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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, 75 Castle Frank Road, Toronto.

E. F. A.:—1. Vegetables are more wholesome and better flavored when steamed than they are when boiled or fried. Besides, there is much less waste than in boiling, as much of the nutrition of the vegetables is thrown away with the water in which they are boiled. The water should be saved and used in soups. 2. If linen is moistened along the line the thread is to be pulled, the task of pulling threads is easier. 3. A large pair of scissors is a convenient kitchen tool, especially in preparing lettuce and other vegetables. Of course, they must be thoroughly washed, as are other utensils, after every use. 4. When plaster cracks, add enough vinegar to plaster of paris to make a mixture like thick putty, fill the crack, and smooth off with a knife. If water is used the plaster hardens too quickly. 5. Before storing a stovepipe away for the summer, rub it well with coal oil, stuff the ends with newspaper to keep out any moisture, and there will be no rust in the autumn.

R. S.:—1. There is a clear amber shade between yellow and brown that would be excellent for the walls of your living-room with the Northern exposure. Have the ceiling of a deep ivory tone, dropped down to meet the picture molding which should also be deep ivory. Plain oatmeal paper is best for walls which are to serve as a background for pictures. With plain walls one may have figured madras curtains, but hemstitched scrim in ecru or cream would make very suitable curtains for this room, and scrim wears and launders better than madras. Dip the ecru curtains in strong tea and dry in the shade. A suitable rug would have the amber shade of the walls mingled with blue and terra cotta. 2. Subdued colors are always most restful. I would not advise papering any room in red as it is considered by physicians to be very trying on the nerves. 3. Yes, Nottingham curtains are satisfactory, especially if you possess curtain stretchers. They do not iron well.



Lesson XII.—Jesus The Way, The Truth, And The Life (Review).  
Read John 14. 1-14. Golden Text John 14. 6.

1. The way. That Jesus is the way to eternal life for the individual has long been the confident conviction and the triumphant experience of the church. We are now engaged in discovering the same thing for human society. Men have ever thought an ideal community life. They have called it the brotherhood of man, the cooperative commonwealth, the kingdom of God, and through many ages have looked for the way that led there. For this also Jesus is the way, even as for the individual. Following his teachings, men come to the land of their desire. The world wants peace, but it developed nationalism where he taught international brotherhood; it followed gain where he taught service, and in such a world there is no peace. A prominent Hebrew recently declared: "We shall never get out of war except by following the teachings of Jesus." Following those teachings in a new treatment for the criminal has turned the enemies of society into its friends and helpers. When the nations of the earth are willing to follow the same principle of loving their enemies, of returning good for evil, will not the same transformation occur in the external enemies of the state?

2. The truth. To the world of Jesus's day the truth was an abstraction. "What is the truth?" said Pilate with a sneer, thinking he had before him only another splitter of logical hairs, but instead he had the truth incarnate—a very different thing to face. The Logos—the eternal truth—says John, became flesh, that men could touch it and understand it; so that we might have with it the kinship of common experience. Does the world doubt that it is possible to walk in the way that Jesus showed, that so we might come to righteousness and brotherhood and peace? He himself walked in it. Are his teachings a vain dream? He himself lived the truth that he taught. Does he say that impossible thing, "Love your enemies," and turn them into your friends? Listen to him upon the cross: "Father, forgive them, they know not what they do." The truth here is not a cold formula, but a living force. When the nations seek after a better world-life, they can walk not alone by faith, but by sight.

3. The life. In his immortal story John Bunyan made his pilgrims run away from the city of destruction, crying "Life, Life, Eternal Life." That is what the race needs even as the individual. The great lack of today in the world is not more technique

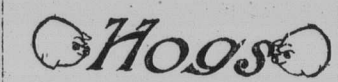
4. The tendency is towards simplicity in house furnishings now; as few draperies, cushions and ornaments as possible, and all articles are intended for use and not merely for show. It certainly lessens the housewife's task of cleaning, and is conducive to the family health.

H. D.:—1. The trenches on the western front extend about 750 miles. 2. Probably "The New Housekeeping," by Mrs. C. Frederick, will supply the information you require in household matters. 3. The Provincial Board of Health of Ontario will furnish you gratis a booklet, by Dr. Helen MacMurchy, entitled "A Little Talk About the Baby," which you will find valuable.

