

PRACTICAL FARMING

WHY NOT GROW YOUR OWN CLOVER SEED?

In average seasons red clover that has not been pastured after the first hay crop has been removed, will produce a crop of well-matured seed. Instead of cutting the second crop for hay, pasturing it or, as it frequently happens, ploughing it under, why not allow this crop to mature and save the seed from it?

By raising your own clover seed you are obtaining seed from plants which, by their very existence, have demonstrated their adaptation to the conditions prevailing on your farm, and in your immediate locality. Such seed, it is quite reasonable to suppose, will produce plants which are equally well adapted to local conditions. For this reason home grown clover seed is really more valuable than most of the seed obtainable through ordinary channels of commerce.

Quite often very poor-looking fields of second growth red clover will produce a profitable crop of seed. In many cases fields where the clover is quite thin and say only eight or ten inches high, will yield over one hundred pounds of clean, well-matured seed per acre. Usually, however, an average second growth will produce anywhere from 150 to 250 pounds of seed per acre.

The red clover seed crop should be cut when the heads are dark brown in color, and contain hard, well-developed seed. In harvesting all unnecessary handling should be avoided. Rough handling, frequent turning, etc.

will thresh or break off the most mature heads, thus wasting a portion of the most valuable seed. Where the crop is less than one foot high it may be cut with an ordinary mowing machine. It is usually advisable to have two men follow the machine with hand rakes and move each swath out from the standing crop a few feet so that, on the next round, the cut clover will be out of the way of the horses and machine. By following this practice with short clover, a great deal of seed will be saved that would have otherwise been threshed by the horses' feet, and therefore left in the field.

Where clover is one foot or more in height, the most satisfactory implement to use for cutting is the binder. The cord should be removed, and the spring on the knotted slackened so that it will trip continuously. Usually there are two boards that hold the sheaf; these should also be slackened so that the clover will have a free course to the ground. In dropping to the ground, the seed will not shell and the crop will be left in loose windrows where it will dry quickly, and can be easily gathered with a barley fork.

The length of time that the clover should remain in the field would depend upon the weather. Generally speaking the crop should be placed in the mow or stack when dry enough to keep well. It can then be threshed when convenient.

Bedtime Stories

The Farm Where Father Was a Boy.

When father lived here on the farm—Oh, it was long ago!—Could he have had the fun I have, And known the things I know?

Why, I have seen a fox to-day, Out on the pasture hill, And caught three minnows in the brook That flows below the mill.

And I know where wild cherries grow, And where the wood grapes are, And where the fern root is more sweet Than sugar is, by far.

And then I caught a firefly once, And found what makes the light; And once I heard an owl "Who!" "Who!"

Beside the road at night. I almost caught a turtle, too, Down by the lily pond; I saw a hawk Fly from the woods beyond.

When father lived here on the farm, So very long ago, I wonder if he had such fun And knew the things I know.

In haying time I helped a lot! I helped to rake the hay, And high among the rafters climbed To tread the load away.

Then once we thought a cow was lost; But Scotty found her track, And how he ran! but it was dark Before he brought her back.

And once—it frightened me a bit—I found a cave one day. I'm sure that pirates lived in it, Or redskins hid away!

Oh, every day brings something new For Scotty and for me—A thousand wondrous things to do, A thousand things to see!

Still, father only smiles and says: That very long ago He had the same fun I have And knew the things I know.

Thousands of barrels of apples rot upon the trees, or upon the ground every year. They should not be allowed to go to waste this year.

If the garden hose shows signs of giving out, don't think you must throw it away. Get some rubber tape and wind the hose for a few inches above and below the break. Treated thus it will last a long time.

A good mushroom, properly cooked, is a luscious morsel and as such is a wholesome addition to the dietary. If you are absolutely sure that the variety that grows on your lawn or in the neighboring fields is of the edible kind, by all means cook it and eat it.

Hogs

Hog oilers too expensive? Then try making some at home. Take old gunny sacks or pieces of burlap and tack or tie them on posts in the hog lots where hogs are accustomed to rub. Saturate the cloths with crude oil or stock dip, and see that the oil is renewed every few days. Go slow about putting the rags on trees, else the pigs may have to do without shade next summer.

