

Because it is a strong, thirsty flour, it absorbs more water and makes more loaves.



# PURITY FLOUR

"MORE BREAD AND BETTER BREAD"

## MAKING TREES BEAR

The Question of Cultivation Around Trees is Important

Hard, impervious soil is the tree's greatest obstacle to maximum thriftiness. Plowing the surface between and around trees helps, but when a tree is eight or ten years of age, or older, its roots go down several feet. The plough cannot break up the hard subsoil, and thus little or no relief is afforded the feeding roots by ploughing. In fact, surface ploughing encourages shallow rooting, which every horticulturist knows is bad for a tree.

To date the only practical remedy that has been found for hard soil is blasting with dynamite. Its use enables the orchardist to deeply stir and break the subsoil.

The blasting, usually an inch and a half soil auger being employed to put down holes to a depth of about three to four feet. One-quarter pound charge of a slow dynamite, five or six feet out from the trunk is generally sufficient for a tree under five years old. For larger trees from two to six shafts, planted at different points around the trunk, will be required. The proper point to place the holes for the older trees is out at about the edge of the foliage line.

The effect of blasting is to break up the hard soil, enabling the roots to advance easily into new feeding beds; also to increase the water-storage capacity of the subsoil so that the tree may not suffer from lack of moisture during periods of drought.

### Canadian Coins

In a report, Dr. James Bonar, deputy master of the Royal Mint, Ottawa, states that worn coin has returned from the finance department in one year for re-coining to the value of \$109,424.97 silver, and \$34.32 bronze. From a consignment of 13 bags, five bags were chosen at haphazard as delivered, and taken as a fair sample for estimating the age and wear and tear of the several denominations. The results for the two highest denominations showed a mean age of 42 years for the 50-cent piece, and of 39 years for the 25-cent piece, as against 36 and 34 respectively in 1912. The 10-cent pieces show a mean age of 34 years.

### Canada's National Anthem

Calixa Lavalle, famous as being the composer of "O Canada," one of Canada's national anthems, was a brilliant but erratic musician, and left a few works for the piano, the most important being his well-known "Etude," "Papillon," this being a showy piece of somewhat glittering character, but without quite effective.

## THE LIGHTER SIDE

Dreams, unfortunately, have no cash value.

Almost anybody would rather be an unpopular talker than a popular listener.

There are some people who have no enthusiasm except when they sit down to dinner.

How many of us, when we say we are doing our very best are telling the strict truth.

Don't worry! No matter what you do, the thing called trouble is bound to come sometimes.

Some people never know the difference between right and wrong till they find out which pays best.

It is curious but true that the lazier our employer happens to be, the more work he expects you to do.

One of the worst things about life is the fact that there are so many successful people who do not appreciate it!

People used to be proud if they owned a piano; but they are not now. The brand of pride was run over long ago, by a motor car.

A man with a three-days' growth of beard may not be a pleasant sight, but he is a lot more attractive than a woman with about a quarter of an inch of powder all over her face.

## LIFE OF PIONEERS IN THE FORESTS

First Settlers in Ontario Were Happy in Spite of Many Hardships

When the early settlers of this country first took up land and built their shanties, the country being all bush, they cleared the land with the use of an axe by chopping the timber down and cutting it into lengths and burning it, says a writer on pioneer life in Ontario. The ashes were gathered and put into leeches, water was put on them to run off the lye which was boiled down into what they called black salts and taken to market. That was the only way they had of obtaining money till they got their land cleared.

In reference to their houses, the roofs of the shanties were made of troughs, hewn out with an axe. The walls of the shanties were of course made of logs, the cracks being stuffed with moss. The chimney was built of sticks and mortar in a triangular shape; mortar was made of mud and straw tramped by the oxen. There were large flat stones at the bottom of the fire-place.

Bread was baked in a large iron pot with three legs and a lid. Hot coals were put under it and on the lid and it was turned around often. Meat was generally boiled. There were lots of potatoes and vegetables, such as cow cabbage, lamb's quarter, wild-plums and currants. The only sugar they had was maple sugar, boiled in iron kettles and cooled in small, axe-hewn troughs.

Furniture in those days was made with nothing but an axe and an auger. The chairs were benches with four pegs for legs. The bedstead consisted of a pole at each side and two poles at each end driven into holes in the four upright posts. The bottom of the bed was made of slabs split with the axe, the same as the floor of the shanty.

The women would card wool, spin it and someone in the neighborhood would weave it into cloth, which made beautiful dresses and men's suits. They made their pens for writing out of wild bird's feathers, not having any geese or turkeys.

Through all the hardships the people were very happy. They had church service in their homes turn about. The preacher would come to have service once in three weeks. The women went to church with their aprons and sunbonnets on, and everybody brought their babies. Later on they built churches out of logs and staves.

