

Soils and Crops

Address communications to Agronomist, 73 Adelaide St. West, Toronto.

An Ice House You Can Build.
Each year we appreciate more and more the value of ice on our farms. Sometimes I wonder that more general attention is not given to the ice crop. For ice is a crop after all, and a very valuable one, too.

There is no one who can use ice to such good advantage as the farmer. All perishable products must be kept for a longer time than in the city, where there are stores to depend upon. And the cellar is not always as clean and sweet a place to keep meat, butter, and fruits as it should be. Consider the possibilities that lie before the farmer who has a small cold-storage plant to enable him to hold his milk, fruit, and vegetables until market prices improve, and we realize better just how valuable ice can become.

I believe many of us can profitably use ice to a far greater extent than we do, and when we put so much labor into harvesting it is well worth while. A suitable ice house will save half the ice you are accustomed to putting in a shed that has poor insulation.

There are two or three weak points in general ice-house construction. The first is a poor foundation, preventing good drainage. The second is the kind of a roof which absorbs the sun's heat so that the inside of the house becomes like an oven. While there is usually little choice allowed in the selection of a site, there are certain precautions which should be taken.

If a site chosen be on a slight elevation, drainage will give no trouble; otherwise provisions for the drainage of water from the melting ice must be made. In building the floor, which can be placed on stone or concrete walls, or on cedar posts set in the ground two or three feet, excavate at least one foot below the sills, and fill the whole of the inside between sills with cobblestones or very coarse gravel, smoothing off the surface with fine gravel or cinders.

If the digging shows a clay soil, a drain should be put in to carry off surplus moisture. Scantlings can be bedded in the fine gravel on which to lay the floor of inexpensive lumber, placing the boards one foot apart, in order to permit the water to escape readily.

It takes, on an average, from 40 to 45 cubic feet to hold a ton of ice. A building 12 by 16 feet, 12 feet high, will hold about 45 tons of well-packed ice. For a house of this size use 3x12-inch plan for sills, and for uprights use 2x6-inch scantling 12 feet long, placed two feet apart. On the top, spike 2x6-inch scantling doubled for plates. On the outside of the house nail sheathing of common lumber. On this tack a double thickness of building paper, then 1x2-inch strips, 12 feet long. Over this lay a double thickness of building paper, and finish with matched siding. This gives a hollow space of dead air of one inch to prevent heat of the sun from penetrating to inside lining. Care must be used to see that the space is well cut off at top and bottom.

On the inside, nail sheathing, filling the hollow space with cinders, shavings, or sawdust. Over this sheathing nail a double thickness of building paper, on which again to nail one inch strips, and over this sheathing, thus making two dead air spaces of one inch each, and one six-inch space filled with a good insulating material. For the roof, use shingles or best grade of rubber roofing, and filling in between the roof and ceiling with sawdust or cinders. Put a ventilator in the centre, made so that it can be closed inside if desired. Paint the building white, to reflect the heat and help to keep the building cool.

On the north side of another building is a good place for the ice house, or even on the north hillside, or in the shade of some trees.

An ice house of this kind will be as good an investment as you have on the farm, provided you have a pond or river close from which to fill it.

How to Water Milk.

If we are careful to water milk the right way, we shall never get into

Garden Tools in Winter.

During the winter months it is a good plan to go over the garden tools, see that they are in condition to use in the spring, repair defects where possible, and purchase any that will be needed.

One of the most important tools is the hoe, and it is well to see that it does not have a dull edge. It makes a great difference whether this edge is dull or sharp. See that the rake is firmly fastened to the handle, so that it will not be necessary to go hunting for it in the soil when at work in the garden, and then have to take it to the shop to be fixed.

HIDES-WOOL-FURS

OUR REFERENCES:
216 Regular Shippers,
Imperial Bank of Canada,
Dun's or Bradstreet's.
Try yourself and be convinced.
WILLIAM STONE & SONS LIMITED
WOODSTOCK, ONTARIO
ESTABLISHED 1870

Moose

There were ten sows in my herd, and I succeeded in raising 76 pigs from them in a grassy lot, large enough to give plenty of room for exercise. Almost a pint of oilmeal and twice that amount of shorts were mixed with water to a thick-slop consistency, and fed early in the morning. Clean, fresh water was put in the trough after feeding.