One time is about as good as another to disinfect for hog cholera. Right now is always the best time. Use quicklime in the lots and sheds, and sprinkle or spray phenol preparations about in the cracks of the houses. Supplement these precautions with a general clean up, and make them sufficient to keep the disease away by maintaining a strict quarantine against dogs and animals from infected places. Go as far as to keep your neighbor out of the lot if his hogs are sick. That won't be unneighborly.

In one of the western states last fall a bunch of September pigs was fed on a ration consisting of peas, shorts and tankage. They were sold on a fifteen-cent market in March at a profit of \$6.71 a head. Another lot fed on barley, shorts and tankage netted only \$4.87 a head. Peas and barley were valued at the same price per ton.

Breed for winter pigs now if you have the buildings for them. There is no reason why a sow can not raise a litter while she is raising the mortgage. The returns from the sale of the litter will be welcome about corn-plopping time next summer.

No matter how much can be accomplished by kindness, it is a wise thing to keep a firm hand and a stout staff on bulls of the smaller dairy breeds, and some others. Good treatment works wonders, but it never pays to take chances.

Profits and losses in cattle feeding can not be determined merely by a comparison of buying and selling prices, because a six months' feeding period a thousand-pound steer produces three to four tons of manure. This is a source of revenue too seldom taken into consideration.

The most important factor in the production of high-grade butter is the proper cooling of the cream. To make the best grades of butter, the cream should be separated from the milk with a clean separator, kept separate from the cold cream and cooled immediately to about 50 degrees.

The use of hard floors in the dairy barn suggests the use of a cistern for saving the liquid manure. It's a

good suggestion, too. Such a cistern can be built of concrete and connected with the gutters by means of tile cemented at the joints.

Butter should not come in less than a half hour. When it comes too soon there is loss of fat in the buttermilk. When the weather is warm it is best to lower the churning temperature several degrees. The temperature can be raised more easily than lowered after the churning has been started.

There are two reasons why more farms should maintain sheep. In the first place, this country has for a number of years been producing only a fraction of the wool it uses. Now, with the foreign supply cut off, there is a serious shortage. Moreover, the demand for meat has been such that a good price for mutton has prevailed for a long time. Logically, the thing to do is remove the difficulties that are a menace to sheep raising and then begin establishing farm flocks.

In planning the sheep barn, allow ten or fifteen square feet of floor space for each animal. Make the doors upper and lower. Have four

square feet of glass to 100 square feet of floor space. Arrange the windows so the sunlight will strike the floor.

Too many feeders entertain the idea that a carcass needs only to be half dressed when they prepare their sheep for market. It has been shown that the lamb with several inches of fat falls to top the market, while half an inch of fat makes a fine carcass. Young lambs are not so likely to be overfat, but older stuff must have a shorter feeding period or less concentrates.

Drive the stake down when fattening the ram these days. Once a sheep gets the idea that he can pull out and drag away the bar or stake which fastens him, there is little more peace.

The man who believes that getting on in the world means getting the best of his neighbors has a low estimate of life.

If your town cannot afford a patent fire extinguisher for each district school, suggest that each teacher keep a pailful of water, a pailful of sand or a blanket in a handy place. In many schools the boys attend to the fires, and a simple precaution like the above may some time save your schoolhouse.

Do all your preserving with

Lantic Sugar

Pure cane. "FINE" granulation. High sweetening power.

10, 20 and 100-lb. sacks
2 and 5-lb. cartons

Order by name in original packages



FREE. This book and printed labels for fruit jars, if you will cut a red ball trade-mark from a Lantic bag or carton and send it to

Atlantic Sugar Refineries Limited
Power Building
MONTREAL

HOT LUNCHES IN THE RURAL SCHOOLS

Testimony of Two Teachers As to the Practicability of Serving Warm Meals at Noon.

A country school teacher says: I have found nothing that brings about co-operation between parents, pupils and teachers, like the hot lunches served at noon. Since we began adding a hot dish to our former cold lunches, the parents have awakened to the fact that the teacher is really working for the comfort and welfare of the children. They appreciate it and have shown their appreciation by donating food materials.

