

EFFICIENT FARMING

SALTING PAYS WITH EWES.

Our experience affirms that it pays to provide an abundance of salt to the ewe flock. Those ewes that are to bleed in the springtime are quite seriously handicapped in fulfilling their normal reproductive functions when salt is absent from their ration. Ewes, like cows, need salt badly, and if it is not forthcoming from the livestock man's hands they have no choice but to make a poor showing. The privation from salt is most noticeable during the suckling period, the ewes failing to milk properly, and as a consequence the lambs following are deprived of the requisite milk necessary for their greatest development.

It is so easy to provide salt for the breeding flock that one often wonders why the salting is neglected at times. If this neglect is prolonged the consequences are sure to be cumulative. In other words, the greater the period of no salting, the greater are the adverse nutritional effects.

Not long since we ran an experiment on four groups of breeding ewes in order to determine the effects of super-abundant salting as contrasted with average and no salting. Our experience showed clearly that if salt is kept from the ewes during the winter period they manifest a pronounced craving for the staple mineral article after a few months. During the suckling period those ewes that did not receive salt showed a very marked inclination to do many unexpected things which might lead them to get some of this precious article. These ewes would actually chase the feeder around the feedlots, licking his shoes, pulling at his coat tails, biting his hands and doing other unbecoming and unexpected stunts. I well remember one ewe in particular that was so

crazy for salt that she attempted to eat the salty leather of the camera case that I was carrying.

The groups receiving respectively one-quarter, one-half and one ounce a head daily of common salt did not show any of these cravings and peculiar manifestations such as were exhibited by the unsalted ewes. The best showing was made by the ewes receiving a quarter to a half ounce daily, one ounce seeming to be too much. The ewes receiving salt gained more rapidly and showed a little better nutritional tone than did those ewes not receiving salt. The birth weight of the lambs from the salted groups was somewhat higher on the average than where no salt was given. Water drinking was found to be stimulated by salt feeding.

After the ewes had suckled their lambs for approximately sixty days, salt was allowed to the ones not previously receiving any, and they surely appreciated the opportunity to fill up. The previous cravings and unusual antics now quickly vanished, the ewes becoming satisfied and contented. They quit following one like dogs and behaved once more as normal ewes should.

We believe that one of the best ways to allow salt to breeding flocks as well as to feeding lambs and other sheep is self-feed it free-choice style, keeping it before the sheep at all times. Under such conditions of salt feeding the sheep will take about what they need, and one can be fairly certain that all the individuals will cease to suffer from salt starvation because they can follow their natural inclination to take salt from the box.

To salt the flock liberally is to promote health and well-being, to increase profits and to make for a more productive and satisfactory all-around sheep husbandry.

THE PNEUMONIA SEASON

Pneumonia or inflammation of the lungs causes nearly one-tenth of all the deaths in Canada. It ranks second on the list of causes of death.

Pneumonia, like tuberculosis, is a house disease. During the open air season of the summer months pneumonia is at its lowest ebb. When the winter comes—the shut-in season—pneumonia cases and deaths begin increasing steadily month by month until the open air season comes again. Bad indoor air goes hand in hand with colds, bronchitis and pneumonia. A person who lives and works in stuffy, over-heated rooms, neglects outdoor exercise and goes short of sleep, such a person is, to use a slang phrase, "asking for it." Over-heated air is more dangerous than cold air because it dries up the delicate lining membranes of the nose and throat and makes infection much more probable. Arctic explorers don't catch cold.

HOW TO AVOID COLDS AND PNEUMONIA. A person who has a cold should avoid passing it on to others. The mouth and nose should be covered with a handkerchief during a cough or sneeze. As babies and young children are very liable to colds and pneumonia, a person with a cold should keep away from them.

Good general health will do much to prevent these diseases. Take exercise out-of-doors, have fresh air indoors without chilling and eat simple nourishing food. Plenty of sleep and regulation of the bowels is also important.

Do not consider yourself so hardy that you can afford to sit in cold draughts or dispense with an overcoat on long cold rides. If such exposure has been unavoidable, do your best to get warm before retiring. A warm drink of tea, milk or lemonade, a bath and rub down, and warm dry clothing may make the difference between health and an attack of pneumonia. Try to keep yourself fit by the sensible use of food, air, sunlight, work, recreation and sleep. If you are attacked by fever, go to bed early. There is no doubt that the thousands of lives were unnecessarily lost during the influenza epidemic because the sick courageously but foolishly tried to "stick it out" another day before taking to bed.