No noon feed was given, although the sows had access to a self-feeding rack of second-crop alfalfa, and wood ashes, mixed with salt, were available at all times to guard against abnormal heat, throw off wastes, and act as a general tonic.

The evening meal was just enough of the slop to give them a good appetite, and a couple of ears of corn were given to each sow. For a change I sometimes gave a half-gallon of oats to each sow, the grain being scattered over the clean grass.

A month before farrowing time I put the sows in separate quarters, with a south-side pen. A large flap door, two feet wide and eight feet long, admitted the sunlight during the day, but was closed at night. Clean, fresh bedding was supplied, and changed as often as it became foul—usually about once a week.

The same feeding methods were practiced till farrowing time, the alfalfa being tossed into the pen each day. The corn part of the rations was decreased somewhat as farrowing time approached, to minimize body temperature and guard against complications. At farrowing time I was in attendance every time a sow dropped her pigs, and found it paid me well in practically every case.

After delivery of the pigs, I gave the sow a drink of water, with the chill removed. Don't be in a hurry to feed the sow at this time. The first feed consisted of the slop above mentioned rather thin—if slightly warm, so much the better. This slopping, with a wisp of alfalfa hay, was all the sow got for several feeds, then a small ear of corn was given. At the next feed a couple of ears were added, the amount being gradually increased until the sow was eating from four to eight ears of corn—depending on her weight, number of pigs, etc.

These methods yielded me a pig crop of 79 husky little fellows, 76 of them being raised to the weaning period—an average of almost eight pigs to the sow.

Poultry

The cause of tuberculosis in poultry is an extremely small bacterium or germ, the tubercle bacillus, which closely resembles the germ responsible for tuberculosis in man, cattle, and hogs. This organism is so small that it can be seen only with the aid of a high power microscope.

The germs cannot grow outside the body, but once they become implanted in the body, they multiply rapidly, causing the formation of small nodules or tubercles; hence the name, tuberculosis.

Into the basket of thy day,
Put each good thing and each thing
gay

That thou canst find along the way;
Neglect no joy however small,
And it shall rarely befall
Thy day can scarcely hold them all.

Welfare of the Home

Reading to the Children

I have been watching two groups of little children at play. One group spends most of its time trundling themselves and each other up and down the sidewalk, in various sorts of vehicles, kiddle cars, tricycles, toy automobiles and wagons, in gazing at the traffic and various happenings of the street; in going to the store for candy, and now and again chasing each other about. The other group is always energetically "playing something," lively outdoor games, and dramatic representations of Indians, Fire Departments, Red Cross First Aid, giants, farmers, explorers, builders. These and endless other imitative plays all have their turn.

Why should the little boy of the first group sit idly on the doorstep waiting for something or somebody to come along and entertain him? Why should the little girl of the second group sit under a lilac bush holding in her hand a switch tipped with a yellow dandelion head, and, like a dainty Fairy Queen touch everything nearby with her magic, gold-tipped wand, so absorbed in her imaginative play that she is entirely oblivious of passersby?

The answer is easy. One child has an undeveloped imagination, and the other a mind so full of pictures that she has unending resources for all unoccupied hours or moments.

Without knowing the exact circumstances, I can be reasonably sure that she and the other children of the second group have parents who make a practice of reading to them. They are probably quite as busy as those fathers and mothers who "would like to read to the children but somehow never have time," who recognize the importance of education by means of books, but who are unwilling to sacrifice inclination in order to give time

Your Grocer Is Not a Profiteer

Have a heart!
Your grocer is not a profiteer! He is passing along to you reduced prices, as fast or faster than they come to him. Just because prices on many good things are still high, don't blame him. It is usually the poorest quality of everything that shows the greatest decline.

