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Delay in making your will is an injustice to those whom you wish to be taken care of. The courts are full of will cases where, by legal technicality or the absence of a will, the people who inherit property are almost the last ones that the deceased would want to share in it.

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Recreation, Mental and Physical

Mrs. Paul, Clagstone

This is a phase of farm life which is much neglected and unappreciated. Few people realize the great importance of recreation; they think it is a luxury, or useless waste of time. Little realizing how necessary it is, not only for the physical well being, but the mental as well.

A farm woman's life is often one of nothing but drudgery and yet why should it be so? The old ideas that 'a man's work is from sun to sun, a woman's work is never done' has long since been dissipated. Too many women feel that they must do it all and that servants are not necessary, even if one can afford them.

WHEN JUST STARTING

There are two kinds of farmers' wives—first, the wife of the man who is making a start, with money short, owing to the necessity of getting the farm on a paying basis. His wife needs recreation more than anyone else, except him, and perhaps, but seldom feels she can spare the time from the pressure of work; the feeling that she must accomplish just so much and a little more seems paramount. That is the reason why every afternoon, after luncheon or dinner, she should not lie down for fifteen minutes. Suppose the table is piled high with unwashed dishes, clothes to be ironed, etc. All the more reason why she should give herself a chance to recuperate. All her tasks will be better done for this needed rest. Lie down, alone if possible; if not, give the babies a toy or perhaps, relax. Get your mind off the work; start your rest by looking over a magazine; then perhaps you will become drowsy, and if you can sleep for only 10 minutes, you will feel like a new woman, and your work will go twice as quickly and well.

Few women appreciate the necessity of relaxation and absolute repose to the tired nerves and brain. Don't think about the work, forget all about it; try and cultivate thinking only of the pleasant things—your flowers, the next basket social, and the Grange meeting. This will be hard at first, but in time it will come. It will surprise you when you get up, to find how refreshed you are, physically and mentally.

WORDS "FOR THE CHILDREN"

The other farmer's wife is the one whose farm is paying well. She can afford to have servants and many things her sister farmers cannot have, but half the time she has them. Don't think about the work, forget all about it; try and cultivate thinking only of the pleasant things—your flowers, the next basket social, and the Grange meeting. This will be hard at first, but in time it will come. It will surprise you when you get up, to find how refreshed you are, physically and mentally.

Rejuvenating the Lawn

The rejuvenation of an old worn-out lawn is a frequent spring problem. A light application of white clover and blue grass on the lawn, after it has been thoroughly raked, will often bring good results. Do not be afraid to rake the surface severely. The breaking of the roots of the old stand of grass will be con-

ductive to good results. If it can be had, a light top-dressing of well-rotted manure may be applied before the raking is done; and the seed sown after the raking.

If the lawn has been covered with coarse manure, as a protection during the winter, the heavy coarse parts may be removed, and the finer parts will then take the place of a top-dressing. Very often a sickly-looking lawn may be built up and given a better appearance by giving it a top-dressing of commercial fertilizer. For this purpose ground bone is one of the best materials. It should be sown broadcast very early in the spring, at the rate of about 300 pounds an acre.

SUMMER TREATMENT

Of course, the sowing of seeds and the "rejuvenation" will be of little account unless the lawn receives good care during the season. Poultry should not be allowed to run about the lawn. They keep the grass in a foul condition, and prevent its giving the best results. As soon as the grass makes sufficient growth, a lawn mower should be placed upon it and it should be kept cut quite closely during the early part of the season. This will help the turf to thicken up, and will be productive of a good lawn in after years. If there are small clods and trash on the ground, it should be rolled, and the trash should be raked off before the lawn mower is put on.

The stronger one can make the turf, the less trouble there will be with weeds. Usually, if there is a very heavy stand of grass and a good well-kept sod, dandelions and other weeds pests will not give much trouble.—K. A. Kirkpatrick.

How to use Milk

Milk is a fluid which readily coagulates in the stomach and forms a curd. Now the curd of the milk of different animals differs much in its constituency, hardness and digestibility. Cow's milk forms a very hard, indigestible curd compared to that obtained from the milk of an ass, for example. All milk coagulates when acted on by the gastric juices, so that Nature is careful to provide this fluid in such a form that it can only be swallowed in dribbles, and after complete mixture with the saliva. While water is provided in running streams and ponds and lakes and seas, so that men and animals alike can drink themselves full in deep draughts, milk is provided in reservoirs, called udders, from which it can only be obtained in tiny streams by much pulling at a teat.

This gives a key to the whole position. In order to use milk properly, and in such a way that it can be readily digested and assimilated, it is necessary, firstly, to mix it, and, secondly, to imbibe it in dribbles. The practical method of carrying out these principles is to take half a pint of new milk, specially drawn from a healthy cow, add to it half a pint of distilled or boiled water, or a little less of rice water, or wheaten, or oatmeal, and then to sip it, or, in case of invalids, to suck it, like cocktail, through a straw or glass tube. There are many people who are gradually dying of starvation because they can digest nothing, who would be restored to a considerably increased standard of vitality if they would only learn the proper method of using milk.—Family Doctor.

"You may as well keep smilin'
For there aint a bit o' sense
Of fidgetin' and rilin'
An' a longin' too intense;
For most things worth the gettin'
Are sure to find the place
When you're peaceful, an' a settin'
With a smile upon your face."

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