario farmer, portunity of the Ontario farmer, as it has never been before, to sup-ply root crop seed for our own con-sumption. It has been proven in the past that such seed can be grown very successfully in Ontario. It has been shown by numerous experi-ments conducted at the McDonald College in Ouebee, at the Ontario also intercross, i.e., a swede will cross with a turnip, and vice versa. Land intended for seed growing been shown by numerous experi-ments conducted at the McDonald College in Quebec, at the Ontario Agricultural College at Guelph, and in various places by the Do-minion seed branch, that a finer quality of seed can be produced in Eastern Canada, than that which and in various places by the Do-minion seed branch, that a finer quality of seed can be produced in Eastern Canada, than that which we have been importing from Euduality of seed can be produced in distances are 24 inches by 24 inches for small roots, and 30 inches by 30 inches for small roots. Where rope. The supply of seed, it is so inches for large roots. Where the soil is deep enough the roots should be planted firmly straight up and down, and should be set so deep that the crown barely of soil from falling in among the roots. The top of the pit is left into seed production on a large roots. The top of the pit is left without any soil, so that the heat mill, and with the aid of hand with the faming without any soil, so that the crown root, is a debatable quest. into seed production on a large scale or not, is a debatable quesroots. The top of the pit is left seed is cleaned with the failing without any soil, so that the heat may escape more readily until the weather gets colder. When it com-mences to freeze, the pit is further covered with 6 inches of straw, fol-lowed by 6 to 8 inches of straw, fol-tower weather sets in it must. In the set of the field set of the field the set of the se may escape more readily until the weather gets colder. When it com-mences to freeze, the pit is further tion, but in view of existing cir-cumstances, any farmer cannot go astray by producing enough seed

Mr. Faul A. Boving, in charge of the root crop investigation of the Cereal Husbandry Department of the McDonald College, Quebec, has conducted very complete experi-ments in growing seed, and gives some very instructing reports as to the methods. It has been found very well, and many growers, therefore, prefer to place the pit on or at least in the vicinity of the his methods. It has been found next year's seed field, in order to shorten the haul from pit to plantthat the quality of the root seed, offered on the Canadian market, is not always the best, either in re-gard to trueness of type or to per-centage and vitality of germination. Moreover, it is false economy



Excellent Models of Seed Roots to Select of the Globe and Intermediate types.



THE AYLMER EXPRESS, THURSDAY, APRIL 22, 1915

A False Forest Set Up to Conceal a German Position.

This illustration, from a German paper, has a special interest as affording an instance of the painstaking care the enemy take to con-ceal their positions of importance. The locality is stated to be in the Western war theatre." In order to create a background for the trenches at that point, and to serve as a screen for something else behind, in all likelihood a battery of big guns, a sparsely growing copse of straggling fir trees on the spot has been artificially thickened by transplanting fir poles and trunks brought from elsewhere in the neighborhood. The result of the process is to produce the appearance.

follows: Mangels, 6.6 oz.; carrots, 2 oz.; swedes, 4-5 oz.

shorten the hauf from ple to have a shorten the hauf from ple to have a progressive farmer to haps, for a progressive farmer to planting of the seed roots in spring plant two or three hundred man-gels, turnips or other roots. From self and his neighbors. Three hun-dred mangels should produce about one hundred pounds of good seed, and, if care is taken in selecting shapely mother roots for trans planting, the quality of the will be much superior to that which is imported.—From The Canadian Countryman.

> THE SUNDAY SCHOOLLESSON INTERNATIONAL LESSON,

Text. Rom. 8. 31.

APRIL 25.

Verse 38. And Saul clad David

with his apparel—A military dress to which a sword was attached. It would seem that David was almost

44. I will give thy flesh unto the birds of the heavens, and to the beasts of the field—The anger of sweet.

13, 831 Thy flesh Shall glut the dogs and carrion birds of Troy. 45. I come to thee in the name of

birds of Troy. 45. I come to thee in the name of Jehovah of hosts—A childlike faith such as could be the inspiration of the Shepherd Psalm.

46. That there is a God in Israel by the us -A God who is worthy of Israel oatmeal. (see 1 Kings 18. 36). 47. That Jehovah saveth not with sword and spear-This was a con-viction of the Israelites (see 1 Sam. 2. 1-10; 14. 6; Psa. 44. 6, 7; Hos. 1. 7; Zech. 4. 6). It is the experi-ence of all who trust God. (See especially 1 Cor. 1. 27, 28). 48. Ran toward the army—That is, toward the battle line of the Philistines. David did not wait two or three

for the giant to approach him. The suddenness, as well as the swiftness, of David's movements must have taken Goliath at a great disadvantage.