If he is as good a man as the average, your grocer is still doing his utmost to give you the best value for your money. But don't push him too hard. He is only human.

You don't know, but we do, that he is recommending goods that pay him less profit than other well known brands which he might easily persuade his customers to take if he cared to do so.

We know this because he pays us more for Red Rose Tea and sells it at less profit than other teas, so when he recommends you to buy Red Rose Tea, you will know it is because he believes it, the best and is willing to take a little less profit for the sake of giving you the best value he can.

We are publishing this because we believe the more our people know of the true facts concerning the profits made by those they deal with, the more generous they will be in their judgments.—T. H. Estabrooks Co., Ltd., Toronto, Ont.

The School Boy as the Cereal-ist on the Farm.

In these days of agricultural advancement, the farmer must keep abreast of the times if he wishes to make a success out of his labors. As in other commercial pursuits, the farmer cannot attend to all the small details of the farm operations but has to use his time supervising the work. Consequently, if he cannot attend to everything personally, he must delegate some tasks to others and it is here that the school boy comes into his own. With the training he receives at school, he gets some idea of botany. At the school fairs he becomes acquainted with the different grades of grain by seeing one boy get first prize because his sample is clean from weeds and dirt, uniform in size and quality, and another boy not even win mention because he was too careless to remove the weed seeds and grains of other varieties from the sample. From the farm journals and periodicals, he gains ideas of what his district can supply and what the markets demand in the line of grain.

Lastly, from his father, if the latter is a good farmer, he sees how the land is prepared, the seed cleaned and how carefully the grain is handled from start to finish of the farm operations. When the school boy takes over the job of being farm cerealist, he should be given a piece of land for his own use on which he may experiment and grow what he pleases. A piece of land of about one-quarter acre in size should be ample for his activities for the first year. After getting his land fall plowed and in good physical condition for next spring's work, he can profitably spend his spare time in winter preparing his seed. If his father is growing good standard varieties, he can take several pounds of each of these and carefully hand-select good, uniform, well-matured kernels. He can write to the various government agencies and departments which distribute free samples of grain and thus obtain new and improved varieties suitable to his district to try out in his new plots in the spring.

When spring comes, as soon as the land is ready, he can sow his wheat, barley and then oats in plots of convenient size, say 47 feet by 7 feet 7 inches which will give a plot of one hundred and twentieth of an acre. By leaving a four-foot path between plots, he can walk all around and examine the whole plot without any trouble. All through the growing season he should visit the plots frequently and pick out all the impurities such as wild oats. Any plants that are different from the rest of the plot should be pulled and thrown out, or if they have desirable qualities, kept and grown the next year, each in a small separate plot. As the embryo cerealist will no doubt be comparing different varieties of oats, barley or wheat, he should carefully note when they head out and ripen, and should also observe their relative stiffness of straw. Besides attending to his small plots, he can have a look through the main farm crops and pick out the wild oats or other dangerous impurities present.

When the crop is ripe he should go through the plots and carefully pick a large number of good, uniform heads. These he can now thresh and clean up for next year's sowing. He should have sufficient grain from these heads to sow one-quarter acre, and the third year he should be able to supply his father with clean, carefully grown seed in a large quantity for the whole farm.

Thus the school boy will serve the dual purpose of supplying his father with good, clean, pure seed for general farm operations and at the same time train himself to know the worth of good seed and to be a careful worker.

When he grows up, he will take his place amongst the leaders in his community and raise the standard of farming in that district. The careful boy of to-day will become the careful farmer of to-morrow.

The Growing Child—Article V.

Physical Education and Posture.

In any scheme for the upbuilding of human efficiency, physical education must necessarily be one of the fundamentals. It must be acknowledged that the average man or woman, boy or girl is most efficient when he or she is physically fit.

Moreover, physical education, in the modern sense, does not stop at physical fitness, but tends to mental and moral fitness as well. The boy whose nerve cells are fed by the quickened circulation, due to physical exercise, and whose mind is rendered alert and keen by the demand for the quick response to command in drill or the necessity for prompt and decisive action in a game, is usually in better condition to solve a problem in mathematics than one who has not had these advantages.

