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SAVE MONEY. The announcement on page 11 means money in your pocket. ter which required most immediate attention and which most funcamen-tally affected the welfare of the country, was the manufacture of alcoholic liquors.

On account of the war economy is necessary. I should advocate the ob servance of strict economical manage ment by all, both by the weakhy and by those of more moderate financial by those of more moderate financial means. Nor should I merely advo-cate this measure, but I should set the example by being a faithful ad-herent of the principle mozend. I should consider the weiklare, both mental and physical, of the poorer class. Their bodies must be provided with proper nourishment or not only will here health be impaired but their mental ability cannot attain or re-tain the highest possible degree of efficiency. Their limited financial means will not allow them to provide the proper amount of nourishing food the manufacturers and dealers are allowed to demand exorbitant prices. using as their pretext, the existing war conditions. Then, in order to protect the poorer classes and fit then, best the poorer classes and it then best to be desirable, efficient, and intelli-gent citizens, I would regulate the price of articles of food which are essential to furnish a proper nourishing diet.

Nor should I be content to enjoy my exorbitant salary, well-earned though it might be, and live in luxury well-earned mv while so many worthy causes demand-ing financial assistance exist. I should strive to use a portion of my salary for the benefit of suffering humanity. Enough has now been written give my readers some idea of dreams which I should strive to make realities, if I were Food Controller. When that honor is conferred upon me, I shall reveal, in more minute details, the plans which I should forn.ulate and strive to effectively fulfil.

Use Larger Variety of Foods Miss Elsie A. Wiggins, Parry Sound Dist., Ont.

W E believe, if ever there was a time, when food should be controlled, it is now. I believe Food Controller Hanna to be a man of large heart, and believe I could do better than endorse his plan. were bod Controller, it cert Tf I certainly would be my aim to secure for each man, woman and child in Canada, a sufficient supply of nourishing food, with a minimum of waste, in order that the surplus for export be as large as possible

I would advise housewives 'o use a larger variety of foods than is com monly used. For instance, beans could be used occasionally, as a sub beans stutte for meat, for though they are high in price, they are very nourish-ing. Then there are so many recipes for making cheaper bread and cakes, such as brown bread, corn muffins and gems, and many others, which the cook can use. If cooks were to take, say, half an hour a day to study out their bill of fare, much might be saved and accomplished.— E.W

Distributing Christmas Gifts

EST of all ways-I think, the old B fashioned idea of hanging up D stockings for old Santa to fill. The little ones enjoy nothing better.

When a Christmas tree is not to be thought of, why not make the little ones happy by heaping in front of an empty fireplace, or by the stove, all the presents. Tumble them down and presents. give them the appearance of having been hastily dumped. On the top have a note of apology from old Santa, stating that he was busy and could not leave his sleigh. The novelty will delight the children.

Christmas Post Office. A "Christmas Post Office" is a good

mas gifts or for a jolly Christmas party. Arrange the post office at the end of a room. It will provide good work for the boy of the house. When work for the boy of the house. When all is ready a sign, "Mall Open," may be hung on the door, and the guests may then enter the post-office room. This should be dimly lighted, while a bright light shines behind the boxes. The postmaster is seen moving about. sorting the mail and placing the pack ages in the boxes. As a package is placed it may be claimed at once by 18 the "box-holder having the same num-bered check." There may be a wait for several minutes with all the boxes empty, and packages may then placed in several boxes at once. The hostess may provide inexpensive little gifts, or each guest may be re-quested to bring a five-cent or 10 cent gift, to be sent our soldier boys.

For a little girl's Christmas party, it is a pretty plan to make a new adaptation to the old "cobweb" idea, and on one end of a red string tie a paper doll, and on the other end, which she finds after much following of the turnings of the string, the doll's outfit, to be cut out. These sets may be bought for about 10 cents at Christmas time.

The Game of Tip

This old English game requires the e of enough assorted Christmas candies, and candies, nuts, raisins, and other dainties, to make a small pile upon a table; also a pair of sugar tongs. One of the party is chosen who must retire to another room while the remaining players decide upon one of the dainties in the pile to be known as "Tip. person is then recalled, and with the tongs removes pieces from the pile, trying to avoid the piece named Tip. of which, however, he does not know the location. All pieces removed belong to him, unless he removes Tip, when all must be returned to the pile, and in turn passes to the next player, who retires to the other room while another Tip is named. A player may pass his turn when, after drawing several pieces, he wants to avoid the possibility of losing them through drawing Tip. The game should continue until the pile has dis-

anneared New Way of Changing Partners.