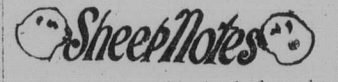
W. W.:—1. The new collars are nearly all of the sailor variety and of very sheer materials such as ninen and georgette crepe. They are hemstitched or edged with lace or silk braid, and some have tucks or insertion set in. 2. Handbags are seldom of leather, but are elaborate affairs of silk, or beads, or are knitted or crocheted in bright hues of crochet silk. You might make a round bag of a strip of silk like your dress with a circle of cardboard covered with silk to form the bottom, and then crochet on a top of a contrasting color about an inch wide, through which to run a silk cord.

D. V. C.:—When your time is limited, it is best to plant flowering shrubs rather than annuals. Once carefully planted in good soil, the shrubs require little attention and are beautiful and permanent additions to the home grounds. Some of the best shrubs are: Spirea van Houttei, Flowering Almond, Japan Quince, Tartarian Honeysuckle, Syringa, Lilac, Snowball, Hydrangea, Rose of Sharon. 4. These will give you a succession of bloom from May to October. Flowering vines, such as Clematis, Wistaria, Dutchman's Pipe, Trumpet Flower, and Climbing Roses, are easily cared for. It is best to buy large three-year-old plants.

For better living, but more power; not more machinery, but more dynamic. There is knowledge enough to build a better world to-morrow, but not to animate it. On paper to-day you can draw a better community life than now exists in your neighborhood, but can you get it to-morrow to walk and act in the market place? This is what makes Jesus the great hope of the race. He does put power into life for better living. His contact with the Father, the source of all energy, is such that he is able to transmit that eternal power to human life as none other ever has done it. The mystery is greater than our definition. "Do the will," he says, "and ye shall know the truth." He did the will and found the power. So also he gives the power. Those who will live with him and with the Father, doing the will in all faithfulness—they shall know—men and nations—that he is the life eternal.



Bowls in good working order lead to a good time at farming. Pigs have short legs and not much strength. They can't wallow around in long straw. Run the straw through the cutting box and then scatter it about the pen, good and deep. A sow that has just brought her pigs to town doesn't need much, if anything, to eat for a while. When she acts as if she was getting hungry, make her a nice soup of wheat middlings, bran and oats. But we need to be careful not to give too much at once; better to feed often. Bad results sometimes come when pigs are due, because of disturbances in the vicinity of the sow's quarters. So far as possible give her a chance to be quiet. Hogs fill a very important place in the economic world, and will doubtless long continue to do so, the more especially when we succeed in reducing the death rate in the hog kingdom to a reasonable figure.



If a ewe loses her lamb, keep her milking as a foster-mother. If she objects to mother a strange lamb, put her in a narrow stall, specially prepared, until she becomes reconciled. With gentleness, a ewe will soon take kindly to the situation. One night out in a cold March storm may cost you several lambs and perhaps take the vigor out of a nice ewe. Are the droppings hard and like bullets? A little more laxative food and not quite so much timothy hay will correct this. The best physic for sheep is wheat bran, with frequent rations of vegetables. The humble sheep is getting a great deal of attention just now. Scarcity of wool means higher-priced clothing.

## SODOM OR THE HILL COUNTRY

A Man's Life Should be a Protest Against the Evil About Him. And a Potent Appeal For Good.

"Abraham dwelt in the land of Canaan, and Lot dwelt in the cities of the plain, and moved his tent as far as Sodom."—Gen., xiii., 12.

Two of the great forces in the material universe are gravity, the pull downward toward the centre of the earth, and gravitation, the pull upward toward the stars.

So, in the experiences of life, two powers are drawing us; one downward toward the level of the beast and one upward toward God. In man's natural estate he is more conscious of the downward pull, and so we are prone to take a pessimistic view of life. Measured by the span of a generation, the progress upward is usually slight, and it is only as we measure by centuries that we see humanity struggling upward—slowly, painfully, bleeding, yet with a murmur of victory that will one day become the great Hallelujah Chorus.

The life of Lot affords us examples of these two forces playing upon an individual. Back in his ancestral home he had been susceptible to the influence of a man like his uncle Abraham. He felt the charm of a godly personality. Lot yielded to the uplifting power of this good man and followed him out into an unknown country.

A Wrong Choice.

But Lot did not always yield to the best influences. He and Abraham settled in the land of Canaan. Their flock multiplied until there was difficulty in finding pastures. Lot became more concerned that his flocks and herds should have ample pasture than that he should maintain his harmonious relationship to his uncle. Matters grew steadily worse, till Abraham proposed that they should separate. Lot's salvation depended upon keeping close to this man of God, yet he allowed selfish considerations to dissolve their partnership. Selfish considerations are responsible for many of the worst quarrels and feuds of all ages, and some of the best relationships of life are rudely severed because of men's selfishness, greed and suspicion.