50. Smote the Philistine and slew him—David must have struck some exposed part of Goliath's head. 51. And when the Philistines saw

that their champion was dead, they fled-In verses 4 and 23 the word used is "champion" in our sense here "champion" means "mighty the Lesson IV. — David and Goliath-I Sam 17, 1-54, Golden man. The strongest man the Philistine's had. As soon as he was dead hope left the Philistines The strongest man

> Among these, according to Eliza-beth B. Kelley of the agricultural Doctor Naegell, professor of medicine at Liege University, com-

from the standpoint of food value, as the medium-priced peas which are usually the "Sifted" or size

HOME

Nourishing School Lunches.

food. If care is not taken at

spread with creamed butter.

two or three pieces of candy or an unusual fruit adds to the interest.

The child should have a fresh pa-

How to Use Canned Goods.

ed paper so that there may be

## Potato Meal in Bread-Making.

Baking experiments to test the value of making bread of potato-meal mixed with wheat flour are meal mixed with wheat flour ara now being undertaken by the United States Department of Agri-culture's Bureau of Chemistry. This is to test the possibilities of the potato in the same manner as Germany and Austria are now ad-vising their people to do. The in-creased cost of living throughout the world has emphasized the fact that flour made of other substances than wheat, or of these substances During the period of school life, there is great activity as well as constant development and growth of the body, all of which has to be provided for in considering the this food. If the second state is the second state time, the foundation is laid for fu-ture weakness and disease. The

Austrian bakers are now compei-led by law to use at least 30 per cent. potato-meal in making their. bread. The Bureau of Chemistry's potato-meal bread fias been baked with from 25 to 50 per cent. petato-meal, and the remaining percentage wheat. The most satisfactory loaves in combining economy and appearance were those made with discarded would be eaten if they were attractively arranged. Of all the containers for carrying lunch the paper bag is probably the best. The pasteboard or papier mache boxes are hard to keep in a sanitary condition. A tin pail is one of the best carriers as it keeps the food clean, and prevents drying. If used, it should be scalded each day. appearance were those made with the minimum percentage sllowed in Austria or less. The toaves made Austria or less. The towes made with more than 30 per cent. potato-meal were not so satisfactory, as they were heavier and less attrac-tive in form. The bread has a rather coarse texture and dark ap-The thermos lunch box has compartments which are very conveni-ent and a thermos bottle for carrying hot cocca, milk or soup. The first cost is high, but with good care it will last indefinitely. This, rather coarse texture and dark ap-pearance, but possesses a distinc-tive and agreeable flavor. It also retains moisture for a much longer period than ordinary wheat bread. The Bureau of Chemistry used the imported "potato flake" in some experiments, and in others meal made by slicing, milling and drying potatoes on a small ecale in its laboratories. It should be addcare it will last indemnitely. This, of course, should be aired and scalded after using. Sandwiches form a part of every lunch and for-tunately there are numberless kinds that may be made. Two kinds may be made each day; one of meat or eggs or fish, and the other of some Meat is rather more acceptable its laboratories. It should be add-ed that such ordinary "potato if finely minced and mixed with sal-ad dressing than if sliced. Fish may be flaked and mixed with milk,

ed that such ordinary "potato flour" as is on our Amercian mar-kets is not the same as the Ger-man "potato flake" or Walzmehl, which has given such satisfactory results in the experiments. may be flaked and mixed with milk, lemon juice, pimento, or salad dressing. Cheese may be mixed with nuts. Green peas, greens, or haked beans may be mashed and

The question has been raised as to whether the ordinary cooked po-tato might not be satisfactorily substituted for the prepared potato-meal. The experimenters be-lieve that it might serve the same purpose if used in just the same proportion, but this would be diffi-cult for the average housewife to by the use of nut bread, graham or oatmeal. The home-made bread is best; it should be cut thinly and Custards, stewed fruit, junket, rice pudding, jelly, etc., may be carried in a small glass jar. Cookies are determine, as there is great dan-ger of using too much and producing a very soggy loat. However, the custom of adding a very little po-tato is already used by many housekeepers to keep their bread moist, and this practice can very well be recommended for more gen-eral use more easily carried than cakes, and there are many varieties that may be made so that the child will not A little surprise in the form of eral use.