Our first attempt was vegetable soup. We purchased a twenty-five cent soup bone, which we cooked until tender. The next morning, before school, the older girls prepared the vegetables which had been brought by the pupils. These were added to the stock and allowed to simmer all forenoon. As our school room contains only an ordinary heating stove, our variety has been rather limited as yet. We have had cream of tomato soup, bean soup and hot chocolate. Our next attempt is to be creamed potatoes, and then macaroni and tomatoes.

In addition to enjoying the palatable lunches, it affords an excellent opportunity for teaching the pupils how to prepare the foods properly, set the table, serve the meals, how to observe table etiquette and wash dishes. The boys do their part by keeping in a supply of wood and water, emptying scraps, and have even done their share of the dishwashing, and are more than willing to do something to "get even" with me for making the hot lunch possible. And just to see the children enjoy their dinner more than repays me for my trouble.

Here is the testimony of another teacher: We began serving warm lunches this year for the first, and although I had thought of it for some time and we had raised money to buy a three-burner oil stove, it was a new idea to many of the people of the community, and I thought it best to begin rather slowly. We began by serving a warm lunch only once in a while as a special treat to the children. I was not very sure at first just how it would work out, as we have over sixty children in school, and I was afraid I might be undertaking something that would not prove to be practical. However, I found out that if I had sixty children to cook for, I also had sixty

children who were ready to help furnish the food materials and help do the work.

As soon as I was sure that warm lunches could be served without taking much from school time, we decided to have one regularly on Tuesdays. It worked so well and the children begged so hard that it was not long before Friday also became a "hot lunch day." We have quite roomy cloak rooms, and the girls willingly gave half of theirs to be used as a kitchen. Here we placed our stove and cooking utensils. Our cooking outfit is very simple, consisting of a teakettle, a large stew kettle, a frying pan and a large cooking spoon, a soup dipper and some other small dishes and pails. Each child has his own cup and spoon.

The work is all done by committees and the children consider it a great honor to be "appointed" on a committee. A committee consists of two, three or four, according to the amount of work to be done. As a rule, I think the smaller committees do better work, as each one is held more responsible for the tasks.

We begin to prepare our lunch usually at the morning recess, and find that a great amount of work can be accomplished in that fifteen minutes if necessary. We never attempt to have more than one dish on the same day, and as yet, they have been very simple. We have had cocoa, coffee, potato soup, bean soup, tomato soup and vegetable soup. The vegetable soup was the most elaborate of anything we have undertaken, as it contained meat, potatoes, cabbage, carrots, onions, etc., all of which had to be put through a food chopper. However, it proved quite a success and the committee were very proud to have made it.

The parents have been very good about furnishing. I know they have the welfare of their children at heart and it is worth any trouble on my part that I may be forced to take in order to make these warm lunches possible to see the happy faces of the children as they form in line and march up after their portion of the food, whatever it may be, that helps to make their cold, oftentimes frozen, lunches appetizing and nourishing.

During September make the second culling of old hens. All old hens intended for market should be sold before they moult.

Market now old hens, broilers, small roasters, green ducks, green geese.

Young stock, if they have been kept in a good growing condition, should now make a very promising appearance, showing signs of proper development for profit.

Chicks hatched this month, with proper care, can be turned into excellent frying chickens in January. It is a trick worth trying.

February-hatched pullets, or those brought out in early March, are near their laying age. The former, however, are apt to go into moult about now, which will give them a temporary setback in their laying.

Hens are now entering into their moult, which cuts down the supply of eggs considerably. They are able to lay a few eggs in the early stage of moult, but when the task of growing the new coat comes, it will require all the food and energy possible to do the work properly, and no material will be left to manufacture eggs.

While moulting, hens should have food of a nitrogenous, rather than carbonaceous nature. Oats and sunflower-seed should be fed, and about five pounds of unseeded meal should be added to every 100 pounds of mash food. In feeding sunflower-seed give about

Your Problems

Mothers and daughters of all ages are cordially invited to write to this department. Initials only will be published with each question and its answer as a means of identification, but full name and address must be given in each letter. Write on one side of paper only. Answers will be mailed direct if stamped and addressed envelope is enclosed. Address all correspondence for this department to Mrs. Helen Law, 225 Woodbine Ave., Toronto.

