

of the home people. You are not like that queer boy, I hope, for—

"He doesn't like study, it weakens his eyes." But the 'right sort' of book will insure a surprise: Let it be about Indians, pirates, or bears, And he's lost for the day to all mundane affairs; By sunlight or gaslight, his vision is clear,

Now, isn't that queer?

"At thought of an errand, he's 'tired as a hound,' Very weary of life, and of tramping around; But if there's a band, or a circus in sight, He will follow it gladly from morning till night; The showman will capture him, some day, I fear, For he is so queer.

"If there's work in the garden, his head 'aches to split,' And his back is so lame that he 'can't dig a bit;' But mention baseball, and he's cured very soon; And he'd dig for a woodchuck the whole afternoon. Do you think he 'plays possum?' He seems quite sincere. But—ain't he queer?"

Remember the old saying, "The boy is the father of the man." What you are now as a boy you will probably be as a man. Will you look at yourself from other people's point of view, and consider whether you are building up a satisfactory sort of man. Will the finished building be a gentleman inside and out, or will it only have a little gilding varnished over it on very special occasions? If you are rude and disagreeable now, you will probably make a very unpleasant kind of man. You have in your hands now at least one "coming man," and it is worth your while to take pains with his moulding and shaping—for you will have to live with him, you know, through time and through eternity. Every day tells in the making of character, and there is no time to be wasted, so look round and see what you can start at first. Some day, perhaps, I may call on your wife and ask her whether she has drawn a prize or a blank in the matrimonial lottery—but I feel sure you will make an ideal husband.

I should like to invite you all to my next boys' tea-party, but no table ever made would hold you all—and possibly there might not be enough cake to go round.

COUSIN DOROTHY.

### Some Things to Learn.

Just to be tender, just to be true;  
Just to be glad the whole day through;  
Just to be merciful, just to be mild;  
Just to be trustful as a child;  
Just to be gentle and kind and sweet;  
Just to be helpful with willing feet;  
Just to be cheery, when things go wrong;  
Just to drive sadness away with a song.  
Whether the hour is dark or bright,  
Just to be loyal to God and right.  
Just to believe that God knows best;  
Just in his promise ever to rest;  
Just to let love be our daily key—  
This is God's will for you and for me.  
—Selected.

### Humorous.

W.—"They tell me the automobile has been introduced in your town."  
T.—"Introduced? It didn't wait to be introduced. It made itself at home right off. The first day it ran over two children and a man with a wooden leg, and it has threatened three times to break into the drug store at the corner."

A clergyman was much surprised one day at receiving a basket of potatoes from an old woman in his parish, with a message saying as he had remarked in his sermon on the previous Sunday that some "common taters" (commentators) did not agree with him, she had sent him some real good ones.

## HEALTH IN THE HOME.

By a Trained Nurse

### Tea and Coffee.

Tea should be freshly made with boiling water, and not set back upon the stove to boil again, but put somewhere where it will keep hot without boiling; and after steeping for five or six minutes the tea should be poured off the leaves, and they should be thrown away. This brings out the tea taste and the refreshing part of the tea, and avoids tannin, which is brought out by boiling or long steeping, and is very injurious. People have died from tea-poisoning. Of course, this condition comes about slowly. When ill from its effects, the return to health is apt to be slow too, and involves, of course, breaking the habit, which is always hard to do. It is a great deal better not to get it. Tea is wonderfully refreshing when one is tired, and a cup of tea is all right unless it is taken too strong and too often. It is most injurious to have the teapot on the stove all day, the same leaves steeping all the time, and take a cup whenever something to drink is desired. A teaspoonful to each person, and one for the pot, is the old-fashioned recipe for tea, and I do not think there are any new ideas on the subject. If there are several people, the one for the pot can be left out. People who do hard physical work and eat well, can take tea if they use common sense about time and quantity. Those who do not eat, but just take a cup of tea when they feel they must have something, are, of course, bound to injure themselves. Those who find it makes them nervous, should stop taking it.