Furthermore, the loyalty, courage and social qualities developed in team play, together with the self-respect that comes from the erect carriage of a well-poised body, strengthen the moral fibre of the individual and the nation.

The school owes physical training to your children just as truly as it owes them mental training. The educational program that aimed at the production of a few lightning calculators or credit bookworms rather than a well-rounded education for every pupil would be considered absurd and foolish. In the same way the physical training that produces a few spectacular athletes to the neglect of the needs of all the pupils is fundamentally wrong. When all the boys and girls of the country are placed under the instruction of adequately trained teachers of physical education, the work will consist of corrective and recreational exercises in well-balanced proportions. These two forms of exercise are the first aim at the production of good posture, and the second offering the advantages of healthy sport—will contain also all the essentials of educational and hygienic exercise.

The mother who has not at one time or another, told her boy or girl to "stand up straight" or "sit up" is the exception. Thoughtful parents are always concerned about the poor posture of their children, and rightfully so. Bad posture is detrimental from the standpoint of health, appearance, material advantage and, in a way, of character.

When the body is held erect and well poised, all the organs are in the best position for carrying out their special functions. When this is not the case it is easy to see how derangement of the health may come about. This fact, together with the vast more attractive appearance of the child with good carriage, is enough to convince any parent of the importance of any measure designed to secure good posture. It is well, too, to remember that a well-set up boy is more apt to be considered intelligent and efficient, and more likely to be chosen for important work than if he slouches into an office with an awkward body awkwardly handled.

Elements of bad posture, such as round shoulders, protruding head, "sway back," fixed or overextended knees and weak feet, often appear in young children, and exercise for their correction must not be delayed too long. A trained teacher of physical education will know how to introduce some of these exercises even in the first primary grade. And be it understood, on the authority of one of the best teachers of posture in the country, that only the corrective type of exercise will improve posture. A boy may play football or dodgeball until he is gray-headed, or chin the bar a thousand times, and be as round-

shouldered (more so in the case of chiming the bar) as when he began. It is true that work, many games and sports exercise the muscles that must be built up to improve posture, but in these activities the muscles are not used in co-ordination necessary for good carriage. This is so well recognized that the best school systems include in their physical education program the type of exercise that contains this corrective element.

The supervisor of physical education who limits his activities to making out a syllabus of exercises for the use of untrained teachers, and the holding of an athletic meet once a year is falling short of the ideal to be desired. However, the parents of any community can have any kind of physical education they desire simply by demanding it. While the importance of this subject can scarcely be overestimated, there are large numbers of children in Canada who have no training of this kind. It is, therefore, imperative that all parents who wish their children to have the benefit of careful, scientific physical education should get behind any movement that promises to provide it.

Prevention of Tuberculosis.

Health authorities have agreed that the control of tuberculosis demands primarily care of the health of children. More and more they have found that it is in childhood that the seeds of tuberculosis are planted. Prior to the year 1882 no one knew what caused tuberculosis. In that year, however, Doctor Koch, the famous German scientist, discovered a very minute germ which he named the tubercle bacillus and which he demonstrated was the cause of many different forms of disease in various parts of the body. Study of the tubercle bacillus showed that it grows best in dark, moist places and that bright sunshine easily kills the germ. Experience has also shown that while no medicine which one can buy will cure tuberculosis, yet the disease may often be entirely arrested if the patient lives in fresh air, eats good food and gets sufficient rest.

There is one simple rule to follow, which will make it very unlikely that tuberculosis will lay hold on your child. In fact, by following this rule children will be protected against many other diseases. The rule is: Keep strong. If you keep your body strong and well, it will fight off the germs of disease so that they cannot harm you. And here are some smaller rules to make you keep strong:

First. Always breathe fresh air. Never sleep, study, work or play in a room without a window open.

Second. Eat nourishing food and drink plenty of pure water. Avoid food that is hard to digest, like heavy pastries. Never eat or drink anything that weakens the body.