Keep the following in mind:

1. Be regular in your habits of living. Eat nourishing, easily digestible food. Keep the bowels well regulated. Get eight hours sleep every night. Keep the bedroom windows open.
2. Avoid undue and prolonged exposure to wet and cold.
3. Get regular exercise in the open air each day.
4. Dress so that you are comfort-

able whether indoors or out. Avoid extremes in the matter of clothing. Too much clothing may prove quite as harmful as too little.

5. Keep the living rooms at a temperature of from 65 to 68 degrees. Keep the home well ventilated.

6. Keep the feet dry and warm.

7. Avoid coughers and sneezers.

8. Remember that pneumonia is highly contagious and that there are carriers of this disease just as there are of other diseases.

9. Do not neglect the so-called "Common Cold," for in so doing, you may be neglecting the forerunner of an attack of pneumonia.

By observing these precautions you are strengthening your fortifications against an attack by that deadly enemy, pneumonia, which each winter takes such a heavy toll of life.

Result of Cow-Testing.

A member of a cow-testing association in Quebec reports to the Dominion Dairy Commissioner that in the three years he has been testing, production in his herd of six cows has been increased from an average of 7,142 pounds of milk and 272.8 pounds of fat to 10,563 pounds of milk and 396.6 pounds of fat. In 1920 his best cow produced 9,181 pounds of milk and 359.3 pounds of fat. In 1922 the best cow produced 13,471 pounds of milk and 528.2 pounds of fat. Compare this with the average of all the cows in Quebec milking eight months or longer in 1922, namely 5,010 pounds of milk and 195.5 pounds of fat. The improvement in the herd referred to was brought about by discarding unprofitable cows, as indicated by the test, and replacing them by better ones. As the Dairy Commissioner says, such results are possible to all dairymen who will use cow-testing as a means of accurate information and weed, feed and breed accordingly.

Millets Sown at Different Dates.

The question is frequently asked regarding the best dates for sowing millet for hay production. For several years in succession an experiment has been conducted at the Ontario Agricultural College by sowing millets on each of six different dates, starting on May 15th and finishing on August 1st, allowing about two weeks between each two dates of seeding. The average results have shown the highest returns from sowing on June 1st. Naturally, varieties like the Japanese Barnyard and the Japanese Panic require to be sown earlier than the Hungarian Grass which requires a shorter season for development.

The wise breeder never sells a poor animal for breeding purposes.

Farm Equipment Needs.

While proper housing of farm tools and machinery is the greatest farm equipment need at this season of the year, the prudent farmer will find it to his advantage to go over all of his farm equipment during the winter season and place it in the best possible repair for next season's use.

We are prone to postpone this always needed work until the equipment is actually needed, but this is a most uneconomic method. If an inventory of needed repair parts is made and these are ordered at once, costly delays may be avoided next summer.

The work of repairing or replacing worn or broken parts always takes more time than we anticipate, and this time can be taken far more economically during the winter season than when the active farm campaign is on. And we can and will do more of this work ourselves if it is done at this season of the year.

A well equipped shop which can be made comfortable during severe weather is a great convenience and a good investment on any farm. But lacking this a work bench equipped with a good vice located in any outbuilding, and a simple equipment of tools will answer a very good purpose, and will provide the means for profitable employment on many a mild winter day.

At present costs of mechanical labor repair bills run into money rapidly, and any portion of this which can be saved by the productive use of the available farm labor is a most profitable line of employment during the winter season.

Time was when every farmer was something of a mechanic. The pioneer farmer had to be. And the present-day farmer will find it profitable to develop his skill and initiative along this line to a point which will minimize his bills for maintenance of farm equipment and at the same time avoid costly delays when the equipment is needed for immediate use.

Ontario Variegated and Grimm Alfalfas.

Only recently Dr. Zavitz, of the Ontario Agricultural College, received a letter from a leading American seed house from which the following is quoted: "We are in controversy concerning the comparative hardiness and productivity of Grimm and Ontario Variegated alfalfa. May I ask you whether or not the Ontario Variegated is a Grimm alfalfa?"

