



The Wonders of a Puffed Grain

Each Puffed Wheat bubble is a whole grain puffed to eight times normal size. A hundred million steam explosions have occurred within it.

Every food cell is exploded, so you see an airy, toasted morsel as flimsy as a snowflake.

Puffed Rice is whole rice puffed in like way.

The texture is enticing, the flavor is like nuts. The airy granules seem to melt away.

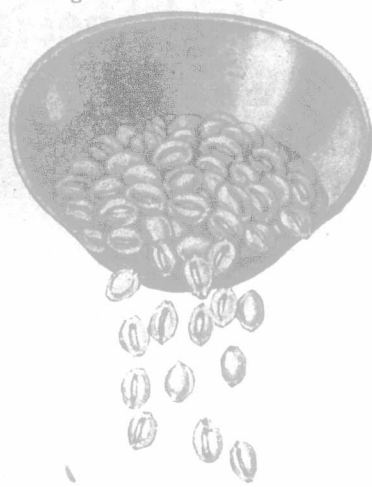
But think what they are

But these delightful bits are grain foods, fitted for digestion as grains never were before. Float the Puffed Wheat grains in milk and you have the greatest food in existence.

Serve with cream and sugar, mix with fruit. Douse with melted butter for hungry-hour delights. Use like nut-meats on ice cream.

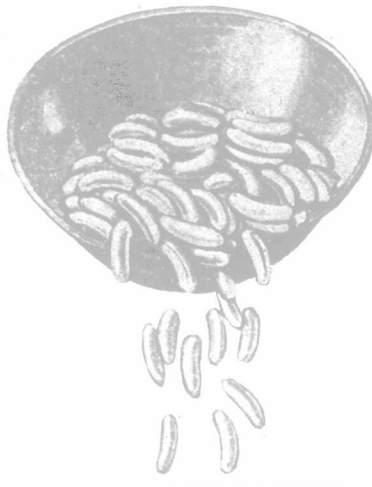
In all ways these Puffed Grains are like flavory confections, yet they are supreme foods.

Millions now enjoy them. Serve all three in all the ways you can. No other grain food can compare with them.



Puffed Wheat

Bubble Grains 8 times normal size



Puffed Rice



The night dish

Serve Puffed Wheat in every bowl of milk. These flimsy, toasted grains supply whole grain nutrition, and they are easy to digest.

The Quaker Oaks Company

Peterborough, Canada

Sole Makers

Saskatoon, Canada

3477

Our School Department.

A Championship Judging Competition.

AS school fairs are now carried on in practically every county of Ontario, and, in many instances, in every township in the county, most people are fairly familiar with the work that is conducted through the medium of these fairs. It is not, at present, merely a showing of roots, vegetables, live stock, and miscellaneous articles, but there is now a competition in the judging of live stock, grain and roots. These things are of great educational value to the boys and girls and should have an important bearing on the success of agriculture in the future. Oxford County is possibly as well organized for school-fair work as any in the Province, and, under the leadership of the Agricultural Representative, G. R. Green, the fairs are doing a big work in interesting the boys and girls in live stock and in developing live-stock judges.

