

## GRAND TRUNK RAILWAY SYSTEM

THROUGH TRAIN SERVICE  
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NORTHBOUND—First train leaves Toronto at 8.30 p.m. Dec. 2nd, arriving South Porcupine 4.30 p.m. following afternoon.  
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## BOYS! FOR ONTARIO FARMS

Will arrive in February, March and April, aged between 16 and 19 years. As number is limited, application should be made at once. Write for application form.

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**R.A. MACFARLANE**  
BOY FARMER LEAGUE  
Drawer 126 WINONA, ONT.

## Importance of Pure Air

Dr. Ella S. Webb

A man may go for days without food and for hours without water, but deprive him of air for a few minutes and he ceases to live.

Our governments exercise some supervision of the food and water supply of the people, but the air is "free" to all, and it is left to each one to regulate the quantity and quality in her home.

Air laden with the foulest and most poisonous substances can be inhaled without immediate knowledge of the conditions, but the effects are seen later in headache, drowsiness, and other warning symptoms that, in the case of habitually unventilated dwellings, result in deficient nutrition, loss of vigor, of body and mind and of the power to resist disease.

WE'RE DIRTY AIR

We reject dirty food for our stomach while using dirty air for our lungs, organs far more delicately constructed than the digestive apparatus and needing careful consideration if we would have the best health and strength.

Go into the large majority of living and sleeping rooms in city or country, especially in winter, and you will find a reason for the spread of the white plague which is slaying thousands of your young people all over the land.

Fresh air, then, is a law of our well being. The average adult contaminates about 5,000 cubic inches of air with every breath, and in ordinary respiration an adult abstracts 16 cubic feet of oxygen from the atmosphere every 24 hours, and adds to it 14 cubic feet of carbonic acid gas in the same time. Nearly one-third of the excretions of the body are eliminated from the lungs and another large proportion through the skin.

Economic considerations frequently

lead householders to save fuel at the expense of health; again drafts from open windows are objectionable; also, many persons accustom themselves to an overheated room and catch cold if fresh air is admitted while sitting at work.

Science and invention are coming to our aid to overcome the first two objections, and the last can and will be overcome by the exercise of will power and the desire to be well. Public opinion is coming to favor open windows in sleeping apartments, and the sleeping porch, which has ceased to be a fad; the arrangements for absolute comfort of body while enjoying fresh, pure air for the lungs has been reduced to a science along those lines.

ARE WE INDIFFERENT?

In this very important matter of fresh air as a necessity for physical health it has seemed that familiarity with the subject has bred indifference.

It is of vital importance to realize that we cannot consume too much pure air, the larger the quantity the greater the amount of life giving oxygen conveyed to all parts of the body, and the larger the lung capacity the better our health and strength.

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## Worthy Object for Xmas Giving

Last spring a brief article on the Canadian Free Library for the Blind appeared in these columns. In that article it was stated that the library, then at Markham, Ont., was to be removed to Toronto. The removal has since taken place, and the C. F. L. B. now occupies quarters at 105 Annette street, Toronto, Ont.

The Canadian Free Library for the Blind is attempting to reach and benefit all the blind in Canada, but it is encountering serious obstacles in the realization of this hope from the difficulty in securing names and addresses of those without sight and from the necessity expending funds to defray the expense of maintenance. The board of management therefore requests all readers of Farm and Dairy who are acquainted with blind persons not now enjoying the benefits of the library to send in such names and addresses to the secretary, S. C. Swift, M.A., 8 Washington avenue, Toronto, Ont.

It is the desire of the C. F. L. B. to establish a printing department for the purpose of printing Canadian texts in embossed type for the use of the Canadian blind. There is at present no such establishment in Canada, with the result that Canadian literature is practically unavailable to our sightless citizens. Thirty thousand dollars are required to secure a sufficient income to make the plan feasible. Less than a thousand of this amount is at present in the treasury of the C. F. L. B. The library asks the Canadian people this Christmas to help it to realize this plan, so worthy of assistance.

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## Fall Work on the Lawn

When the ground freezes, the lawn should be mulched with several inches of barnyard manure. Avoid that which is largely trash or bedding, if possible. The leachings during the winter and spring will stimulate a rapid and luxuriant growth, and this is one of the best features of the manure-mulch in the fall.

The manure-mulch should also be applied to the hardy perennial borders, and about the shrubbery. Tops of the herbaceous plants should be cut to within two or three inches of the ground, and the mulch applied right over the crown.

With tender shrubs and roses that must be protected, avoid swathing them in burlap, paper, or cornstalks to stand like mute Egyptian mummies, marring the view all winter long. Just as good a plan, as far as

protection is concerned, and a far more pleasing one, is to drive some stakes, bend the tops down when no frost is in them, and tie them down with wires or small ropes. They may then be covered with leaves raked from the lawn, or covered with a whitewash manure. If the location is exposed a 12-inch board may be staked on edge about the group to prevent the mulch being blown off. The covering ought to be several inches deep.

If the lawn has been kept clean from weeds and trash, and there are no seeds or grains in the mulch mow will be needed. In spring, at the proper time, the covering can be removed and the tops pulled back into position.

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## For Rural Betterment

The most desirable communities in which to live are the communities in which people work together and co-operate in various enterprises common to the community.

One of the problems that should receive the attention of every rural community this winter is the matter of rural school consolidation. It is not practical for every community to consolidate at this time, the advantages and possibilities of consolidation should be known and considered by everyone. Consolidation is one of the great modern movements that will tend to interest boys and girls in country life, increase the value of farm property, and better the conditions of life in the country.

Organize a Farmers' Club in your community, and by so doing improve the social advantages of your own family and of your neighbors. During the busy season when one seldom sees his neighbors, a feeling of indifference is likely to grow up in a community; which is, to say the least, undesirable. Calling a meeting by someone will give many people in the community pleasure, add to their interest in other people, and create a feeling of friendliness and helpfulness among all; and, if the meeting results in a permanent organization that will call the members together at least once a month, it will result in great good to the community.

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## Hints for the Cook

Garnish boiled mutton with beet-root cut in slices and a little chopped parsley on each slice.

The flavor of salad dressing is greatly improved by the addition of a very little chopped capers or pickles.

When peeling lemons for cooking purposes, be sure never to cut any of the white skin, as it has a bitter flavor.

If the oven does not brown, sprinkle a good handful of sugar on the bottom of the oven. It will then brown the anything.

The flap of the sirloin should be cut off before it is cooked. It should be rubbed with salt for a few days, and then boiled very gently with herbs and spices in just enough water to cover. When done, press till cold. Garnish nicely before serving.

Egg shells should always be carefully saved, for they are useful in clearing away the grease from a crushed and mixed with salt, for cleaning enamelled pans.

Bread should always be kept in an earthenware pan with a wooden cover. Wash the pan out every week and dry thoroughly before replacing the loaves.

Tough meat should be laid in vinegar a few minutes before cooking, as it is a particularly useful hint for summer, when meat cannot be hung till tender, as in winter.

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A tablespoonful of turpentine added to a load of dirty clothes will increase their whiteness.

## WINDSOR DAIRY SALT



The wise housewife knows the importance of always keeping a good supply of Windsor Dairy Salt on hand.

She knows that Windsor Salt makes the best butter—and she is not satisfied to make any other.

Windsor Dairy Salt is both a money-maker and a money-saver.

It makes money for farmers and dairymen because it makes butter that brings the best prices.

It saves money for them because, being absolutely pure, it requires less to properly salt the butter.