Coffee should be taken reasonably, also. As an adjunct to food, in proper quantity, it is good; taken as food, it is bad. It does not injure the stomach as tea does, but acts upon the nerves, or, rather, directly upon the brain. It can easily be understood why too much of either tea or coffee, or either of them taken very strong, cannot fail to do harm. It is very much the same with everything else. Who would expect to keep well, eating half a dozen potatoes or a large plate of sour pickles several times every day? And yet both these have their legitimate place on the diet list. Nothing will take the place of fresh water as a drink, and every grown individual should drink two quarts of it every twenty-four hours. Tea and coffee should not be taken to quench thirst. Their function is to provide an agreeable warm drink at the end of a meal. Many people really care more for the warm drink than tea or coffee, only, if they do not like milk, they do not know what to take. Postum Cereal is advertised a great deal, and makes a very pleasant drink if boiled long enough—the directions, I think, call for half an hour. This looks like coffee, and tastes very much like it—many people cannot detect the difference—is considered wholesome, and a great deal of it may be taken.

ALL CEREALS, POTATOES, RICE, and other starchy foods, are absolutely useless as nourishment unless very thoroughly cooked. Potatoes should be cooked until soft all through, and are most wholesome baked. Forty-five minutes is not too long for cereals; they cannot be over-cooked, and rice should boil for three hours. This being done, their food value is very high. The nourishment contained in rice is over ninety per cent. Peas and beans are also very nourishing. Cabbage, asparagus, spinach, dandelions, etc., are not nourishing, but of value in

other ways, and should not be omitted. Dandelions are extremely good either cooked or raw, especially raw, with salad dressing. They contain a bitter principle which has a tonic effect. They should be carefully washed when eaten raw, and those who like them should cultivate them from seed, and thus know where they come from. When cooked, the boiling destroys any disease germs there might be. Anything legitimate in the way of food is considered safe to eat after boiling until thoroughly cooked—that is, half an hour or longer, according to bulb—unless the thing itself is of a poisonous nature, as a fungus which has been mistaken for a mushroom. Pork is another thing that is not safe to eat unless very well cooked, and it is then only good for people who work hard.

CANNED GOODS OF ANY KIND are liable to turn and become poisonous if exposed to air in the tin. Therefore, as soon as it is opened, the entire contents should be turned into a clean bowl, even if it is not all to be used. Be on the safe side, whether it is fish, vegetables, fruits, or something else that you are using. When there is reason to fear that the water supply is not as pure as it ought to be, boil what you need for drinking, for half an hour, and let it cool. It must be freshly boiled every day. A pitcher of water standing by the bedside of a sick person should always be covered. Good food and pure water have a great deal to do with health. Good food means plain, well-cooked food, not fixed-up dishes. The nourishing part of an egg is the white, and not the yolk, as many people suppose—and the white, raw, is in the perfect state for digestion. So that eggs, if they can be eaten raw, do a great deal more good than if cooked; if not, they should be boiled lightly.

ALICE G. OWEN.

### Domestic Economy.

When washing dishes which have held milk, rinse them out with cold water before placing them in hot water.

The cheap opal gas globes should never be washed. When soiled, wipe over with damp leather and polish with a soft cloth. If washed, they are almost certain to break the next time the gas is lighted.

### CHILDREN'S DIET.

There is no more common blunder which parents make than to suppose that their delicately organized children need a constant supply of rich food, such as meat or raw eggs, and even stimulants, such as wine and brandy, whilst in reality, their digestive organs are merely fit for taking up the mildest forms of nutriment, and whilst their bodies are being absolutely starved for want of something that their stomachs can digest.

### BAD COMPLEXIONS.

One great cause of the bad and pasty complexions among girls of the present day is their habit of living and sleeping in ill-ventilated rooms. A room kept too hot or too cold is very bad for the health. A room should be just warm enough to be comfortable, and no warmer; and it is better for it to be a little too cold than too hot. A sitting-room should always be well aired each day, and the bedroom as well. Always keep the window of the bedroom a little raised at night, as this keeps the air fresh, and prevents the complexion from getting too dry from the warmth of the bed. This is the very worst thing that can possibly happen to it, as no amount of care can ever bring back a good complexion when once lost.