## Some Timely Hints.

per napkin each day, and every article should be wrapped in wax-Have you ever tried (if your family is large and your kitchen sink small) using an oval tin foot tub instead of the orthodox round dish as little mixture of odors and flavors as possible. The children should pan? be taught to eat slowly, and not allowed to exercise vigorously direct-ly after eating.—Lillian Randall, Instructor in Home Economics.

An ordinary tin can with a hole punched in the bottom as a soap saver, in place of the bought wire ones?

Scalding out tin syrup cans (the sort that have fitted tops)) and using them to keep such things as rice, barley, hominy, teans, etc. Drying stale scraps of bread in the oven, mashing them to a meal

There are a few things every housewife should know about the canned goods which she uses on her table. with a rolling pin, and using them in place of the prepared cracker dust for frying cutlets, oysters, and the like?

extension service in home econo-mics of the University of Wisconat best to import practically all the seed needed for a crop valued at \$20,000,000 when this seed can be vind, which tend to dry out the ex-raised within the country. The Kind of Crop to Grow. The Kind of Crop to Grow. Using evaporated fruits-apples, surbase, and the frame work about to buy and use canned goods in order to get the largest return for the sink with lye, at the first appearing of those pests, water bugs the money. Following are a few rules which will be of help to the housewife in or roaches? Be sure to apply the solution with a brush and don't let. the purchasing, storing and use of it touch the hands: canned articles. Saving the bits of sage, thyme, "Don't buy a single can at a time; you can always save money by buying by the dozen cans or using them later in the stuffing for." "Don't buy a single can at a chicken? Some economical house-wives find that by careful selection "Don't store in a damp place, on account of rusting, or where the of these potherbs they can get temperature is either extremely hot or cold. Freezing injures the con-several dishes and usually the of sistency and flavor and may break the seal of the can. The average smallest bunches of parsley alone sold in the markets cost from three basement is all right. "Don't let contents stand in the to five cents. Putting a lump of washing soda over the sink drain and pouring hot tin after it is opened. Should be emptied into glass or china dish if water over it after each dish washor into saucepan if to be heated. "Don't pour the liquor off the ing, in order to keep the pipes from clogging? This will save many plumber's bill. peas or other vegetables; the best of the flavor is in the juice. Warm the peas in the juice. Save the Flavoring deviled eggs with 3 Warm dash of vinegar from sweet pickles and using olive oil instead of but. juic for soups. 'Don't cook peas, string beans, ter? A tiny pickled cucumber chopped fine and mixed with the yolk of the egg is an improvement. Some people like a thick gravy etc., as they are already cooked. Simply heat and add butter and seasoning, if desired. with sausage, and this is made Don't open can with a knife or creaming the ordinary essence of the sausage and the flour just as a hatchet; get a good can-opener. "Don't open or use the contents of any can that is "bulged" or "bloated" so the ends "swell out." A few cans, on account of defective you would butter and flour, seasoning to taste, and then thinning to the desired consistency with water. There are others who like a cream soldering or faulty tin plate, will spoil, but they are always guaran-teed by the canner and the "swells" are the spoiled ones. Take back to the grocer and exgravy with ham, and here you moisten the flour with the ham essence and use milk instead of water. Varying fried or broiled halibut change for a good one. "Don't buy the most expensive steak by adding a rich brown gravy? The flour must be very canned peas if you want food val-ue. Those that retail at the highbrown (not scorched) for this, and a goodly lump of butter is required. had been looking over the law, "there seems to be a penalty for everything except stealing a man's daughter." "Oh," said his friend, "there's a penalty provided for that too." "What is it?" "Hard labor for life." a goodly lump of batter is required. And, by the way, when browning flour for gravy do it under the floure of the gas oven, using a fork while extremely tender and con-sidered very fine, are really not as good for family use, considered mixed.

and they fled. Yawn for Your Health.

70 acres of nildings, a rees of the nt to two sy terms or the properng. Apply

10 acres of good farm room house x 50, base-c 85, all in ell located, de, only 3 miles from and half a

hange for a pply to C acres, san-ot 2, con.8, own as the

igs in fair ivenient to land tele ees of fine sh, or will in Elgin. r, Ont. ) acres of a has been nd under ater, free ings locaie country Cown, one and in a ubject to duced 90 of wheat, my terms in Higin arn, Ayl

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The Kind of Crop to Grow. The first problem for the future seed-grower will be the choice of kind. Shall he grow mangel, swede, or carrot seed? The answer

When and How of Planting.

