

"Proper Food and Exercise," by ARTHUR A. MCGOVERN
Former physical director, Cornell Medical College

Begin the day right— it's important



THE way we start the morning has a great deal to do with the health we enjoy for the balance of the day. We should arise every morning at a definite time, irrespective of what time we may have retired the night before. We should all have a method of exercising, whether it be passive or vigorous, which should be taken persistently each morning to tone up the circulation which has become sluggish after the relaxation of sleep.

After our exercises the next thing should be a warm bath, followed by a temperature shower. The bath should not be too hot as in some cases it proves weakening. Do not idle in the bath—get in, wash well and get out. If you have a shower take a warm spray followed by one as cold as you can comfortably tolerate, then a brisk rub down, using a heavy Turkish towel, rubbing the body vigorously.

If it is not convenient to take a bath, a sponge bath should be taken, the body rubbed well with warm water, after which a wash down with a cold spray should be taken. Try to drink two glasses of water before breakfast—not hot or cold. After this, the breakfast should be eaten before leaving the house if possible. Your breakfast and all your meals in fact should be eaten leisurely and masticated well. Gobbling your

food with your hat in your hand and your paper before you rush for a car or train, does harm to your digestive organs and more than offsets any benefits any benefits of what time you may derive from the extra moments of sleep.

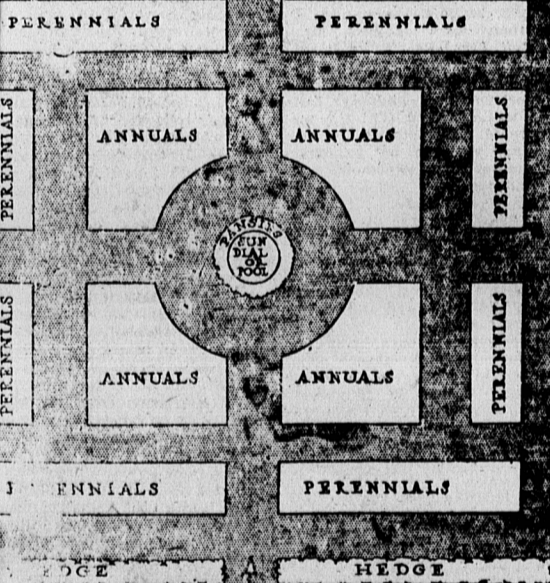
Care should be taken in regard to what you eat. If you are an office worker it is not advisable to eat much of the carbohydrates or starchy foods such as bread, cake, rice, etc. On the other hand, if your daily task calls for manual labor, it is advisable to eat quite a lot of carbohydrates as they are best for creating heat, and heat is energy and energy is strength. The following exercises, if daily practiced, make a good beginning for the day:

Diet for Average Person

BREAKFAST: Fruit, bran or graham muffins or bran flakes, cocoa or a coffee substitute. Two glasses of water between breakfast and lunch.
LUNCHEON: Some soup, vegetable salad, dark bread, glass of milk, alternating with boiled or poached eggs. Two glasses of water between lunch and dinner.
DINNER: Lean meat, fish or chicken, a green vegetable, a baked potato, be sure to eat the skin, and for dessert fresh fruit in season, puts or crackers and cheese. Weak tea, cocoa or chocolate.

Mr. McGovern will answer your questions.

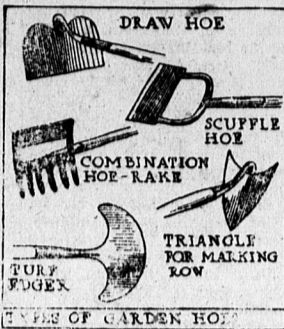
The Formal Back Yard Garden



Whether the back yard shall be an outdoor living room or a mere adjunct to the garbage can and outhouse poles is a matter of choice with the owner of the property. The back yard laid out into a pretty garden in a block is usually an effective piece of missionary work which excites emulation among the neighbors whose disorderly and unattractive rear areas are shown up. The laying out of a back yard into a little formal garden is a very simple matter which can be accomplished by anyone who sets about it. For small areas the formal garden is often best, as the naturalistic style does not lend itself well to small areas, and back yards are frequently informal as a rule. The chief reason for formality in garden is to secure proportion and a balanced and orderly distribution of the space. Few of us possess a sense of proportion, but it can be attained by geometrical designs without difficulty. After the furor of informal gardening following the deadly formal filly of carpet bedding, gardening seems to have settled down into an amicable and attractive combination of the two. Beds of formal or informal planting, as suits the fancy with an informal border of shrubbery, small trees and tall-growing perennials within formal lines as a boundary give the finest effect. The mania for meaningless

