

called by His Name. If it is true that our soldiers—or many of them—look up to Christ as their ideal Man, yet look down on His professed followers as “canting hypocrites,” whose fault is it? Is it our fault—yours and mine?

Let us, in this day of tremendous realities, look at the matter honestly. We can't afford to gloss over flaws in the Church's machinery while millions of men are facing death and asking for some word of the Beyond—some word that they can trust.

We call ourselves “Christians,” are we really serving Christ? Do we, in soldierly fashion, obey His orders each day? Do we accept our particular cross—the cross He asks us to endure—as cheerily as the soldiers accept hardship and danger? Do we rejoice that we are counted worthy to suffer something for His sake? Or do we complain and grumble when we can't have exactly what we want?

We are sent out to be His witnesses—the proof He offers to the world that He is not dead, but Living and in the midst of His Church. “Ye are manifestly declared to be the epistle of Christ,” wrote St. Paul to the Corinthian Christians: and it was to the same Corinthian disciples that he held up a marvellous picture of Christ—the picture of perfect Love—for them to copy. Love is kind, though unkindly treated, rejoiceth in the good fortune of other people and delights in pointing out their virtues. Love endures unfalteringly all pain, trouble and illwill, hoping still in darkness, when all earthly hope has failed. Compare our copy with the Original—with the Love of Christ—and see how poor an imitation we are showing the world. But the War is not yet over—we are invited again to be His witnesses. Let us pray:

“Grant us love Thy Love to own,
Love to live for Thee alone,
And the power of grace make known
We beseech Thee hear us.”

DORA FARNCOMB.

The Windrow.

If the present scarcity of ordinary skins continues, leather for shoes may soon be made of the skins of whales, sharks, walrus and codfish. Experiments are being made to make these available.

Lantern rockets, with parachutes attached, are now sent up over Paris on dark nights, to reveal the whereabouts of attacking air-planes; and it is proposed to open the “catacombs,” ancient stone quarries running under half the city, to use as shelters when bombs are being dropped.

Many astronomers are now making extensive preparations to observe the total eclipse of the sun which is to visit the United States on the 8th of June. The eclipse will be visible only to a strip of country extending from the mouth of the Columbia River in Washington to the coast of Florida, and varying in width from 65 to 40 miles.

Fruit, uncooked, ungarnished and served as nature gives it to us, has the approval of doctors and dietitians. It is a recognized fact that our bodies work much better when there is a surplus of alkaline ingredients in the blood, and that difficulties arise if the surplus is acid instead. Contrary to what might be expected, fruits which contain more or less acid always leave alkalines behind them to be absorbed by the blood. Meat, eggs, fish, cheese and all cereal foods, on the contrary, leave an acid record. In order to maintain the desirable healthy alkaline condition of the blood nothing could be more logical than to finish a meal of meat, bread and pastries with fruit. Because this is true fruits and green vegetables, most of which have the same alkaline characteristics, are often called blood purifiers. They are as essential to a healthy condition of the body as is oil to a smoothly-running engine.

The Fashions.

How to Order Patterns.

Order by number, giving age or measurement as required, and allowing at least ten days to receive pattern. Also state in which issue pattern appeared. Address Fashion Department, “The Farmer's Advocate and Home Magazine,” London, Ont. Be sure to sign your name when ordering patterns. Many forget to do this.

Send 15 cents per number when price is not marked.

When ordering please use this form:—
Send the following pattern to:

Name.....
Post Office.....
County.....
Province.....
Number of Pattern.....
Age (if child or misses' pattern).....
Measurement—Waist..... Bust.....
Date of issue in which pattern appeared.....



No. 9519 Fancy Blouse, 34 to 42 bust. Price 15 cts.



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The Ingle Nook

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A Strange Springtime.

Truly we have reached a strange springtime. In the happy old days before the war we could face the summer, with a surety of hard work, it is true, but with the pleasant hope of having “something to lay by” at the end of it, for a rainy day. This year we can do nothing of the kind. With the high cost of living on the one hand, and the need of helping with war-work on the other, we can have little certainty of anything—except, perhaps, the hard work. Yet we will face it bravely, knowing that our part of the sacrifice is just nothing at all compared with that which “our boys” are compelled to make every day over there in Europe.

Just now the chief question is: “What can we do, here, now, to help things along?”

