Westclox

O clox is a favorite for time around the house. Westclox alarms are doubleduty clocks-practical, low-

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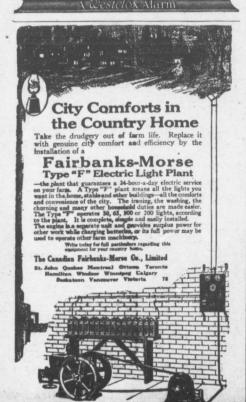
that greatly reduce friction. So all Westelox run on time and ring on time. The family name, Westelox on the dial means this patented construction inside.

priced timekeepers as well as punctual alarms.

A better method of clock making is the reason for their success. All Westclaw, like Big Ben, have

Western Clock Co .- makers of Westclox

Sleep:Meter



Value o Birds in Agriculture

S stated in our issue of last week, A stated in our issue of last week, we purpose publishing from week to week, information on birds in relation to agriculture. There are a number of facts regarding the value of birds with which many of us, no doubt, are not very familiar and it should prove not only interesting, but valuable to study some points about them. Many birds that are of much more value alive than dead are stil killed by the thoughtless and reckless There is, however, a growing sentiment in behalf of the birds as shown in the protective laws of various states of the United States and the bird treaty between the United States and Canada. This is one of the re-sults of teaching public school chil-dren something of the life, the beauty, the habits of birds and their value to mankind, and awakening an interest in them, thus causing the boys and girls to refrain to a large extent from pelting them with sticks and stones, or of robbing their nests.

peting or of robbing their nests.

Birds prevent insect plagues Plagues of locusts, etc., occur only in treeless and birdless countries like Egypt. Where birds are plentiful, in the water, the water of the place o Egypt. Where birds are plentiful, in-sects are kept in check. The water-fowl of the Mississippi alley save it from the Rocky Mountain locust. Blackbirds, plovers, qualis and prairie chickens have rescued Nebraska from crickets several times. Meadowlarks, kingbirds, cuckoos, grouse, killdeers,

black terns and gulls have, no doubt, saved Manitoba from the devastating army worm, never got 'arther than the southwest corner of the province. Gros-beaks, nighthawks and qualls feed upon po-tato bugs and slugs. United States has spent millions on investigating the damage due to insects and the value of birds. The and trees due to

sects is thought to be nearly \$700,000,000 in United States, and \$125,000,000 in Canada. Fifty thousand bird stomachs have been sent in and examined, and it was found that over 50 different birds fed upon destructive caterpillars. birds fed upon destructive caterpillars, and 50 species live upon destructive scale insects and plant lice. One nighthawks meal was found to consist of 340 grasshoppers, 52 bugs, three beetles, two wasps and a spider. Robins take five ounces of food per day, chickadees will eat 200 to 569 in a consist of the section of wing per day.

the wing per day.

Birds also consume great quantities
of weed seeds. Winter birds live
principally upon weed seeds. Forty
species of sparrowa in United States
are seed eaters, 97 per cent, of their
food being weed seeds; 64 per cent, of
the Mourning Dove is weed seeds and 27 per cent. of the Meadowlark's food is weed seeds.

Gophers and mice are bad, but they would be worse if it were not for hawks and owls; the hawks work by day and the owls by night. The horn-ed owl will swallow a striped gopher entire; the bones and hair are then disgorged as pellets. Thousands of pellets are often found under the roosts of these owls. In the stomach of a young horned owl, two weeks old. the remains of five mice were found; 3,000 skulls of gophers and mice were found in the retreat of a pair of barn owls. All the hawks are expert at catching young "Flickertails."

Hawks are not as harmful as is ten supposed. In an examination of thousands of stomachs of hawks in New York state, 220 had less than two per cent. poultry; 65, no trace of poultry; 320 sparrow hawks, no trace of poultry, but 101 mice, 244 insects, 52 birds and 12 reptiles; 124 marsh hawks, only seven contained poultry and 79 contained mice. Rodents are the natural diet of hawks and only the sharp-shinned, Cooper's, Pigeon and Goshawk maliciously attack poultry

Canada's Share a Large One B ELOW are given some of the statements of the world's author. ities regarding a threatening famine:

amine:
"The allied larder is dangerously empty, but we are carrying on in a resolute belief that we can rely on the people of North America to prevent people of North America to prevent our food supplies from becoming so diminish as to imperil the issue for which we are all fighting."—Lord Rhondda, Food Controller for Great

"Few people have yet grasped the fundamental fact that Great Britain still relies on the United States and Canada for 65 per cent. of her essencanada for so per cent. of her easen-tial foodstuffs. Unless we can get this food, or nearly all of it, we shall peter out."—Sir William Goode, Sec-retary of the British Ministry of Food "Unless we can get more food now we shall go under, and 1,000,000 people will starve. This is my conviction and I know as much about the situa-tion perhaps as anyone."—Dr. J. W. Robertson, Chairman of the Advisory Council, Canada Food Board.

"Great Britain is on shorter rations than at any time in the last 100 years



Gulls Following the Plough.

The situation not only is grave, but its possibilities are terrifying. A large measure of responsibility for providing food for Europe falls upon Canada."—H. B. Thomson, Chairman of the Canada Food Board.

"Wheat is the scarcest article in the world to-day. The amount available for shipment in the next three months means the extent of hardship which the allied people will have to endure" S. E. Todd, Secretary of the Canada Food Board.

The food wanted by mankind does not exist. The word 'shortage' is not strong enough for the situation. To put the matter bluntly, the whole world is up against a nasty thing, familiar to the people of India, called 'famine'."—Lord Rhondda, Food Controller for Great Britain.

New Women's Institute Bulletins

AR-TIME Foods and Cooking," is the name of a new bulletin recently issued by the In-stitutes Branch of the Department of Agriculture, and it is one of the most practical bulletine of its kind which we have seen. It is pointed out in this bulletin that while beef, pork, wheat and sugar are the main foodstuffs needed overseas on account of their high nutritive value and being exported and easily prepared until the present they have always taken a foremost place in our menus also. Just how to eliminate them and still be properly nourished, is the problem confronting us as housewives to day. The subject of balancing meals, substituting other foods for those required for export and food values with prices, is treated in a practical way. Recipes for preparing meat, fish, cereals, poultry yeast breads,

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