

# Health Talks

By John B. Huber, AMMD

Dr. Huber 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. Huber will not prescribe for individual cases or make diagnosis. Address Dr. John B. Huber, M.D., care of Wilson Publishing Co., 73 Adelaide St. West, Toronto.

Hostess:—Grocery store is a good game for young people's or children's parties. It calls for numerous play-ers and affords a great deal of fun. A leader is chosen, who lines up two equal teams on opposite sides of the room and gives them distinguishing names, such as the reds and the blues, or the merchants and the farmers. If one team is composed entirely of boys, and the other entirely of girls, they are likely to be interesting develop-ments. An extra player is appointed to keep the score on a large sheet of paper fastened on the wall in full sight of both teams.

A letter of the alphabet is selected, and the teams take turns in naming different articles beginning with that letter that may be found in a grocery store. Every time an article is named the score keeper puts to the credit of the team that named it as many marks as there are letters in the word. Each side tries, of course, to choose as long a word as possible; but often, since the time is limited, a short one has to be hastily taken. Cake, for example, earns only four points, whereas chocolate gives nine.

If a team fails to produce a word in the specified time, one point is deduct-ed from its score. If it misses an answer entirely, ten points are lost, and the opposing team has the privi-lege of starting afresh with any letter desired. The contest becomes very ex-citing as the figures on the board mount toward the hundred mark set as the winning score.

A variation of the game is to use the suggested letter for the first word only, after which each side must offer in its turn some word beginning with the final letter of the word last named. That way is harder, and offers less chance for thinking up long words. A quick-witted team, however, will man-age to pile up its own score, and at the same time choose words ending with a letter that will make their opponents' turn a stiff one. Thus, the player who caps "rhubarb" with "ho-cax" wins five points for his team and gives the enemy a letter that is hard to manage.

Signs of the seasons, a very simi-lar game to grocery store, not only is full of fun but wakens a keen inter-est in the outdoor world. It is played in the same way as the other, except that instead of naming groceries the teams name signs of the coming sea-son that they observed within the week. The loser names certain birds and plants and keen zest to the strug-gle, especially when the final letters are used.

When a team can produce only "crow" after cudgeling its brain for a sign of spring, and the opposing team catches the final "w" and comes back promptly with "whippoorwill," the fight is on in earnest. The first time the game is played no one will be pre-pared, and the nature lovers in the crowd will have things their own way. But they soon lose their advantage.

M. B.:—The troubles of sixteen! Do not worry about not being popular because there is lots of time yet for the right kind of boy to "discover" you, if you will only keep sweet-tempered and sympathetic. And do

not forget that everyone must make an effort to attract friends. At your age it seems as if you should find almost enough enjoyment with girls of your age. As for the stoutness you worry about, that may be your own fault. Do you eat lots of candy and cake? Do you sit around and take long sleeps or do you exercise and stay out in the open air as much as you should? It's hard when you have a healthy appetite not to "stuff" but do you know that your appetite grows as you indulge it? And that by not indulging it, you can keep it down? Try not eating so much for a while and write me again.

Ambitious:—How can you earn money at home? If you are fond of children perhaps you could follow the example of a quick-witted girl in a certain small city who not only found employment in her home town, but opened a way for other girls to find it. There are seven dry goods stores in the city, but only one of them even tries to keep up with the times. The proprietors of that one are two pro-gressive young fellows, ready to take up new things that seem likely to draw trade and to please their cus-tomers.

One day the girl was in that store waiting for the change from some purchases that she had made, when she noticed a tired-looking woman who was looking at her shopping list. Hanging to her skirts were two quer-ulous children who demanded so much of their mother's attention that fi-nally in despair she folded the list and putting it away, said to the clerk:

"It's no use; the babies are so fret-ful my mind is in a whirl. I shall have to come another time when I can leave them."

The girl immediately went to the office and, finding one of the prop-rietors, told him what she had just seen. She convinced him that the store was losing dozens of customers every week from exactly the same cause.

"What you need," she told him, "is some competent, trustworthy person to take care of the children and am-use them while their mothers are shopping." She went on to tell him of the play rooms and day nurseries that some of the great department stores in the cities provide for the children, and said that she should like to take charge of such a room, and that she should need no expensive equipment—some old magazines, a few pairs of shears, some paste, a blackboard, some chalk and some colored crayons would be all she would want.

The man with whom she was talk-ing hired her on the spot and agreed to pay her two dollars a day; he did not even wait to consult his partner.