Hoes For Every Task

Hoe-making has developed into something of an art with manufacturers of garden tools. You can now buy hoes for almost any particular purpose of gardening you need. You can get them with cultivator teeth. You can find them with a blade for weeding weeds in one side and rake teeth on the back of the blade for pulverizing the soil. One of the most useful general purpose tools for the small garden, you can find them triangular blades for making rows or with two points for making double rows. As usual, there are the real old-fashioned hoes. In addition, there is the Dutch or scuffle hoe, to be pushed ahead of you instead of drawn towards you. For the small garden, the light weight hoes are usually the best—hoes that are not heavy enough to tire the arm in wielding them. Get a good sharp spade and a spading fork. Sharpen all tools after you get them. They usually need it and a sharp hoe will do



It is a good time to lay in bug ammunition while you think about it now. The stores are crowded and service is slow in the spring. See that you have arsenic and Bordeaux mixture in stock and that the sprays are in good order. You can't start too early on the pests.

Write for catalogues today. The magazines are full of advertisements. A lot of them are cyclopedic in information. They all want to distribute them as widely as possible. Drop a postal card today.

The markets have been full of celery cabbage this winter. It is easy to grow. Put it on your seed list for investigation. There are several varieties.

Save all the manure from the henhouse under cover. It is valuable fertilizer. It must be kept dry and mixed with soil before it is distributed on the garden, as it is very strong and "hot."

The Treatment Of Grain For Smut

(Experimental Farms Note.) The smut diseases of grain are of considerable economic importance, and every farmer should know how to combat them for the sake of his own crops as well as those of his neighbors. The treatments which have been devised are comparatively simple and should find a place in the routine of every farmer. The following is a list of the common smut diseases of grain crops, with the treatments for each; this is followed by a detailed description of the treatments:

WHEAT:—Stinking Smut or Bunt. Thorough lanning of the seed grain will remove most of the smut balls. This should be followed by the formalin dip or sprinkle, which give perfect control. Copper carbonate dust is giving good results and is easier of application but it has not been tested sufficiently to warrant general recommendation.

Loose Smut.—This disease cannot be controlled by seed disinfection because the fungus spores are not carried on the surface of the seed, infection being produced by a small part of the fungus carried within the grain. Hot water treatment is the only means of control.

BARLEY: The Covered Smut.—Formalin dip or sprinkle.

Loose Smut.—This is similar to the loose smut of wheat and can only be controlled by the use of the hot water treatment.

OATS: Smut.—Use the dry formaldehyde treatment, or the formalin sprinkle. In the case of hull-less oats, either of these treatments causes a serious loss in germination of the seed, and copper carbonate dust should be employed.

CORN: Smut.—This disease is not transmitted in or on the seed grain but is carried over in the soil from one year to the next and spreads in the field from infected to healthy plants, producing the smut "bolus" on any part of the plant. A strict rotation, and as far as possible, the collection and burning of the "bolus" are the only means of controlling its spread.

TREATMENTS
Formalin Dip.—Fill bags half full of grain. Add one pint of formalin (40% formaldehyde) to 40 gallons of water, immerse bags in the solution for ten minutes, move them up and down so as to drive out the air bubbles. Remove the bags and allow to drain and then spread out the grain to dry. Be sure not to replace the grain in the bags used for the seed before treatment, but either new bags or ones that have been soaked in the solution and dried. The solution does not lose strength by use.

Formalin in Sprinkle: Dilute one pint of formalin (40% formaldehyde) with 40 gallons of water. Pile the grain on a clean floor. Sprinkle the solution on the grain with a broom or sprinkling can. Mix well by shovelling over. When the grain is evenly wetted, pile it again and cover with clean bags for two hours, then spread it out to dry and put into clean bags. Forty gallons of solution is sufficient for 40 to 50 bushels of seed. If seeding is done soon after the treatment, adjust the drill to allow a free flow of seed, or the stand will be too thin.

Dry Formalin Method.—Dilute one part of formalin (40% formaldehyde) with one part of water and spray this solution on the

Reports Of Women's Institutes Of P. E. I.

St. Catherine's. Nine members and fifteen visitors attended the March meeting of this Institute which was held at the home of the President, Mrs. Walter Shaw, Charlottetown. After singing the Roll call was answered with confederate music. The minutes of the last meeting were read and adopted. The social committee submitted their report. The election of officers and directors for the coming year then took place. Mrs. Matheson, the Supervisor, was present, and addressed the meeting. Refreshments were served by the hostess and a social hour was enjoyed, during which the members were favored with a speech by the Hon. John H. Myers, Commissioner of Agriculture. The next meeting will be held at the home of Mrs. James Lamont.