The following were the answers given to these questions: The Ontario Variegated is not a Grimm alfalfa. The seed of the former was obtained from Lorraine in 1871 and has been grown in Welland County for the last half century. The Grimm variety was brought from Baden, Germany, by Kulsheim Grimm and was sown in Carver County, Minnesota, in 1858, where this type of alfalfa has been grown since that time. Both varieties have variegated flowers and are similar in some characteristics.

In an experiment at the O.A.C. which extended for a period of nine years, previous to 1916, the Ontario Variegated still had 68 and the Grimm 57 per cent. of living plants. Three years later, however, after coming through one of the most severe winters for the last thirty years, the per cent. of living plants of the Ontario Variegated was reduced to 16 and of the Grimm to 25. Under similar conditions, the common plants were practically all dead four years previous. The Variegated alfalfas, including both the Grimm and the Ontario Variegated, have proven much harder than the common alfalfa in the various experiments conducted at the College within the last fifteen years.

In an experiment which was conducted in 1923 for the eleventh year, the average yield of hay per acre per annum was 4.1 tons from the Grimm and 3.5 tons from the Ontario Variegated. In a ten-year experiment with numerous lots of alfalfa, there was an average annual yield of hay per acre of 3.1 tons from the Variegated and of 1.1 tons from the common or violet-flowered alfalfa.

SHEEP

Some farmers produce wool at a cost as low as ten cents a pound, while their neighbors are spending as much as eighty cents to produce the same quantity. According to specialists, this wide variation is not due to luck.

A survey of many farms show that a large flock of sheep can be cared for with practically the same labor expense required to look after a small flock.

Another consideration is the feeding of legume hay. The farmers showing lowest cost included in the sheep ration twenty-one per cent. of alfalfa and seventy-nine per cent. of clover and mixed hay. Growers showing high cost fed only five per cent. of alfalfa, fifty-five per cent. of clover and mixed hay, and forty per cent. of timothy. Also, the men producing wool cheapest raised twice as many lambs to increase receipts from the flocks as did the group producing the wool at high cost.

For Home and Country

How the Institutes Assist the Work of Immigration.

BY MISS E. J. GUEST, Convener of Provincial Committee.

The most valuable immigrants to Canada are its native-born children, and the proper feeding, health, education, and general welfare of these in their own homes and communities have been the foremost concern of the Branches, judging from Branch, District, and Convention reports.

Next in interest has come the needs of the orphan and dependent children, almost every District reporting assistance from the Branches in money, food, or clothing for the nearest Children's Shelter or Sick Children's Hospitals. Western Ontario Institutes are endorsing a ward in the London Hospital in memory of the unforgettable work for the children of rural Ontario of Mrs. Mina Hutton Wilson and Miss Maud Hooton of Middlesex.

In many cases members have adopted children themselves, and seen that adopted children from the various institutions were getting a square deal as regards health and schooling.

Something is being achieved, though much more could be done, in welcoming new Canadians, especially those of other nationalities, into the Institutes, where they may both contribute to and receive from the fund of home-making information in these centres. The school and the Institute are the two most important community forces for the raising of the standards of citizenship in Ontario homes.

In one case a Branch invited the mother in a French family who had recently purchased a farm in the locality to the meetings. There were five children and it was a busy time, but the man said, "It is the first thing you've been invited to. You had better drop the work and go. Take the baby and I will work near the house and look after the others." The members felt that something worth while had been achieved with that one home.

One member of the committee has recently purchased a Ford car which she makes socially useful in calling on the many new families in the district, a considerable number Belgians, getting them connected up with the nearest Institute and giving the children some instruction in art and domestic science.

The Soldier Settlers continue to be remembered, the Girls' Institutes keeping up the making of layettes for needy cases. This form of immigration work, however, grows yearly less in its demands as the soldiers get established successfully on their farms and their wives become active members themselves.

The needs of the fire sufferers in the North aroused the abundant sympathies of Old Ontario members who, with great promptness and efficiency, contributed thousands of dollars' worth of food, clothing and household furnishings to their sisters in the stricken areas.

Some Branches are making a study of the Immigration Laws and express their approval of keeping the physical and moral standards of admission high, rather than the monetary.

Your Convener is also a member of the Ontario Hostel Committee and can testify to the fine type of young wo-

men coming in through the Government channels to assist in housework. Not many of these, however, get further than the cities. The attention of your Executive was drawn to this, and the President and Secretary asked and were accorded an interview with the Minister of Agriculture in which they urged the better advertising of the attractions of the country homes of this province in Great Britain and the planning for direct passage to the rural districts. This, he said, should receive attention in a practical way.

