

**Pure, Clean,**  
**Economical**

Preserved & sold only in  
Sealed air-tight packets  
to preserve its native  
goodness.

# "SALADA"

8574

Used in Millions of Tea-Pots Daily



## Pears

For clear, white,  
delicately flavored  
preserved pears, use

LANTIC Pure Cane Sugar—with its fine  
granulation—is best for all preserving.

10, 20 and 100-lb. Sacks, 2 and 5-lb. Cartons.  
Three new Cook-Books sent free  
on receipt of Red Ball Trade-mark.

Atlantic Sugar Refineries Limited  
MONTREAL, QUE. ST. JOHN, N.D.



## A Snug, Comfortable Suit.

When you slip into a suit of Watson's Spring Needle underwear, you feel "fitted" and comfortable. The action of the body is unhampered by a Watson garment which gives freely when the limbs are active.

All styles, all sizes and in various fabrics for men, women and children.

**Watson's**  
NEEDLE RIBBED  
MFG. CO.  
**UNDERWEAR**

13

The Watson Manufacturing Company, Limited, Brantford, Ontario

## Our School Department.

### Garden Weeds.

#### A Lesson Plan.

BY DR. D. W. HAMILTON, IN "NATURE-STUDY LESSONS."

Aim.—To interest the children in garden weeds, and to point out how injurious they are.

Materials.—A collection of some common garden weeds, as: red-root pigweed, lamb's quarters, thistle, chickweed, purslane, shepherd's purse, etc.

Method.—1. Name some plants that grow in the garden. Are there any plants there that are not wanted? What are weeds? How many kinds of garden weeds do you know? Name some of them. Do they all look the same? Let us become acquainted with some garden weeds.

2. Look at a specimen of red-root pigweed. Where did it grow? What are the names of the different parts? What color is the root? Why is it called red-root pigweed? Are the stems crooked? Do the leaves grow straight from the stem? Where are the flowers? Are they pretty? When does it flower? When is the seed ripe? How does it spread? Where does it grow? Now look at this thistle. Are the roots of both weeds the same? Is the stem the same? How tall is it? What are the leaves like? Has it only one flower? Are the flowers the same color? When does it flower? When are the seeds ripe? How does it spread? Why is it not wanted in the garden? Study other weeds in the same way.

3. Compare the different weeds as to root, stem, leaves, flowers and seeds. Which is the largest? Which has a red root? Which is prickly? Which lies flat on the ground?

4. Why do we call some plants weeds? Why do we destroy weeds? How can you distinguish the different kinds?

5. Look for weeds on your way home from school. Distinguish between them. Try to name each. Watch when they flower. Watch how the seeds spread. Pull up all garden weeds or dig them out with a hoe. Press and dry some weeds on scribblers.

6. Draw or paint some of the common weeds. Read stories about them. Count the seeds produced by one flower.

#### A Few Notes About Weeds.

Weeds are plants that are not wanted. They are not wanted in the garden because they grow so quickly that they crowd out and take the food of the garden plants. Some weeds, such as lamb's quarters, pigweed and chickweeds, live only one year; a burdock plant lives two years, and the thistles, dandelions, and many others live for several years. Weeds grow in gardens, yards, fields, roadsides and in other places. Weeds differ much from each other in size, color and shape of leaves, and in the number, size, color and odor of the flowers. The easiest way to tell weeds apart is to look at the leaves and flowers. We know the red-root pigweed by the reddish color of its root and stem. It is a big, coarse plant with bunches of greenish flowers which are not at all pretty. It is called pigweed because pigs will eat it and it will grow in pigyards. Lamb's quarters is not so big. All the plant, including the

clusters of very small flowers, is green in color. It is called lamb's quarters because the leaf is shaped like a quarter of lamb. It is very common in gardens and yards. Shepherd's purse has little white flowers and three-sided thin little pods, which are shaped like the purses used by the shepherds of old. It is not such a bad weed as pigweed or lamb's quarters. Chickweeds are soft, greenish little plants, which do not grow high, but form a thick covering on the ground. The flowers are very small. Chickweeds grow so quickly that after garden seeds are planted they sometimes keep the garden plants from growing. Purslane spreads along the ground and forms a little carpet. It is green with reddish tints.

### A Pound of Cheese.

BY H. H. DEAN, IN "STORIES, IN AGRICULTURE."

Cheese is a very rich, concentrated, muscle-forming food. It is similar in composition to meat, and may be used instead of meat, which is usually high in price. Cheese may be eaten once a day with profit. It may be eaten uncooked, or be cooked in a variety of ways. A pound of cheese is equal in food value to about two pounds of meat, and costs only about half as much. Fruit should always be eaten with cheese.

Cheese is made largely from the casein, fat and water of milk by coagulating (curdling) the milk with rennet or pepsin. Any person can easily make cheese for home needs, with simple utensils, which are nearly all found on farms. Rennet may be made from a calf's stomach, by soaking it two or three days in salt water. A hoop for molding the cheese can be made by a tinsmith, or be made out of wood—square, oblong, or circular in form. The cheese may be pressed with a scantling, having a weight at one end.

To make a cheese, weighing from eight to ten pounds, use eight or ten gallons of sweet milk. Heat this in a clean boiler to 86°F. Then add about six teaspoonfuls of strong rennet and stir it well through the milk. Then allow it to stand until it thickens, when it should be carefully cut into small cubes with a long knife; or with a regular curd knife or knives. Next heat to 96°F. by placing a can of hot water in the curd and whey, or heat slowly over a fire. Allow to stand for about three hours, then remove the curd from the whey and place on a slanting table covered with a clean cloth for draining. When the curd feels firm apply two to four ounces of salt, mix through the curd, then put into the hoop—or mold and press gently at first. When firm, cover with a clean cotton cloth, and place in a cool place, turning the cheese daily for two weeks. When about a month old the cheese will be ready to use. If the cheese molds, wash with salt brine or spray with formalin. Dipping in, or coating the cheese with, hot wax prevents drying and molding.

Cheese may also be made from skim-milk, buttermilk and cream. These are usually classed as "soft" cheese. The ordinary cheese is known as a "hard" variety.



Friends and Companions of School Children.