How she has succeeded appears from the increase in trade at the store. She is fond of children, and they like her; so they beg their mothers to go to that store and leave them in the children's room, where they can have a part in the games and the story-telling. The mothers are glad to be released for a little while from the strain of tired, fretful children, and the far-sighted proprietors of the store are pleased with the fruits of their enterprise.

## Poultry

September is the month in which to thoroughly clean, disinfect and white-wash the interior of the hen house. If a floor of wood or cement is used, all material above it should be cleaned out and the floor itself thoroughly dis-infected with liquid disinfectant. If an earth floor is used, the top of the earth, including all the broken straw, sand and filth, should be removed down to where the earth is compara-tively clean. No matter what kind of a floor is used, clean sand should be put in after the cleaning process is completed and it should be put in now so that it will be thoroughly dry before the nights get cold.

The inside walls of the poultry house should be brushed down with a broom, sprayed with a liquid disin-fectant and then white-washed to make them clean, bright and to make the house lighter and more cheerful. The whitewash can be put on with a brush or sprayed on with a force pump. If a pump is used, the white-wash should be strained through a piece of burlap to remove any hard pieces which would clog the pump.

Windows should be thoroughly cleaned and any broken panes should be replaced. A window that is dirty will not let in all the sunlight and as sunlight is the cheapest and best warmth-giver and purifier that we

have, we should make as much use of it as possible. Those who are accustomed to feed-ing considerable wheat will find that they can substitute oats and barley for the wheat during war time if they furnish a little more milk, whole or skimmed, sweet or clabbered, or beef scraps, so as to be sure that the poultry has plenty of protein or flesh-forming food.

Always keep poultry, turkeys, ducks and geese each in a separate house or shed, for they will not do well if kept together.

## Hoos

Self-feeders with a balanced ration aid in cheapening the corn crop fed into hogs, but they will not do it all. We can cheapen every bushel of corn fed into our hogs by about 20 cents, and this score of pennies goes onto the credit balance at market time, where we want the greatest profit. Topping our cornfields, instead of cutting up the whole stalks into shocks, gives us the advantage of snapping in the husk load after corn for winter feeding. Swine like to tear into these husks and find the rich grains. Just try it on a bunch of hogs that are tired of your bare-husked, expensive ear of corn upon which you have expended six or eight cents a bushel for shocking and husking.

After our hogs have got used to new corn, sparingly fed for a few days, we turn them into a plot hurdled off, and they gladly do their own husking, and we have saved another job of high-cost labor for human hands.

Remove spots from hames of ivory knives by rubbing with a chamois skin dipped in water, and then in powder-ed pumice.

## Have You Figured on sowing Fall Wheat?

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### King Mida's Flowers.

Do you remember old King Mida's, who was given the golden touch? And do you remember how he hurried into the garden and touched all the flowers, turning them to pure gold? And how happy he was till he tried to swallow a potato and it turned into a lump of gold in his throat? And until he kissed his little daughter and turned her into a golden image? Stars! Wasn't the golden touch hateful to him then? He cried and moaned till the fairy stranger told him how he might rid himself of it. I guess you remember how he plunged in the stream at the bottom of the garden as the fairy had told him to. How he filled his vase with his pure water and sprinkled it over his little daughter Marigold, so that she turned to warm flesh and blood again. Then you remember he ran into the garden and sprinkled the rest upon the flowers so that they turned from gold to their natural colors again.

But I don't believe anybody ever told you that he didn't have enough water for all of them, and in the corner of the garden he had to leave a whole cluster of them gold. And from that day to this that particular flower has always been golden. You can see it now, gleaming in the lanes and fields, and when you do see the golden rod, just remember that it is King Mida's flower, and that it has been gold-

ever since he touched it, years and thousands of years ago.

### Directory of Sheep and Goat Breeders.

The sheep and goat industry in Canada continues to grow, not only on account of the money to be made from mutton and wool, but the fact that goats are considered to be im-mune from tuberculosis has been the great factor in the encouragement of milk goat raising in a number of the provinces of Canada. Pamphlet No. 17, a Directory of Breeders of Pure Bred Sheep and Goats in the Dominion of Canada, issued by the Sheep and Goat Division of the Live Stock Branch and procurable, free upon ap-plication, from the Publications Branch, Ottawa, gives the names and addresses of breeders of recognized breeds of sheep and goats in all parts of Canada. Ontario leads in the num-ber of breeders of pure bred sheep, while goat breeders are most nume-rous in British Columbia, where the milk goat industry is assuming fairly large proportions.

Use young carrots, grated raw, oc-casionally in a simple salad. Nothing is more wholesome.

When cleaning a vinegar cruet put a teaspoonful of lye on it and fill with water. Let stand several days and rinse.