For my own part I do not feel like giving much advice in this matter, for I am quite sure that my readers are quite as anxious to help in the world's great need as I am, and that they know much better their own circumstances and the way in which they can do the most. I know, of course, that almost every paper or magazine one picks up and every lecture one hears (given by women lecturers to women) is strong with urgings upon the women to go out on the land and work, even to the point of taking up farms and carrying them

through with the labor of women only. But it seems to me this a something that must not be undertaken recklessly. I do not say that it is impossible. There are women who are so big and strong of bone and muscle and so filled with robust health, that they can go out and do such work without being very much the worse for it; but I do think that these are in the minority and that they have no right whatever to dictate to frailer women, already overworked, as to what they shall or shall not do. Let the big strong women go out and work at ploughing, harrowing and pitching up sheaves if they want to, and all honor and glory to them for it, but let them not forget that the weaker woman who manages to squeeze in a pile of knitting along with her housework, or who spares money to the Red Cross from the proceeds of her chickens, is also doing war work none the less important. For a frail woman, carried away by enthusiasm, to attempt heavy farm work, might be only suicidal. By wisely working in some less strenuous way, she may at once preserve such strength as she has and do more for the war than by making a wild spurt and breaking down.

In everything enthusiasm must be tempered with wisdom. It must always be remembered that efficiency can only be secured by good health joined to the will to work just as far as the bodily strength will permit but no further. Never was efficiency so needed as today; yet to-morrow it may be needed even more. If the women make of themselves broken-down wrecks how will the world be served either to-day or to-morrow?

There is one way, however, in which comparatively frail women really can work on the land, finding, too, not less health but more in the process.—That is, gardening, and it is cheering to remember that in the face of the world's urgent call for food, ever so small a plot of land can add to its foodstuffs. Every beet and carrot, every quart of beans and peck of potatoes, spares just so much of the essentials called for over there in Europe. So is it not evident that every garden-bed we make, even for our own use, and every hill of potatoes we hoe (provided there is no man with a horse-drawn drill to do the work) must help our armies and the people of France and Belgium who have been turned out of their homes.

Potatoes especially are good food, and so are beans.—Have you never grown beans? Then try some this year, even though the price is high. They are all good—white, yellow, brown, black, and even the “scarlet runners” that you can train on the fence and that are just as edible as the others. They all contain protein, the great muscle builder, and, moreover, not only do not take anything out of the soil to impoverish it, but, on the other hand, positively enrich it. They are legumes, like clover, and so take nitrogen right out of the air and throw it into the soil, where it will remain ready to help things grow next year.

In order to find time to do all this gardening, it will of course be necessary to curtail work elsewhere, but any woman “with a head on her” can see how this may be done: Unnecessary “frills” in both cooking and clothes will have to be abandoned. If one has a house of many rooms it may be advisable to shut some of them up for the summer. By doing all of the cooking on an old stove in an outside shed and serving the meals on the back porch, or under a tree, when the weather is fit, much toil of cleaning-up in the house may be saved. A tent on the lawn which may be used as a sleeping-chamber will help still more, and will be found more healthful than the inside room.

—But why enumerate? Any wide awake woman can add to the list.

JUST a word more in closing: It is perfectly ridiculous the way the idea still sticks in the minds of some people that the Government, by its food regulations is trying to make us half starve ourselves here. On the very face of it that is as unreasonable a notion as ever was hatched. It would be a fool Government that would ask us to eat less than we need, and so ruin our efficiency here in the face of all the work we have to do.

The only request the Food Control Department makes in the regulations issued, is that we eat certain things to spare others. Wheat, beef, bacon, and sugar have been found the most con-

venient and those four things in quantities can

But what a splendid left! Brown bread of all kinds; bro rice and other cereals; poultry and fish; and fruits; maple and a reasonable well as a reason flour! —If we meals on all those

It is no hardship and muffins.—An experience, for I dozen slices of w year. If you do some good Grah or biscuits for tea and syrup or jam and see how good

Surely the boy that we at least little service for willing to do ever be—well, heartily to say the least. bearing!

Just here, will with me in this help out in a wa easily?

Will you please “war” recipe? The “war” issue, so fa partment is conce we may help some to cook with the but do not know given you some re some more, but per And, anyhow, I th interesting to hav lection,—don't you

Needle Point

“Help the bird can, for they w a service that m ventions, utterly Our Dumb Anima “The best evide is that one is eve F. Cope.

What to do

FARMER'S ADVOCATE Will you please Advocate these que What to do wi daffodils and nar bloomed this winter

Will they bloom t out in the spring? be kept in order t to bloom next winte Simcoe Co., Ont.

Bulbs that have in the winter cannot the next summer, b some out of the w time, they may d bulb flowers in the plant fresh firm bu spring. After that undisturbed for s thin them out if ne ford says: “It is n up your bulbs each to think. I prefer undisturbed for tw Then I lit them a ripened, and divid away until fall, whe new beds. The bed can be utilized fo making it necessary which will have comp before it is time to p The soil can be stir rake, taking care n penetrate far enoug with the bulbs.

papering Dear Junia—I papering two rooms is a parlor with two east; the other is a one window facing arch-way dividing t refers to a country ho 1. Would it be a both alike or different of paper would be painted a silver grey? 2. What colored the paper best? An ATT Welland Co., Ont.