Roots are naturally cross ferti-ized, and different varieties beized, and longing to the same kind should to that depends largely upon local-ity and personal inclination. If a man prefers to grow mangels, he planted close to one another. Mangels should be separated by at Mangels should be separated by average of a king. For the moment his boy-reaches the surface. With long-ish pride was quickened as the king soils, it may be advisable to tilt the root. Always remember to plant it as deen as the soil will permit very likely get better results seed production from this It must be remembered, ever, in growing mangel seed, the grower must be in a local with the crown reaching the sur-face. After planting, the root seed ity which does not suffer from early spring or fall frost. Young mangel land should be kept cultivated as ots are more susceptible to frost long as possible in order to prein the spring than are swedes, and as the mangel serve the moisture.

## Harvesting and Threshing.

seed ripen comparatively late, it is also more liable to become frost-bitten in the fall. Carrot seed Very often the field does not ripen quite uniformly, and all the seed on one and the same plant will ripen very unevenly, and must be not mature simultaneously. It is very important, therefore, that the seed be harvested at the right time. icked by hand during a period of everal weeks. This tends to make the culture rather expensive under cases, the culture of swede seed will probably give most satisfaction. All on the seed stock usually Five smearing the seed stock usually the other. our conditions. In the majority of The first formed seed on the lower seed is stronger and more valuable brook—He was sure of himself, but than the later formed seed, and the grower should endeavor to se- He would not risk the battle on All our cultivated roots are biennials-that is, the first year they develop a large root, stored full of the grout is before it falls off. When the true seed inside the brownish brook near the scene of battle od material. The second year this food is drawn upon to form a fruitcluster on the mangel seed stock full of smooth and rounded pebbles sportion and seeds. If a farmer shes to grow seeds this year he If a farmer shows a mealy surface when cut the very kind David had used many shows a mealy surface when cut the very kind David had used hany with a knife, the harvest time has arrived. The swede seed should be harvested when the bottom pods get brown on the outside, and the upper ones become yellowish in color. When seed is grown in small this people there were seven hunroots now in storage. se should be large, sound, welldeveloped, true to type, and must possess an uninjured crown. They ald also have a smooth surface, full, rounded tip, and be free from

When seed is grown in small quantities, it is, of course, possible to dry the seed stocks by hanging hair's-breadth, and not miss." storage, the only thing will be to select such roots this fall, and store them in a cool them up in a well-aired place in the

this fall, and store them in a cool place, or in a pit this winter, and plant the same next spring.
Storage That Gives Results.
Perhaps it would not be out of place just here to give a few directions for the proper storing of roots. Seed roots spoil very easily, and should be handled very carethem up in a well-aired place in the floar in the

This was due rather to his inexperience than to his size.

39. I cannot go with these; for I have not proved them - David as possible knew nothing about warriors' gar-ments, particularly the equipment

ed down and handicapped. So put them off with the respectful excuse to Saul that he had not proved, or tried, such a coat and helmet and sword.

40. Took his staff in his hand-Not to fight with, but because he always carried it with him. Even if he did not lay it aside when he was ready to use his sling, it would be no impediment, but rather a help to him. The weight in one hand would balance the weight in

Five smooth stones out of the The

41. And the man that bare th

there is an art in vawning, he says. just as there is an art in breathing. Every yawn should be as deep

as possible, so as to bring all th muscles of the throat and ches chest into action and also to fill the lungs

## Murphy Flushed.

He was an ardent lover, and a practically penniless lover. It was St. Patrick's Day. In his hand he bore a pot of real Irish shamrock. It was The were raised in the ould sod, said, as he presented the pot to Biddy, "raised in the ould sod Ireland." "Shure, now, Murphy, ried his lady in delight, "how ly sweet of ye it is. How perfect they are and how fresh. Shure, I believe that there's a little dew em yet." Murphy flushed slightly Begorra, I know there is," he reuctantly confessed, "but praise neavens it'll be paid to-morrow."

Worry is a bad bed-fellow. Kick him out.

greatest ambition ? Willie-To wash mother's ears.

Willie was called in from his play to see his twin sisters. Willie had never heard of twins. He turned to the nurse. "Who is the other one for ?' he asked.

"Well," declared the man who had been looking over the law, "there seems to be a penalty for daughter. "there's a penalty provided that too." "What is it ?" "I labor for life."

Teacher-Willie, what is your