## A Community Picnic

Sunday-school picnics have long been popular, but a community picnic may include not only one Sunday school but all the Sunday schools, as well as the rest of the folks in town. In fact, it's one of the best little get-together plans that you can think of for a village or town.

In the first place, of course, a com-mittee must be appointed to do the planning. The people most interested will take the initiative and do the engineering. It is possible to ask the different local organizations to co-operate.

A house-to-house canvass to find out who is interested to go and to con-tribute toward the slight expenses is desirable. The inquirer should also find out who are to be depended on to furnish their own cars for transporta-tion, and whether they can and will carry additional passengers.

After these preliminaries, and after settling upon a suitable and available place for the picnic, a few striking posters will arouse enthusiasm. They should be lettered in red on a white background, and might be worded somewhat as follows:

### Community Picnic

For Everybody at Leonard's Woods Come to the green (or town hall) at ten o'clock if you want to ride.

### Bring Basket Lunches!

Wear a costume for the parade and prepare for fun!

### Come One and All

You're not too old, and not too young!

The committee on transportation, after finding out pretty closely the number to expect, may arrange for jitneys or hayracks to accommodate the crowd. And every one of the ve-hicles should be decorated with some gala style. A hayrack with posts at the corners may have wire strung be-tween hung with red paper bells or Japanese lanterns. Bunting, flags, and paper streamers are always effec-tive. Naturally, there will be plenty of patriotic decorations.

There should be plenty of monitors with some badge of office to direct the seating and prevent confusion. Then, as the wagons and automobiles are ready, they may move off in a real parade toward the picnic grounds.

Upon arriving there the dinner com-mittee comes into prominence. Long planks on sawhorses serve as tables for the basket lunches, and if the funds hold out tubs of lemonade may supplement the basket supplies and prove popular with the youngsters.

The amusement committee will have the great task of all, because some-thing should be planned for the small children, the larger ones, and grown-ups. For instance, someone who gets on well with little tots may keep them happily together playing ring games. The older children and the grown-ups will be entertained by a parade. Probably some will have brought or-worn picturesque accessories. The

others may be supplied in groups with paper caps, whistles, horns, and bells. If there is a Boy Scout band, that will be a great addition to the parade, and may lead off. A hurdy-gurdy would be a tuneful feature.

There should be a number of parade surprises, as for instance a couple of giant Teddy bears, which are really, of course, some fun-loving boys inside of cotton flannel costumes and masks. In fact, there might be quite a comic animal parade if a group of ingenious young people would be willing to con-tribute costumes. The type of parade could be announced on the posters.

The children of your community will enjoy dressing up in the cast-off finery of grown-ups and passing as strange specimens of society.

After the parade a loud gong an-nounces dinner. Following that could be a brief program. Everybody would sing "The Maple Leaf," the Boy Scouts, the Girl Scouts, or any local club might give a play or pantomime; a local celebrity might make a short speech, preferably humorous. As a windup of the program proper there could be a little community sing, for which a good song leader is necessary.

Races and competitions in which any number of contestants may join are always popular. Besides all the old ones like the sack race, the potato race, and the obstacle race, a few original ones are in order, such as a balloon race, a chicken race, a pall race, a powder race, a perpetual mo-tion race, and a somersault race. The prizes may be funny favor men or ani-mals adorned with splashing bows of ribbon or crepe paper.

The sounding of the gong indicates the time for the calvacade to start for home. Four or half-past four is a good hour to select.

Such an affair is lots of fun if everybody goes and enters into the sport. It's not a great deal of work if the responsibility is well divided and the proper interest is taken. Try a Community Picnic in your town!

THE CHEERFUL CHERUB

As I go down the road of life, And pluck the flowers, my spirit needs I must remember other folks And here and there must plant new seeds.



## Soils and Crops

By Agronomist

This Department is for the use of our farm readers who want the advice of an expert on any question regarding soil, seed, crops, etc. If your question is of sufficient general interest, it will be answered through this column. If stamped and addressed envelope is enclosed with your letter, a complete answer will be mailed to you. Address Agronomist, care of Wilson Publishing Co., Ltd., 73 Adelaide St. W. Toronto.

M. K.:—I have a field of oats which I seeded but the seed did not come up. Now I would like to know what to do. Could I disc this field and seed with-out a nurse crop so as to cut it for hay next year?