Subscriber:—Perhaps the following will give you an idea for your bazaar: At a church fair held recently, one booth was noticeable for its business-like appearance and for the large sign on its arch, which read:

Economy Booth
Pay Ten Cents And Learn How To Save
Ten Dollars

The curious crowd that soon gathered found the notice as good as its word, for the committee in charge had taken a census of favorite economies far and near, and were prepared to make practical demonstrations of the ideas.

Each of the four sides was devoted to a special class of demonstrations. The cooking economies, of course, occupied the front. A good cook demonstrated in a miniature kitchen some of the acceptable dishes that can be made from left-over portions of food without spending more for new ingredients than the left-overs are worth. No dishes were prepared except those that were actually based on material that otherwise would have been wasted. The lesson in economy was later emphasized by selling the food at five cents a plate—the best way of clinching the point. An assistant in the kitchen showed how to peel fruit and vegetables with the least possible waste, and another assistant sold economy cookbooks.

The next counter was devoted to economical ideas in sewing and mending. There the onlookers learned, among other things, that old stockings can be cleverly fitted with new feet and the tops of new stockings reinforced against the wear and tear of suspender garters, that a second lining will save the back breadth of a silk undershirt, and that attractive collar-and-cuff sets can be made from worn linen shirts.

Another counter was given over to miscellaneous ideas in economy illustrated by ingenious little makeshifts of all kinds.

A sign over the fourth counter read, "How To Save Your Luxuries." The demonstrations threw surprising light on the way people sometimes waste the supplies that cost most. A striking illustration of the lesson was furnished by two tallow candles of the same size that were set burning side by side at the same time. One had been kept in the ice box, the other on an open shelf, and it was interesting to note how much longer the cold candle held out. Half of the same counter was used for an exhibit of things that may be profitably saved or sold. The samples included a col-

lection of magazines, a stack of newspapers, some empty bottles and a quantity of tin foil. A ball of string composed of many stray lengths was marked, "Save this—it costs three times as much as it used to cost."

The economy booth is sure to be well patronized and so it performs a double service—collecting money and promoting economy. A wide-awake committee will be able to think of numerous other useful suggestions in saving.

Hostess:—A game that provides instruction as well as fun makes a double appeal and is sure to prove popular. Well-known faces is a good example of this kind of game. It is played with a hundred or more cards made of pictures of famous persons cut from magazines or newspapers and pasted on cardboard mounts of uniform size. It is permissible to have several different likenesses of the same individual. Beneath each picture is inscribed the name of the person, the place and date of his birth and the reason why he is famous.

Any number of players can take part. Deal seven cards to each player, and lay the remainder in a common pile in the middle of the table. The object of the game is to see which player can first get rid of all his cards. The first player draws a card from the pile, compares it with his hand, and proceeds to discard as many celebrities as may be grouped with it, if the other players approve the classification that he makes.

For example, persons born the same year may be discarded together, or those of the same calling, or those associated in the public mind with the same cause. The most desirable classification, naturally, is that which will use up the greatest number of cards.

The other players draw and discard as their turns come. Each of them has the additional privilege of adding an appropriate card to any group on the table, provided that group does not already contain four cards, which constitute a complete book. The first player who succeeds in ridding himself of all his cards is entitled to one point for each of the cards still held by his companions, and is the winner of that round. The more well-informed and quick-witted a player is, the sooner of course he will play out his cards. The game may be played either for a certain number of rounds or until some particular score has been reached. Progressing from table to table will add to the fun.

one-sixth the quantity of other grains used.

Ducks should be turned into a new run, and the old one sown to ryegrass. This will act as a disinfectant to the soil and the ryegrass will serve as a green crop for their winter feeding.

Young turkeys that have survived until now should be in good condition; they have passed the critical age common to turkeys. As a rule very few turkeys die from disease in the fall of the year.

There is no better time than now for a general cleaning up of houses and runs.

Hay will not take the place of grain for horses doing hard work. A pound of hay each day for every hundred pounds of their weight is enough for horses. Mules will do with less.

Harness can not be neglected without lessening its life and annoying the horse. A soft, pliable harness is a big help in getting the most work from a horse, with the least fatigue. Washing the leather in warm water with a neutral soap and a stiff brush, and applying oil before the leather has completely dried, will preserve the harness and please the horse.