People were very hospitable and by persons travelling through the country, such as for flour, etc., would call in and stay where night, and look them up. Some times at night the floor would be almost covered with men lying with their feet to the fire.

## HEALTH DEPENDS ON WHAT YOU WON'T DO

Problem of the Many Men Who Drop Out After 40 Years of Age is Increasing

Workers generally do not pay much attention to their health until they find it is impaired. They do not pay enough attention to prevention. Dr. Henry B. Fayill, in an address before a Chamber of Commerce in a large western city said: "Anyone of you men has a hundred friends in society that you are moving along with side by side, doing your work associating back and forth, and so far as you know all of them are well. Along somewhere between 20 and 30 some of the numbers will drop out. There will be numbers dropping out between 30 and 40 and between 40 and 50 and between 50 and 60 and by the time you have got along to 60 years of age you will find that the men who are left in that original group of 100, who are men of strength and capable are very few.

"Along from 40 to 50 and 55 you will find that a very large number of men are falling by the way by reason of things that are easily understood—after it is too late. Men who develop heart disease, kidney and liver disease and things of that kind. We find that we have at that time of life what are called degenerative diseases, diseases in which the vital organs have gone to pieces one way or the other from various causes.

"The point I want to make about these diseases is this: By the time these degenerations have been so established that anybody knows they are there and they can be given away and treated as a disease, by that time it is too late. Oh, yes, you can catch it along, you can tamperize, you can

## If you make your coffee in a percolator, ask your grocer for SEAL BRAND COFFEE



The top of each can is marked as above.

In 1/2, 1 and 2 lb. Tins. Never sold in Bulk.

CHASE & SANBORN, MONTREAL.

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### Filling the Radiator

It not infrequently happens with the motorist that when an empty radiator is filled up and the car runs a short distance, the water level will be found to have fallen considerably, though no overheating has occurred and no leak exists. The reason for this is that the water requires some little time to percolate through the various restricted passages in the cooling system, and a little shaking down results in a falling of the level.

### A War-time Problem

A baker informed the Rugby tribunal that he had advertised for women workers. The reply he had received was from a girl, aged sixteen, who confessed that she knew nothing of the business and asked for six dollars per week.

It is not uncommon to have a Rhode Island Red cock throw a white feather. It is no sign of impurity. These white feathers are apt to develop with age.

## FORESTS OF GREAT BRITAIN

Many Canadians who have not visited Great Britain suppose that there is little woodland in the old country, and it is natural to think of the United Kingdom as cleared of timber and cultivated like a garden. In England and Wales there are nearly 2,000,000 acres of forest, and large areas of uncultivated land on which it is the intention to cultivate a growth of timber. There are, it is estimated, 2,500,000 acres of afforestable land in England and Wales. Of course most of the British forests are held for park and estate purposes. The area of Crown forests in England and Wales is only 68,766 acres, made up mostly of the historical estates of the Crown. —Canadian Forestry Journal.

## HOW OLD IS YOUR BRAIN?

Mental Development is One True Test of Age

What is your mental age? It makes no difference what your actual age is, you have what is now known as a mental age—somewhere between six months and twenty-five years or thereabouts. Among school children it has long been noticed that some, much older than others in point of years, were a good distance behind them mentally. The idea was evolved that if children, imbeciles, and criminals could be given simple tests to determine exactly how far advanced they were mentally a good deal of trouble could be saved—in children by placing them in the proper grade at school, in imbeciles to determine exactly what would be best for their welfare, and in criminals to determine the responsibility in a moral way for their crimes. Thus if a criminal were found to be only eight years old mentally, then the proper way to treat him, no matter what his actual age happened to be, would be the way a boy eight years old committing the same crime would be treated.

Binet has a good many tests that have been modified by experience into what are known generally as the Binet tests. They run all the way from recognizing a hand waved in front of the eyes for a tiny infant to remembering sequences of numbers and describing the various articles seen in a picture but for a moment, for older ones.

It is the endeavor of some humane societies to have a law passed to test all criminals, and that, if found of a mental age, they shall not be punished in the ordinary way. It has also been suggested that our own Civil Service use these tests instead of the oftentimes absurd examinations now used. Results from testing criminals have been startling and peculiar. In a great many cases grown men and women have not gone higher than ten or twelve years in mental age. In the case of children the tests have indicated other things besides their mental age—they have indicated the general vocation for which the child is best adapted.

Three things will insure success on the average farm, namely: Cows, Allens, and Cream Checks. It's farm. Gets the first two and looks after them properly the last will come naturally.