Answer:—I doubt the possibility of your disking the oat field and seeding it with a grass and clover mixture so as to get a cutting of hay next sum-mer. I would advise you to disk it up thoroughly and sow winter wheat or rye at the rate of one bushel per acre as soon as possible, also sow 6 lbs. per acre of timothy seed this fall. Just before the snow goes away in the spring make a second sowing of clover seed, this of 2 lbs. Common Red and 2 lbs. of Alsike to the acre. After the seed is sown and the ground has dried sufficiently harrow the ground with a light harrow, turning the teeth of the harrow back. If the machine is adjusted this will work in the clover seed and give it a good setting. So as to make sure of a good strong catch of both grain and grass mixture, I would advise you to dis-tribute 250 lbs. of fertilizer, analyzing two to three per cent. ammonia, eight to ten per cent. available phos-phoric acid and two to three per cent. potash. This is best done, of course, through a grain drill which drops fer-tilizer. If you do not have this, dis-tribute fertilizer broadcast and harrow it into the ground just before you sow the mixture this fall.

A. D.:—I am interested in seeding alfalfa in the fall. Will you tell me the best time to sow and how much to the acre?

Answer:—If you hope to get a seeding of alfalfa this fall no time should be lost. Work the ground (preferably summer fallow) into a fine seed bed. Apply five or six loads of well rotted manure to the acre if you have it, and about 300 to 400 lbs. of fertilizer, analyzing 3 to 4 per cent. ammonia, 8 to 10 per cent. phos-phoric acid and about 3 per cent. potash. When this has been well har-rowed into the soil, sow your alfalfa seed at the rate of 15 to 18 lbs. to the acre. Many people prefer using a nurse crop such as rye or winter wheat, sowing same at the rate of about a bushel per acre, claiming that it protects the young alfalfa crop.

V. S.:—I have a twelve-acre lot that I would like to get seeded to alfalfa or sweet clover. Would like to sow it to rye this fall, sowing about one-half bushel per acre, and then drill in seed in the spring. The field has excellent drainage and soil is a sandy loam. Would it be necessary to treat the sweet clover to insure a stand?

Answer:—Most of your question is answered above. I would not advise you to drill seed into a crop of rye in the spring unless you have drilled the rye this fall, and you were not particularly anxious about the well-being of the rye crop. In other words, I am afraid that the drilling will tend to cut the roots of the rye. Be sure to drill with the rows and not across. I would advise you to write the Bac-teriological Department at O.A.C. for the culture with which to inoculate the seed clover. Since your soil is sandy loam, I am a little afraid that it may lack the proper bacterial fam-ily which grows on the roots of sweet clover. This treatment, along with the fertilizer advised above, should give you a good stand.

A. T.:—Please give me information on feeding value of rye and winter vetch, cut green and cured as hay. How much should I sow per acre, at what stage should it be cut, and is the hay good for farm horses? How much should I feed? Please give me the feeding ratio for farm horses and the amount to feed of hay and oats to light horses at work.

Answer:—Henry Wisconsin quotes a report from Atlanta, Georgia, to the effect that vetch and oat hay are popular with livestock. Dugger of Alabama substituted 6 lbs. of hairy vetch for 7 lbs. of wheat bran in feed-ing dairy cattle and got equally good results. In sowing a mixture of vetch and oats use about 2 bushels of rye to the acre and 1/2 bushel of vetch. This should be ready for the feeding during the last week of April or the first half of May. Feed sufficient to supply the roughage in the average ration. Henry quotes a ration of a Washington 1200-lb. horse as: oats, 10 lbs.; corn, 5 lbs.; hay, 23 lbs. In Chicago a ration for a 1500-lb. horse working hard is: oats, 7 1/2 lbs.; hay, 25 lbs.

Gale had given her comfort. She had felt before that there was a dis-couraging multitude of things that she ought to know and to do all at once. But if Mary Rawlins, who helped the most, was content to do a few things well—

"I believe I can, after a while," said the minister's wife happily to herself.

### MARRIAGE WITH GLOVE.

Peculiar Form of Marriage in Hol-land.

A form of marriage by proxy is recog-nized in Holland and is known as "mar-riage with the glove." If a girl is voyaging to the Dutch Indies to join her fiancé there as his wife, she can go through a wedding ceremony at home with a substitute for the bride-groom. But for the joining of hands gloves are not removed—hence mar-riage with the glove. The bride then sails for Batavia un-der protection of a wily statesman, and the waiting lover is saved any tremors about those assaults to which even betrothed affections are liable to succumb during idle weeks on ship-board.

### Sweet Tomato Pickle.

Slice one gallon green tomatoes, salt with one cupful salt and let stand over night. Drain, add one quart vine-gar, one pound brown sugar, one tablespoonful mustard, allspice, cloves, cinnamon and one teaspoonful cay-enne. Boil until tender and well flav-ored. Bottle and seal.