But Lot made a yet more serious mistake when he took advantage of

Abraham's generous permission to make the choice of his future home. He could either take the fertile region about the Jordan, with splendid markets in Sodom and Gomorrah, or else go to the comparatively sterile hill country. But he chose the better for himself. Just so to-day; some want the best and more than they are entitled to, which means that the noble and unselfish are constantly penalized.

Lot's greatest mistake was in the motive behind his choice. He chose the fertile plains and city markets because these would make him a rich man. He worshipped the god of Mammon. So at length he became a citizen of Sodom and his children married among the wicked people of the city and embraced their paganism.

No Compromise With Sin.

Many a fine family has moved to Sodom in these latter days. The simple home life, with its earnest piety, has yielded to the worldliness of Sodom. The old family church has been deserted for the fashion and society of another; all work has ceased and consecration has been lost.

So with all who pitch their tents toward Sodom, unless they carefully guard the portals of the heart. A man is not expected to live as a recluse or a hermit; he may live in the midst of the city, possibly touching elbows constantly with sinners, but he must make no compromise with sin, for that is fatal. His life must be a protest against the evil about him and a potent appeal for good.

Every young man or woman—going to the city, with its dazzling splendor and lure of worldliness, should watch his ideals and ambitions most carefully, and at once identify himself with God's church and people, for thus will he escape the fate of Lot. And to this end every church in city and country should co-operate in maintaining a vital touch with all who go to the city, and city churches and Christian institutions of all kinds must give them a welcome place in the life of God's people. We are missing one of our greatest opportunities when we fail to do this in the largest possible measure. — Rev. Chester C. Marshall.



A pound of meal before the cow freshens is worth as much as three pounds after she freshens. Water basins, with a supply of water always before the cows, means less labor in milking and a greater quantity of milk in the pail. Cows fed a ration composed largely of silage produced 17 per cent. more milk and 28 per cent. more butter fat than those given a ration consisting mainly of grain. Let your cows know you and study their wants. A finely bred dairy cow is a sensitive and high-strung

animal and quick to respond to kind and considerate treatment. So far as possible turn the water out of your barn-yard, so that the cows may not slip and bring on trouble. A wire barn-yard fence is pretty cold comfort for a cow on a raw March day. Cold and comfort are not on speaking terms in the dairy. The sire which has brought you good calves is worthy of the best care you can give him. Spain is studying its large deposits of peat with a view to utilizing the material for the production of both gas and electricity.



Their Fathers are Fighting For Right, SHALL THEY STARVE?

Here are two little Belgian refugees two of thousands upon thousands whose fathers have answered the call of duty and are fighting with their Allies for the liberty of peaceful nations. Those fathers did not wait to count the cost or to find out how much help they were going to receive from outside their borders. They perhaps believed that great nations like Britain and France would not stand by and see them crushed, and that the people of these wealthy and friendly countries would not allow their children and their wives to starve while they were away. But all that they really knew was that they heard the call of duty and rallied to their King.

Of course their faith in the nations who guaranteed their neutrality was not misplaced unless they had faith in Germany. Great Britain and France did rally to their side and with them are putting an end to the Teutonic dream of World conquest. And their children and their wives have not been allowed to starve. The two shown

## Farm Crop Queries

Conducted by Professor Henry G. Bell.

The object of this department is to place at the service of our farm readers the advice of an acknowledged authority on all subjects pertaining to soils and crops.

Address all questions to Professor Henry G. Bell, in care of The Wilson Publishing Company, Limited, Toronto, and answers will appear in this column in the order in which they are received. As space is limited it is advisable where immediate reply is necessary that a stamped and addressed envelope be enclosed with the question, when the answer will be mailed direct.



Question—W. K.:—I have a meadow seeded down last spring, but, owing to the extreme wet, followed by a drought, there is only half a catch. The clover mostly lived but the timothy is nearly all dead. Should I plow them up in the Spring, or would it be advisable to go over the ground with a drag harrow and sow timothy by hand?

Answer:—If the clover has lived through the winter in sufficient quantities I would advise re-sowing timothy seed in the spring and at the same time top-dressing the seeding with well-rotted manure or about 200 pounds of fertilizer. The fertilizer should be high in ammonia. I think you would do well also to add three pounds of meadow fescue grass per acre. This is a rapid-growing grass and should make a valuable addition to your meadow. After this has been applied I believe it would be advisable to harrow the seeding lightly, making sure to harrow it with the grain drill rows instead of across it. If the spring is normal this should get you a good catch and make a satisfactory seeding.