To harden the horses' shoulders for the fall plowing, bathe with cold salt water several times a day. Keep the harness clean and see that the hames fit the collars. If the shoulders become chafed, dust with talcum powder or finely sifted slaked lime.

Hay will not take the place of grain for horses doing hard work. A pound of hay each day for every hundred pounds of their weight is enough for horses. Mules will do with less.

Harness can not be neglected without lessening its life and annoying the horse. A soft, pliable harness is a big help in getting the most work from a horse, with the least fatigue. Washing the leather in warm water with a neutral soap and a stiff brush, and applying oil before the leather has completely dried, will preserve the harness and please the horse.

To harden the horses' shoulders for the fall plowing, bathe with cold salt water several times a day. Keep the harness clean and see that the hames fit the collars. If the shoulders become chafed, dust with talcum powder or finely sifted slaked lime.

Hay will not take the place of grain for horses doing hard work. A pound of hay each day for every hundred pounds of their weight is enough for horses. Mules will do with less.

Harness can not be neglected without lessening its life and annoying the horse. A soft, pliable harness is a big help in getting the most work from a horse, with the least fatigue. Washing the leather in warm water with a neutral soap and a stiff brush, and applying oil before the leather has completely dried, will preserve the harness and please the horse.

To harden the horses' shoulders for the fall plowing, bathe with cold salt water several times a day. Keep the harness clean and see that the hames fit the collars. If the shoulders become chafed, dust with talcum powder or finely sifted slaked lime.

Hay will not take the place of grain for horses doing hard work. A pound of hay each day for every hundred pounds of their weight is enough for horses. Mules will do with less.

Harness can not be neglected without lessening its life and annoying the horse. A soft, pliable harness is a big help in getting the most work from a horse, with the least fatigue. Washing the leather in warm water with a neutral soap and a stiff brush, and applying oil before the leather has completely dried, will preserve the harness and please the horse.

To harden the horses' shoulders for the fall plowing, bathe with cold salt water several times a day. Keep the harness clean and see that the hames fit the collars. If the shoulders become chafed, dust with talcum powder or finely sifted slaked lime.

Hay will not take the place of grain for horses doing hard work. A pound of hay each day for every hundred pounds of their weight is enough for horses. Mules will do with less.

Harness can not be neglected without lessening its life and annoying the horse. A soft, pliable harness is a big help in getting the most work from a horse, with the least fatigue. Washing the leather in warm water with a neutral soap and a stiff brush, and applying oil before the leather has completely dried, will preserve the harness and please the horse.

To harden the horses' shoulders for the fall plowing, bathe with cold salt water several times a day. Keep the harness clean and see that the hames fit the collars. If the shoulders become chafed, dust with talcum powder or finely sifted slaked lime.

Hay will not take the place of grain for horses doing hard work. A pound of hay each day for every hundred pounds of their weight is enough for horses. Mules will do with less.

Harness can not be neglected without lessening its life and annoying the horse. A soft, pliable harness is a big help in getting the most work from a horse, with the least fatigue. Washing the leather in warm water with a neutral soap and a stiff brush, and applying oil before the leather has completely dried, will preserve the harness and please the horse.

To harden the horses' shoulders for the fall plowing, bathe with cold salt water several times a day. Keep the harness clean and see that the hames fit the collars. If the shoulders become chafed, dust with talcum powder or finely sifted slaked lime.

Hay will not take the place of grain for horses doing hard work. A pound of hay each day for every hundred pounds of their weight is enough for horses. Mules will do with less.

Harness can not be neglected without lessening its life and annoying the horse. A soft, pliable harness is a big help in getting the most work from a horse, with the least fatigue. Washing the leather in warm water with a neutral soap and a stiff brush, and applying oil before the leather has completely dried, will preserve the harness and please the horse.

To harden the horses' shoulders for the fall plowing, bathe with cold salt water several times a day. Keep the harness clean and see that the hames fit the collars. If the shoulders become chafed, dust with talcum powder or finely sifted slaked lime.

Health

Anaemia

Anaemia may exist quite unsuspected by its victim. It is a condition due to lack of proper proportion of red blood cells, or of coloring matter in the red cells, hemoglobin.