The member of the committee for Eastern Ontario, Mrs. Jean Muldrew, is at present in Great Britain lecturing for the Department of Immigration and Colonization with what we hope will be satisfactory results.

The committee recommended the same program as last year in immigration activities as the field had been merely touched as yet. They urged, moreover, that the District President or Vice-President be appointed Chairman of a District Committee on this work so that reports might be secured and given at the various annual meetings and conventions, of the valuable and interesting phases of Branch and District action.

RECOMMENDED PROGRAM FOR 1924.

1. To secure as full information as possible of immigrant families settling in Ontario, or girls and women employed as domestics in homes throughout the province from: a. The Colonization Department of the Ontario Government. b. The Employment Labor Bureau. c. The Soldier Settlement Board.

2. To secure as full information as possible re children being placed in Ontario homes from: a. The Children's Aid Society. b. The Barnardo Homes. c. The Salvation Army.

3. To see that the children of immigrant families or those placed in homes by the Children's Aid Society or the Barnardo Homes attend school regularly.

To report all cases of cruelty, neglect, or overwork on the part of those employing help to the proper authorities.

To report all cases of children or parents suffering from contagious or infectious diseases or who are mentally deficient, to the proper authorities, and when necessary, to take any other action advisable.

To take an active interest in supporting local Children's Shelters and to co-operate with the Children's Aid Society in securing good homes for the children for adoption.

To familiarize Institute members with the Immigration Laws.

To emphasize, through articles written, through lectures and discussion, the importance of getting in touch with the new-comers and leading them to realize that they have a part to play in advancing community interests.

To visit and welcome new-comers, whether native or foreign-born, to the community and into the Institute, where they may imbibe and contribute to the highest ideals in homemaking and Canadian citizenship.

Winter Rules.

Protect your animals from the cold. This will make them more comfortable and will save you feed.

Stop the holes in your barn.

Board in your tie-up.

An old horse, especially, like an old man, feels the cold.

Blanket your horses on frosty nights in the fall, when their coats are short.

Give your horses and cattle a good bed. Bedding is cheap.

Water your horses at least three times a day. The stomach of the horse is very small.

Punctuality in feeding and watering the stock is very important. They will worry and lose flesh if kept waiting beyond the regular time.

A good grooming costs no money, and is equal to two quarts of oats.

A horse cannot thrive on hay alone. He needs oats or corn for strength; and grass, bran, or potatoes to keep his bowels right.

Keep your horse's feet soft and have him shod often. More feet are ruined in the stable than on the road.

Do not degrade your family by using a lame horse.

Kill the worn-out or incurably lame horse. If you sell him, the money that you receive is blood money.

Canada sent ten million dollars worth of furs to the United States last year.

Do we seek to satisfy the hungering minds of the children with the same degree of care that we use in looking after their stomachs?

The unlimited possibilities of helpful service suggest that fairs and exhibitions have but begun their work of education through demonstration.

The Cross on the Mountain.

Travelers approaching the town of Harriman in eastern Tennessee are attracted by the sight of an illuminated cross that stands on top of one of the many mountains surrounding that railway centre. The cross is twenty-eight feet high and is lighted by sixty electric lights of fifty candle power—making three thousand candle power in all. It is so placed that you can see it from any of the passenger trains that pass through the town. Moreover, it is visible for ten or twelve miles. The city furnishes the current free, and an automatic switch turns it on every evening.

The idea of placing the beautiful symbol where all might see it originated in the mind of little five-year-old Dan Denny. Having received a small cross to play with one day while visiting at the house of a neighbor, the child hung it in a window and called to his mother to come and see it.

"Why did you put the cross in the window?" asked the mother.

"Because someone might see it and think about Jesus and try to be good," replied the little boy.

His mother was so much impressed with the idea that she spoke of it to her friends and suggested that a large cross erected at some suitable place might do a great deal of good. The churches of the town took up the matter, and the cross was set on the mountain top.

And so that great shining symbol of sacrificial love stands like a sentinel above the city, and its message seems the more tender and beautiful because it had its birth in the mind of a child.

In planning, the farmer should always have in mind that high yields make low costs per bushel.