The land has had very little manure in the last five years. Plowing for spring crops must be done this spring as we were unable to do any plowing last fall. We purpose sowing barley and oats, and would like to know whether it is advisable to seed this land with clover this spring or plow the stubble after the grain is harvested and seed to rye, and then sow the clover a year from this spring. We have no barn-yard manure to apply to the land.

Answer:—In my opinion it would be well to seed your barley and oats with clover this spring. The soil is evidently run down and you should, as soon as possible, establish a system of cropping where you could plow under a second crop of clover. This will add organic matter, or humus, to the soil and will also make some addition of nitrogen. In order to make sure of a satisfactory catch of clover and at the same time greatly assist your barley and oats seeding it would be well to apply 200 to 300 pounds of fertilizer to the acre at the time of seeding the crop, since you have no barn-yard manure to apply to your land. This fertilizer should carry at least two to four per cent. ammonia and from six to eight per cent. available phosphoric acid. It will not only help the grain crop but will do a great deal to insure a satisfactory stand of clover.

## POTATO SEED SELECTION AND DISEASE CONTROL

The Fourth of a Series of Five Special Articles by Henry G. Bell, Agronomist.

To the British nation potatoes constitute one of the great articles of diet. History records the disaster of the great potato crop in Ireland, and the present shortage gives the Britisher of to-day an idea of the importance of this common but very valuable crop.

Michigan potato grower found a difference of 110 bus. per acre in the crop from selected stock compared with the crop from mixed seed grown on the same ground. The selected crop yielded 360 bus. per acre and the mixed stock produced 250 bus. per acre.

Few Canadians realize that almost one acre in 40 under tillage in this province is normally planted to potatoes. The value of the 1914 crop totalled nearly \$12,000,000.

When the Canadian potato grower considers the yield per acre he is obtaining as compared with yields in England, Scotland, Holland, North-eastern United States and other parts of the world, he must be impressed with the opportunity he has in increasing yields.

The average yield for Ontario is less than 160 bus. per acre, while England is growing over 300 bus. per acre, Holland 290 bus., and Maine over 250 bus. per acre.

One of the reasons that these other parts of the world are exceeding Canadian yields is that they are selecting good potato seed, and not relying on small nondescript stock.

There are three grades of seed selection in potatoes. Field choice is first. By field selection I mean simply watching the growing crop to see that it is a pure variety. First start by planting a pure variety and then save seed from all the plants having the same colored flowers and the same characteristic spread of potato vines. Dig the pure stock first and cull out the small inferior potatoes. Discard these and do not plant them for seed potatoes. You don't save the calves of the small, weakly heifers in order to build up your herd. Don't plant small inferior stock and expect to get good, strong, heavy yielding crops.

Plant selection is the second step in potato improvement. While the crop of pure variety potatoes is growing, go through the field and mark off the strongest best plants by putting a stick in beside the growing hill. When the crop is ripe dig the marked potatoes separately. Save for seed only those which have the largest number of well-formed tubers. Keep these for next spring's seed. Plant only the best potatoes from these.

Individual tuber selection is the most effective means of improving and purifying potato seed. Tuber selection starts with seed of a good variety if possible. Choose a number of potatoes of good marketable size. Cut each of these tubers into four pieces and plant each four pieces from one potato in a hill, or plant the four pieces of the same potato in a row. When the crop is ripe, dig these sister hills or plants in groups of four. Save only the potato "families" that yield the largest number of good marketable stock. Keep the "families" separate and plant a drill of each the second year. Choose again the best yielding, good quality stock and a good selection is started. A

Special seed stock should always be grown on good, well-prepared ground, and should receive careful attention while the crop is developing. Much can be done to protect the growing crop from blight and other diseases, but this subject of disease control must be treated in a succeeding article.



The hen that gets cold feet through exposure these raw days is apt to give her master cold feet when it comes to marketing her eggs. Keep the hens in till the ground is warmer. When you turn chickens out for a run during mild days, throw some meat scraps, which are too large for them to swallow, within their reach. The ones that are lucky (?) enough to secure a morsel will be chased by the others, thus affording abundant exercise for all.

The egg-laying season among geese practically begins in March, although frequently eggs will be dropped in January and February—much depending upon the age of the geese and the condition of the weather.

An abdominal pouch of great size indicates great age, a pointer well worth remembering in purchasing breeding birds.

If you want to know what hen manure will do for fruit, plant some plum trees in the yard where hens run. Trees that bore very few plums, and none that were sound, have been made to bear bushels of fruit, just by letting hens run around them at will.

Easy Method.

"How did Deeds make his reputation as a lawyer?"

"He was so well-to-do he could decline cases he knew he couldn't win."