New Annapolis. Seven members attended the March meeting of this Institute, which was held at the home of Olive Dalziel. The President, Mrs. J. N. B. Bowness, was present, and in the absence of the Secretary, Miss Jennie Bowness was appointed Secretary. After the usual opening, a discussion took place on the needs of the school, and it was decided to buy a new bus. The report of the Red Cross Society was read, also a paper entitled "Caring Cuts of Meat." Luncheon was served and a collection taken. A vote of thanks was tendered to the hostess, after which the meeting closed by singing the National Anthem. The members will meet next month at the home of Mrs. W. H. Moore.

Georgetown. The March meeting of this Institute was held at the home of Mrs. Robert Mahew and was attended by seven members and one visitor. The meeting opened in the usual manner and the Secretary reported that \$14.20 had been made at the bean supper which was held on February 19th at the home of Mrs. P. Quigley. It was reported also that a map of the world, a drinking fountain and drinking mugs had been purchased for the school. It was decided to supply a new blackboard for the school. The next meeting will be held at the home of Mrs. Stetson McGee.

Georgetown Institute held their March meeting on the 12th inst., with an attendance of fifteen members and one visitor. After singing the Ode, and answering the Roll Call, the minutes of the previous meeting were read and approved. Reports of various committees were submitted and new committees appointed to visit the school and to awaken interest in community work. The report of the Red Cross Society was read. A drive is being undertaken in the interests of the Tourist Association and to secure members for same. Tea, sandwiches and cake were served, and the meeting closed by singing the National Anthem. The next regular meeting will be held the first Thursday in April.

Hunter River. On March 13 the "True Blue" Institute held its annual meeting at the home of Mrs. P. J. Noye with ten members and one visitor present. The meeting opened by singing the Ode. The minutes of the last annual and last regular meeting were read and adopted. A splendid report of the year's work was given by the President and Secretary-Treasurer. Following this the officers for the coming year were elected: President, Mrs. Murdoch Cutcliffe; vice-president, Mrs. E. Wedlock; secretary-treasurer, Marjory Wedlock (re-elected); directors, Mrs. Howard Court, Mrs. P. J. Noye and Mrs. Dr. Rogerson; auditors, Mrs. Court and Mrs. Noye. New committees were also appointed as follows: Visiting, Mrs. Court and Mrs. McLeod; school, Mrs. Noye and Mrs. E. Wedlock. It was decided to give \$6.00 for eye-glasses for one of the school pupils. The members discussed having an entertainment at Easter, plans for which were left to the committee. Mrs. Court invited the members to meet at her home in April.

Lorne Valley Institute met on March 12 at the home of Miss Katie McIntyre. Six members were in attendance and the meeting opened in the usual manner. Reports of various committees were given and new ones appointed. An enjoyable program consisting of readings and recitations was carried out after the business was over. Next month the members will meet in the schoolhouse.

Poplar Grove Institute met at the home of Mrs. Ella Craig on March 14th with an attendance of twelve members and twenty visitors. The meeting opened by singing the Ode after which the minutes of the last meeting were read and adopted. Roll call was answered by "Recitations." It was reported that a new teacher's chair has been purchased and the members decided to have the blackboard painted and to buy two new maps for the school. Enjoyable music was furnished by Mrs. Ray Williams, Mrs. Harry Williams and Miss Ruth Allen. A very successful meeting was brought to a close by singing the hymn of the National Anthem. The members will meet next month in the schoolhouse.

Wheatley River. The March meeting of this Branch was held at the home of Mrs. J. B. Craswell with an attendance of six members and three visitors. The meeting opened by singing the Ode. The Secretary was unavoidably absent with the minute-book, so that the minutes were deferred until the meeting next month. Miss Pearl Mutch gave an interesting talk on the March meeting at the home of Mrs. Leslie McParlane with fifteen members present. The regular routine of business was carried out and the report of the school committee was given, after which the remainder of the time was spent sewing for the Orphanage. The next meeting will be held at the home of Mrs. Walter Leard.