Third. Make sure that everything you put into your mouth is clean. Wash your hands always before eating and bathe your whole body often. Clean your teeth every day. Do not smoke.

Fourth. Exercise every day in the open air. Keep your shoulders straight. Take many deep breaths every day.

Not long ago the teacher in one of our city schools noticed that a delicate child of ten years was coughing a great deal and growing pale and thin. The school doctor examined the child and found that she had tuberculosis. After a visit from the school nurse the parents consented to let the little one go to a sanatorium in the country. Here she had the right kind of food and plenty of fresh air night and day. At night she slept in a cosy bed out on the porch. She stayed there six months and then returned home rosy-cheeked, plump, happy and strong. The fresh air did it all.

When he grows up, he will take his place amongst the leaders in his community and raise the standard of farming in that district. The careful boy of to-day will become the careful farmer of to-morrow.

Plan the Garden Now.

Draw garden plan for the coming season.

Order seed catalogs, study them, and order seed.

Order manure for potting, loosed, sash and lumber for frames, fertilizers and lime.

Repair, paint and sharpen tools. Buy new tools needed.

Make seed flats for later use. Bring in some soil to thaw out, if you haven't already a supply indoors. Test seed for germination.

The mind of man is simply a form of energy acting on the brain.

Why is a baby like wheat? Because it is cradled, threshed, and becomes the flower of the family.

The most powerful artificial light in the world is that of the lighthouse on Heligoland, which is of 40,000,000 candle-power.

Are You Having Trouble With Your Horses or Cattle?

MAKE YOUR OWN ANIMAL MEDICINES
Tell us what your trouble is and on receipt of money order for \$5.00 we will send you a recipe compiled by one of the most eminent Old Country Veterinary Surgeons.
THE VET MFG. CO., Limited
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MONTREAL

STRAIGHT TRAFFIC

"Father," said Ernest, as he rode downtown beside Dr. Benton in the automobile, "why are you always laying so much emphasis upon habits? I think you're asking me to take a pretty long look ahead. Shouldn't a fellow have a few years in which he can be free? It doesn't seem to me that a young fellow should take life as seriously as you are trying to make me take it. I want to have my four years in college care free, without everlastingly thinking of consequences. If I need to, I can turn over a new leaf when I get through college."

As Ernest finished his protest they were just approaching the corner of Chapel and Church streets. About twenty-five feet from the corner they passed a traffic signpost that read, "Straight Traffic at the Next Corner."

"What does that sign mean?" asked the doctor, for he was from out of town and had not seen it before.

"It means," said his son, "that now you've passed that post you have to go straight ahead. You can't stop, and you can't turn."

"Well, I guess," said the doctor, as his machine shot out of the traffic into the open street ahead, "that's as good an illustration as I need. Ernest, I've been practicing medicine long enough to have seen a good many sides of life, and the more I see of it the more I'm convinced that it's pretty much like that traffic post—once you get beyond a certain point with some things there's no stopping. You simply have to go right through. The drink habit or the drug habit is an example. I don't suppose anyone who started out with a friendly glass now and then thought he was going to end with delirium tremens. But before he knew it, he ran by the last point of recovery, just as I ran by that signpost, and after that it was 'straight traffic at the next corner' for him."

"It reminds me of one time when I took the wrong train at Winnipeg. I wanted to get off at Norwalk, but I'd got on a through express to New Haven, and to New Haven I went. First you take the train; then the train takes you. The time to do your thinking about your destination is before you take the train. You see you don't want to be everlastingly thinking of consequences while you're in college. Well, it's because I don't want you to have to think everlastingly about consequences after you get out of college that I am warning you to be careful now. The turning over a new-leaf idea is a snare laid by the Devil. What you've written by habit in your nervous system is written, and it's always there either as an ally or as an enemy. Don't run past the signposts, and then expect nature to reverse the traffic regulations for your benefit. Beyond a certain point it's 'straight traffic at the next corner' for us all."

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