## CHEMICALS FOR POULTRY

Charcoal, Ammonia and Sulphur—How to Use Them

Sulphur is a medicine and not a food. While it is true that it is found in small quantities in almost all grains and other articles of poultry diet, it is not true that it is a food and that it should be fed indiscriminately. The sulphur that is found in grain is usually combined with some other substance to counterbalance it. There are times when it may be fed to fowls, but care must be taken. It should never be fed during wet weather, as it is liable to cause rheumatism or a stiffness of the joints. It is a sort of a blood purifier, will arrest disease, and sometimes invigorates a run-down system. A tea spoonful once a week, in soft food for twenty hens, will do no harm and even this amount should be fed in dry weather. It is better to be withheld from chicks until they are at least three months old.

Charcoal consists almost entirely of carbon, and is prepared by heating wood so as to expel all the gaseous matter it contains. Ammonia is a gaseous compound—alkaline like potassa, and is often termed spirits of hartshorn. If charcoal has been properly treated it would be next to impossible for it to contain enough ammonia to injure animal life. Any impurities charcoal might contain would be more likely absorbed through atmospheric conditions. There need be no hesitancy in using any charcoal which is clean and free from dust.

## IN CANADA'S TROPICS

Boneyard of Lakes Yet Wonderfully Mild is Point Pelee

Point Pelee, extending to the south of Lake Erie, is one of Canada's beauty spots. It is the extreme southern mainland of Canada, a vicinity of some note in Ontario's history, where the French and Ojibway Indians met in battle years ago. From seaward view, the vastness of this scenic tropical portion of Ontario is marked by its long line extending south, dividing partially the western portion of Lake Erie waters. About here lie the hidden and treacherous reefs, like sentinels to a prison, waiting for the Storm King to unfold the mantle registering the number of ill-fated crafts on the dreaded shoals. It is the boneyard of the fresh water lakes.

The scenery is one of grandeur, outspreading branches of the broad foliaged trees in summer make cool retreats for tourists and picnickers. The thermometer here seldom falls below zero in the winter season, and freezing the soil is uncommon in the secluded and sheltered districts of the timber growth. Peach trees withstand the winter in perfect condition, sweet potatoes and peanuts are grown as common crops. A greater variety of plant growth may be found here than in other portion of Canada except the Pacific coast. Frosts seldom visit this vicinity until about the 20th or 25th of October, in mild form.

A great many species of songsters and small birds congregate in winter and last here, not known elsewhere in the Dominion, and not migrating with the many journeymen south. The partly concealed cottages of the squatters indicate homes of a contented life maintained partially by farming, fishing and hunting.

### Use For Sawdust

Sawdust is being put to an increasing number of useful purposes. Used as an absorbent for glycerine, it produces dynamite. Used with clay and burned, it produces a terra-cotta brick full of small cavities that, owing to its lightness and its properties as a non-conductor, makes excellent fire-proof material for walls or floors. Treating it with fused caustic alkali produces oxalic acid. Mixed with a suitable binder and compressed, it can be used for making mouldings and imitation carvings. If mixed with Portland cement it produces a flooring material.

### Charge For Water

A lady and gentleman on a visit to an English seaside town went into a restaurant to get a dinner and each had a glass of water. They were charged one cent per glass. They said that in all their travels they had never before been asked to pay for water.

## USE CARE WITH EGGS TO GET TOP PRICE

Give the Customer Benefit of the Doubt: First Principle of Good Marketing

In marketing eggs the highest prices can be obtained in supplying a retail trade. This is also one of the most satisfactory trades to cater to and is easy to get. There are hundreds of families in every large town or city that are looking for the person who will furnish eggs regularly each week a year around at several cents above the retail store prices.

The largest profits must come from superior marketing, and from special market advantages in selling eggs and stock. A difference of only a few cents a dozen makes a large increase in the income when several hundred hens are kept.

A neat package is a very good investment. An attractive shipping crate has much to do with fixing the product. The person who will take the trouble to prepare a neat package may be depended upon to be equally careful and painstaking about the quality of the goods which he puts into it.

The first principle of good marketing is to have good quality to sell. Quality sells itself. A fancy egg should be new-laid; that is, not more than one week old when it is delivered to the customer. It should be free from any foreign flavor due to improper feeding or to the absorption of objectionable odors.

To produce eggs of the highest quality requires skill and care. First, one must keep pure-bred fowls in order to get uniformity in color, shape and size of egg. Second, eggs must be selected for hatching that fulfill all the market requirements for strictly fancy eggs.

Eggs for a first class trade must be gathered regularly each day from nests that are especially fitted. If there is any doubt about the freshness of eggs, give the customer, not the eggs, the benefit of the doubt. Do not take any chance. One bad egg will ruin the reputation gained by selling a thousand good ones. As soon as the eggs are gathered they should be carried to a cool place and covered with a clean cloth so that dust cannot settle on them.

A damp cloth is required to rub off any slight discoloration. If it is necessary to wet the eggs, they should be wiped dry before being packed in the crate. They should not be washed unless absolutely necessary, because washing destroys the natural appearance of the shell.