Young people have a way of pairing off and remaining with their escorts the entire evening, and, as this is just what a wise hostess wishes to avoid, new devices for changing partners during the evening are always in de-This can be done in a novel atertaining way with little mand. and entertaining way with little trouble. Take a circle of green card-board and divide it into as many segments as you have pirls present. Write a girl's name in each division. ow cut out a large red paste-board star, with a white arrow painted on one of the points, and fasten this star to the center of the cardboard circle by means of a large pin.

Each boy in turn comes up and spins the star, and the maiden whose name is indicated when the white arrow comes to rest, is accorded him as part-ner. Of course if a girl's name has already here. is indicated when the the boy already been chosen spin again. This spinning star will re-sult in much innocent mirth for the young people

Sharing the Christmas Spirit.

In one small town there was an un usual number-of those who especially built number of those who experime need sympathy-two blind, two abso-lutely helpless and several aged and chronic invalids. For the church Christmas celebration the one in charge prepared a very preity Christmas exercise of singing and recitation for children only, then asked about a dozen of them to go to each home of the shuttins the affernoon before Christmas and sing and recite a few of the pieces. Although the thermom-eter was below zero all were on time. Two of the lads marched ahead carry-

plan, either for distributing the Christ- ing scarlet and white banners with mas gifts or for a folly Christmas Christmas greetings; others carried Christmas greetings; evergreen wreaths. All those whom they visited seemed pieased with the exercise and touched that the children were willing to sacrifice their own convenience for others' pleasure. One lady, who was as helpless as an infant, said that as long as she lived she would remember the occasion as the most Christlike she had ever experienced, a gift of loving thought and service.

New Year's Eve.

On the last evening of the holiday a firelight supper around open fire, turning it into a New Year's party if you wish, is one of the cozie homiest kinds of parties. After the supper there could be introduced a quaint Armenian custom, by placing a row of small candles on the hearth. one candle for each guest. Each per son will in turn light a candle, and while it is burning tell a Christmas legend or story. In fact it would be a good idea to ask the guests to com prepared with Christmas legends or instead of stories, the guests could relate in turn the greatest places of good luck which have befallen them during

Agriculture in Our Schoole

H are interested in the subject of agriculture and teach it in their schools? schools? Up to the present this sub-ject, aside from school gardens, has not received the place on our school curriculum which its importance would seem to warrant. The boys and girls attending our rural schools are growing up on the farm, and it stands to reason that if they receive a cer-tain amount of education in the public school along the subject of agri-culture, they will be benefited from it. Mr. R. H. Clemens, district repre-sentative of Wellington Co., Ont, re-cently gave an address at a School Teachers' Convention on "Agriculture in the Schools," which was received by the teachers with considerable The ideas presented may prov vor.

of value to other teachers interested in this subject, and we pass them along as they were received by us from Mr. Clemens. He writes us as follows

outlined a scheme whereby the teachers could put on 10 lessons agriculture-one lesson a week for 10 weeks. This idea seemed to be quite new to the teachers, and many them expressed a desire to cooper ate with me in putting on this little course in the schools. The first lesson was to be a lesson in testing seeds, which I outlined in detail. The second lesson was to be on soils, using a lamp glass full of dry sand to demonstrate capillary action. The third was to be a lesson in weighing milk, using certain spring scale and a pail estimating the difference in the value of cows. The next lesson was to be a lesson on churning, whereby each child was given the details. Firsthow to keep cream properly and ar range the temperature in such a man ner as to ripen the cream. I explained that if farmers knew how to take care of their cream as they should, it would be entirely unnecessary to be churning for hours at a time as many farmers are doing at

this time of year. "The next lesson was to be a les son on the horse's foot, showing the horse's hoof and describing the parts of the horse's foot, telling why w of the horne's foot, telling why we ask for obliquity of pastern and outlining the functions of the frog. Another lesson was to be on manual training. Another lesson was to be on entomol-ogy, wherefy the children would gather were bying out fallern model them in a tim here, place them in a warm poom and look at them watch (forward network 18)

(Continued on page 18.)