### The Proofs.

The Teacher: "Jimmie, give me three proofs that the world is round." Jimmie: "Well, you say so, pa says so and ma says so."

Do not make large quantities of jelly at once. Smaller quantities bring better result.

Russian salad dressing is made half of French dressing and half of mayonnaise, with chili sauce, chop-ped red peppers, cucumbers and pars-ley added.

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## CHUMS

"You seem to have been quite for-tunate with that boy of yours," said Mr. Pullen, who was lunching with a friend at his club. "I wish you could give me some points. I have a chap five or six years younger, and he's al-ready a problem. I am afraid that the job of being a wise father is al-most beyond me."

"Why don't you try being a chum, then?" asked Mr. Harmon. "When Dick was about fifteen he got into a foolish schoolboy scrape that resulted in a bill for damages of ten dollars or so. I knew nothing about it till a week afterwards, when he came to me, considerably embarrassed, and made a clean breast of it."

"Why didn't you tell me before?" I asked.

"Well," said Dick, "I was in hopes I could borrow the money from some of my friends and pay a little at a time without your knowing. But they were all as hard up as I was."

"Didn't you consider me as one of your friends?" said I. While he hesi-tated an idea came to me. "Well, any-way," I said, "I'd like to be one, from now on. I am still something of a boy, and I'd really like to have a chum about your age. What do you say?"

"Why can't we get together often and talk over our affairs, including our troubles and scrapes, if there are any,—share our secrets, in fact,—just like any other two boys friends?"

"At that Dick rather opened his eyes. 'Do you mean, dad,' said he, 'that you will tell me all about what you've been up to, same as I'm to tell you what I have?'"

"Well, perhaps that wasn't just the way that I had thought of it. I guess that when I had spoken of our affairs and our secrets I had really meant his. However, I wouldn't draw off. 'Yes,' I said, 'I'll be as frank with you as you are with me. It must be in strict confidence, of course.'"

"We shook hands on it; and I soon came to enjoy our little intimate chats, ranging from baseball to business, and from school matters to politics, although at first it did seem to me that I was opening up a little more freely than he was."

"My business at that time made necessary a good deal of traveling. One night at a hotel, I ran across an acquaintance, a prosperous manufac-turer, who asked me to join him and two of his friends in a little game to pass away the time. I never cared for that kind of thing, and I was ab-solutely without skill; but Jones in-sisted, and I went along. Pretty soon it was suggested that some small stakes would make it more interest-ing; and, not to go into particulars, when we got through I was interested to the extent of about a hundred dol-lars. I went to my room fairly aash-ed of myself. Then I thought of Dick, but I shook my head."

"I had to come to it, though. What kind of confidential terms would be on if I was keeping back from him the only thing that I was really ashamed of? I guess that no boy ever dreamed a session with his father any more than I did my next con-fidential talk with Dick; but I got through with it after a fashion, and he was disposed to let me off easy."

"Never mind, dad," he said. "For-get it. You don't have to do it again. That new camera that I spoke to you about—I'll get along without that now; and it will partly help to make up the loss."

"He had misunderstood me in one particular, and I had to explain that it was Jones who had lost, while I had won."

"Oh!" said Dick; and I couldn't help seeing that for the moment I had risen somewhat in his estimation.

"But that makes it worse," I said. "I can't keep the money, and yet I don't know how to get rid of it."

"Give it back to the man," Dick said.

"He wouldn't take it," I said.

"Dick thought a minute, and then he said, 'If you tell the man how you feel, perhaps he will take the money back and give it to the Y.M.C.A. or some other good object.'"

"Good logic or not, I acted on Dick's advice. At first Jones scoffed at the idea; but when I explained the situa-tion and asked him to do it on the boy's account, he finally took the money, and the Y.M.C.A. got a con-tribution from 'a friend.'"

"Now," I said to Dick afterwards, 'I don't ask any promise from you, because you were not the one at fault; but I'll promise you that I'll never help pass away the time that way again.'"

"A few weeks later I met Jones. 'Hello!' he said. 'Want another little game?'"

"No thank you," said I.

"Well, you couldn't have it with me if you did," said he. 'I've quit that for good. Fact is, I've got a young-ster coming up; and it occurred to me that if I could do something on ac-count of your boy it was a pity I couldn't do something on account of my own.'"

"As for Dick and me," Mr. Harmon continued, "we have kept on being pretty chummy from that day to this. I don't say that that would be the ideal relationship in all cases; but as far as I can see, it has worked out pretty well so far for both of us."

Seven thousand British ex-officers are seeking employment on their re-turn to civil life.

A pin stuck through the cork of a bottle containing poison will prevent a tragic mistake.