Many distressing disturbances of health are due to this. It may be manifested as languor, fatigue, disability (even sometimes in well-nourished persons), as dizziness, nausea, vomiting, headaches, constipation, digestive disturbances, hyperacidity of the stomach, difficulty in breathing, heart palpitation, disorderly pulse; or in disturbances of the nervous system and the emotions, such as irritability, petulance, or apathy and melancholy.

The causes of anaemia are many. They may be improper nutrition, lack of fresh air, overwork, mental distress; they may be loss of blood from accident or from acute or chronic hemorrhages of all kinds; they may be poisonous substances from diseases like syphilis or malarial fever; they may be occupational diseases, such as lead poisoning; or they may be conditions arising in an apparently spontaneous way, of which medical science has not yet discovered the character. Often the condition is due to a number of causes combined.

When it is simple anaemia, plenty of rest and sleep are imperative as well as outdoor air and sunshine—preferably a country or seaside locality. The diet should be rich in vegetables and fruit, for the iron they contain. Eggs, yolks are also useful, especially for children. Constipation should be carefully avoided. Mental calm should be cultivated and a cheerful environment sought. In some instances medical prescriptions are also necessary.

Chronic anaemia may be brought about by repeated small losses of blood from such causes as persistent nose-bleed, intestinal ulceration, bleeding hemorrhoids or hemorrhage from the womb. In such cases the conditions causing the loss of blood must first be removed and then measures taken for the building of new blood tissue.

It is plain that people who lead poisoning sometimes cause react in this manner to the use of lead where they work should seek other employment where they do not have to use it.

Pernicious anaemia is a serious disease, as it prostrates its victim, and many people die of it. This condition always requires a doctor.

THE LAST CARGO OF SLAVES.

Still Live in Little Alabama Colony and Descendants Prosper.

Perhaps the most interesting colony of negroes in America to-day is to be found in the State of Alabama, about three miles from the heart of Mobile. Here in a little town called Plateau, live a group of nine weather-beaten, grizzled old men and women, the remnant of the last cargo of slaves brought to American soil from the coast of Africa. The youngest is entering his seventy-sixth year; the oldest is not less than one hundred and ten; while just a few years ago one of their number died who had seen more than one hundred and forty years.

They were brought to America in the summer of 1859. In '65 their emancipation came. For the next few years they were buffeted about by changing fortunes without any settled home.

One among them, wiser than the rest, saw the dangers of their unsettled condition. Not owning their homes, they could be turned out at any time, and, hiring themselves to strange masters in search of labor, they might some day be carried off again into slavery, perhaps to Cuba or Porto Rico, for they learned that slavery still existed there. With such incentive behind them they selected a tract of land just outside Mobile, on Three-Mile Creek, and began the purchase of homes.

As one goes over and about Plateau, he is struck with the appropriateness of the setting in which this African colony is to be found. About one-half the town is owned by negroes; and, of the property occupied by them, at least 75 per cent. is owned by their own people. The largest single holding of land among them is between fifty and sixty acres. Another negro landlord owns and rents about twenty houses. There are nine stores, of which seven are owned and operated by colored men. The largest of them all is one of these seven and represents a volume of business amounting to more than \$11,000 annually.

Ancestor of All Pigeons. Our domestic pigeons are of many varieties, remarkably different in shape and plumage—even, it might be said, in character and habits.

Yet all of them are descended from a single kind of pigeon—the "blue rock."

We have the "pouter," the "fantail," the "tumbler," the "homer"—these and many others. But all of them are derived from the same original ancestor. It just shows what marvels can be accomplished by breeding through artificial selection.

Gladiolus leaves with brown tips indicate that the soil is sour or too wet.

The Doings of the Duffs.



YES, THE WIFE HAS BEEN OUT OF TOWN FOR A FEW DAYS

SO YOU'RE A FREE MAN THIS WEEK, ARE YOU?

GREAT GUNS!! SHE'S COMING HOME THIS AFTER-NOON!!

WHY THE ALARM?

YOU SEE I HAD A STAG POKER PARTY OUT TO THE HOUSE LAST NIGHT

WELL THAT WAS LAST NIGHT, SHE WILL BE LEFT TO MANUFACTURE EGGS

YES, BUT, SOME OF THE BUNCH ARE STILL OUT THERE ASLEEP

I SEE THE PARTY WAS COMPLETE SUCCESS