Ten school fairs were held in the County this year, with a stock judging competition at each. Each school is expected to choose a team of three boys to represent the section in the competition. In all, forty-two teams competed. It was arranged that the two highest teams in each school fair would be eligible for the championship competition to be held at the Woodstock Agricultural Fair. While twenty teams were eligible, fifteen competed on Friday, September 24. The boys on the different teams were from ten to fourteen or fifteen years of age, and most of them gave evidence of having a knowledge of the different classes of stock. Last year the boys worked on sheep and swine, and this year horses and dairy cattle were judged. It was no haphazard judging; the boys in most cases had been ably coached by breeders in their school sections, by their teachers, or by members of last year's agricultural class. The honor of the school was at stake in these competitions, and everyone was keenly interested. Further interest was added by the fact that the Harris Abattoir Company, of Toronto, had donated two free trips to the Chicago International to the young men who coached the school-fair stock-judging teams winning the second and third prizes in the championship event, the provision being that the coach must have attended one of the four-week's winter short courses held in Oxford County. The Merchants' Bank donated a trip to Chicago to the coach of the prize-winning team. Then, too, the competitors themselves had something at stake. The winning team secured a silver cup, donated by the Sentinel Review Company, this to be the property of the school for one year. Then to each boy in the winning team was given a pure-bred Yorkshire pig; to each boy in the team winning second place, 100 Barred Rock eggs to be delivered next spring; and to the boys in the third-prize team, 50 "Rock" eggs. The boy who made the highest score received a pure-bred heifer calf, provided his father was a patron of the Toronto City Dairy Company, which Company was the donor of the prize. The Woodstock Fair Board donated liberal prizes in the championship classes of grain, roots, vegetables, potatoes, poultry, flowers, etc., besides giving all winners of first, second and third prizes at any of the local school fairs a complimentary ticket to the fair. School Section No. 2, Nissouri, won first place, with James Oliver, of Kintore, as coach. The competitors were Willie Oliver, Russell Fraser, and Gilbert Alderson. Blanford No. 7, coached by the school teacher, was second, with School Section No. 5 East Oxford, third. Thomas Pellow, of this school, secured the dairy calf. The coaches eligible for the trip to Chicago are James Oliver, Frank Cowan and Howard Hallock.

The result of this line of work is far reaching. Not only is it of educational value to the boys who are in the competition, but it is interesting to the older brothers and the fathers. These young agricultural enthusiasts, who, in their early teens are studying the art of judging live stock and farm products, are agricultural missionaries in their

respective school sections, and are the means of interesting their parents in better live stock and improved farming methods. The very fact that livestock breeders in the County will give of their time and energy to help the boys in their work is very encouraging. There are instances in Oxford County where the men have taken the judging team from their school section to visit neighboring herds and have a work-out in judging. Stockmen all through the County have willingly allowed the boys to work on their live stock, and have given them all the points they possibly could in picking out the best animals and giving reasons for doing so. This early training of the boys will, no doubt, develop future live stock breeders and judges. There is something in a competition which brings out the best in a person, and in this case not only were the competitors benefited but the older brothers and parents were, as well; they were at the fair and took a keen interest in the competition. There is room for such work in every country. Local competition between schools of the township are good, but when there is a county championship competition it creates further interest, as there is more at stake, and the local fair is thereby improved. Work of this kind which interests the boys and girls in agriculture is not wasted energy, but, on the contrary, is work which will have far-reaching results. One had to attend the championship school fair for Oxford County to appreciate the good work which is being done in this line.

The School and the Community.

THE school is the central institution of the community. It is representative of the homes, of the farms, and the numerous activities of the district. The teacher and pupils working together can, in addition to their regular duties, perform a service to the neighborhood that will make the little school an aid as well as a place of learning. Why should not the school be headquarters for scientific information in the community? The teacher should not be expected to know all the science or practice of farming, but the school library ought to contain the desired information, and the teacher ought to be the librarian. The young man or young woman in charge of a school is a teacher trained and educated for that purpose, and should not be burdened with the responsibility of guiding and directing the enterprises of the community. We make this statement because some rural folk are inclined to speak a little disparagingly of teachers when they appear not fully acquainted with the ways, customs and practices of the neighborhood to which they have recently come. This is a big world, and there is so much to be known that very few ever live long enough to learn more than one one-hundredth part—and there are thousands of subjects. If the new school mistress or master is a good teacher, that is an accomplishment worthy of the highest praise.

These remarks about the qualification of a teacher are subordinate, however, to the real theme of this article. The point we desire to make is this: The school ought to contain a good library of a rural character, and the teacher should become so fully acquainted with the books on the shelves that any point in question can be looked up in a few minutes. Books on farming and bulletins from both the Provincial and Dominion Departments of Agriculture should be gathered together there, systematically arranged, and, if necessary, indexed. The school then becomes the fountain of information in the rural community, not for the children alone but for the parents and adults as well. When a problem arises that is beyond the teacher or the library, the parties concerned might be directed to the Agricultural Representative, the Provincial Department of Agriculture, the Agricultural College, or Dominion officials, and the teacher ought to know where the best information can be obtained in the least possible time.