## POULTRY AND EGGS

Condensed advertisements will be inserted under this heading at two cents per word each insertion. Each initial counts for one word, and figures for two words. Names and addresses are counted. Cash must always accompany the order for any advertisement under this heading. Parties having good pure-bred poultry and eggs for sale will find plenty of customers by using our advertising columns. No advertisement inserted for less than 30 cents.

**B**ARRED Rock eggs for hatching, Royal Blue and Ringlet strains, the kind that wins. \$1 per setting of 15. Guarantee 10 chicks, or replaced at half price. Large English Berkshire pigs for sale, bred from imported stock; eight dollars each; registered. Satisfaction guaranteed. J. B. Cowieson, Queensville, Ont.

**F**IFTEEN S. C. W. Leghorn eggs, one dollar. Choice stock for sale. A. Graham, Lancaster, Ont.

**B**ARRED Rocks exclusively, fancy and utility bred. Finest matings, headed by 3rd cockerel, industrial, 1903, and cockerel direct from New York winners. Eggs for hatching, \$1.50 per 15. M. C. Herner, Mannheim, Ont.

**B**UFF Orpington eggs from imported Ontario and industrial winners, \$2 per 15. Write for free catalogue describing them. J. W. Clark, Calnesville, Ont.

**P**OUULTY, cat, dog and bird supplies. Large catalogue free. Morgan's Incubator Works, London, Ont.

**C**ANADIAN Poultry Review, Toronto, Canada's leading poultry journal. Fifty cents a year; three years, one dollar. Sample free.

**W**HITE Wyandottes and Buff Orpingtons. Eggs \$1.50 per 15, cash with order. O. W. HAYDEN, "Pinegrove," Prescott, Ont.

**B**ARRED ROCKS. Eggs for hatching from a pen headed by a cock bred by E. B. Thompson, N. Y.; \$1.00 per setting; also from a pen of Thompson's pullets, \$1.50 per 15. Write O. & J. CARRUTHERS, Cobourg, Ont.

**A. E. SHERRINGTON** WALKERTON, ONT.

Importer and breeder of **BARRED P. ROCKS** exclusively. Eggs, \$1.00 and \$1.50 per setting of 13.

**E**GG\$ We offer eggs for hatching from Barred Plymouth Rock hens, good in size, shape, color and laying qualities, mated with good cockerels, at \$1 per 15, \$2 per 45, \$4 per 100. Circulars free. H. GEE & SONS, Selkirk, Ont.

**E**GG\$ \$2 **B**UFF ORPINGTONS Also Barred and White Rocks, Golden and White Wyandottes, S. C. Br. and White Leghorns, E. C. Rhode I. Reds. \$1.50 per 15, \$4 per 50, any breeds. Sale trio S. C. Rhode I. Reds, \$2.50; females W. Rocks, Br. Leghorns, \$1 each. Trial Golden Wyandottes, \$5. **R. ROOKE & GEORGE**, 53 Clarence Street, London, Ont.



You should own an incubator—the best incubator—the

**CHATHAM INCUBATOR**

There is big money in raising poultry with a Chatham Incubator. We are receiving letters every day telling of the successes it is bringing to farmers and poultry raisers all over Canada. We sell the Chatham Incubator on the best terms ever offered. We ship it to you and prepay the freight; we give you three years to pay for it. Write us for full particulars and catalogue. **THE M. CAMPBELL FANNING MILL CO.** Dept. 301 Chatham, Canada 7

## MAKE POULTRY PAY.

Our practical course in poultry-raising will show you how to make a poultry yard of 300 fowls yield a clear profit of from \$600 to \$900 a year.

This is what you can make if you know your business.

We teach this BY MAIL at a small cost.

Write for information about our poultry course.

**Canadian Correspondence College, Limited** TORONTO, CANADA.

WALTER JAMES BROWN, B. S. A., PRINCIPAL.

## WEDDING INVITATIONS.

All the latest, up-to-date Stationery for Wedding Invitations and Announcements at close prices.

**The London Ptg. and Litho. Co.** LONDON, ONTARIO. Limited

In answering any advertisement on this page, kindly mention the **FARMER'S ADVOCATE**.