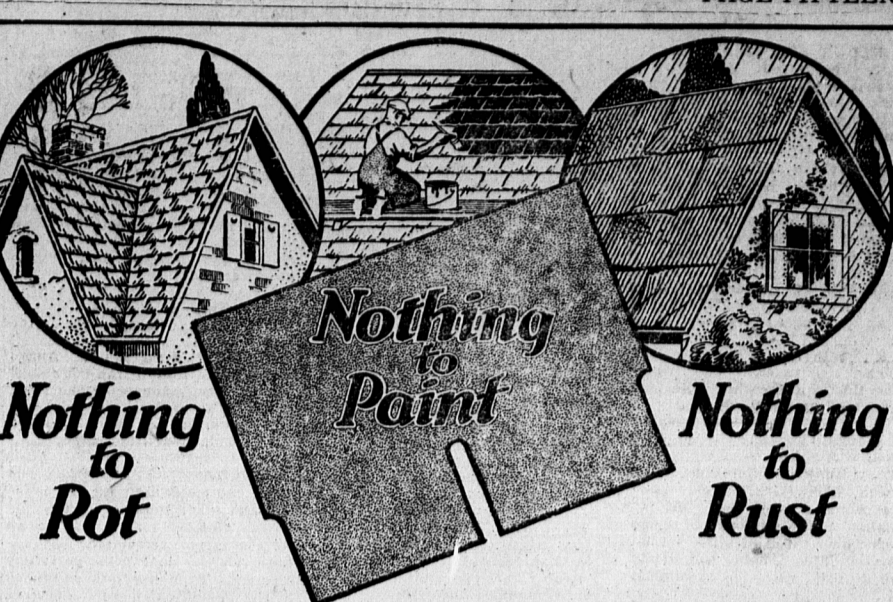
Sherbrooke. Sixteen members and one visitor attended the March meeting of this Branch which was held at the home of Mrs. M. W. Townsend. After singing the Ode, the minutes and several communications were read. Roll Call was responded to by each member giving a verse which varied from comic to patriotic and instructive. Reports of committees were given and the report of the Red Cross Nurse for 1924 was read. Some time was spent in cutting and distributing work for a Bazaar. It was voted that the Institute pay for lamps and 25 chairs for the Hall. Lunch was served and the meeting closed with the National Anthem.

South Bedouet Institute held their March meeting at the home of Mrs. Leslie McParlane with fifteen members present. The regular routine of business was carried out and the report of the school committee was given, after which the remainder of the time was spent sewing for the Orphanage. The next meeting will be held at the home of Mrs. Walter Leard.

Rocky Point. The March meeting of the "Ringwood" Institute was held at the home of Mrs. T. T. Currie, and was attended by eleven members and seven visitors. The President was in the chair, and the meeting opened by singing the Ode. Roll call was followed by the reading and adoption of the minutes. No new business was undertaken. Lunch was served and the meeting closed by singing the National Anthem. The next meeting will be held in the school.

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Keyes. There was also an enjoyable recitation by Mrs. Fraser and instrumental music by Miss B. Warren. The members will meet next month with Mrs. J. J. Sutherland.

Grand River.—The February meeting of this Institute was held at the home of Mrs. W. D. Macdonald, Grand River with an attendance of seventeen members and twenty-four visitors. The meeting opened in the usual way, the members decided to hold a "Valentine Dance and Card Party" to raise funds to pay for the repair of the hall organ, which was efficiently repaired by Miller Bros., of Charlottetown, and also for varnishing the interior of the hall. One new member was welcomed. After luncheon, served by the genial hostess, a very pleasant time was spent by those present in Progressive Auction, the prizes for which were won by Mrs. J. D. McLellan and Mr. Alphonse Brown. The next meeting will be held at the home of Mrs. Augustine McIntyre, Bayside.

Fredericton Branch held their March meeting at the home of Mrs. Phoebe Stewart with eleven members and one visitor present. The meeting opened with the Ode, and the minutes were read and approved. The school and sick committees reported and the Secretary gave a report of the recent social held in the Hall. The members voted to give the Auctioneer \$3.00 for his services at the social, and to have the Hall cleaned and Mrs. J. A. Culliffe and Mrs. Fred and Howard Weeks were appointed to oversee the cleaning. Correspondence from Miss Mathieson, the Tourist Association and the Red Cross Society was read. The remainder of the evening was pleasantly spent in a social manner. The next meeting will be held on April 15th at the home of Mrs. Murdoch Buchanan and roll call will be answered with "What I'd do with \$10,000."

Little Harbour.—Ten members and one visitor attended the February meeting of this Institute which was held at the home of Mrs. Frank Warren. After the usual opening, the Secretary reported the proceeds and expenses of the recent social and dance. Some discussion took place on repairing the interior of the school, and a committee was appointed to arrange for the holding of a Concert in the school. One new member was welcomed. The following papers were read: "The Institute Library and Demonstrations" by Mrs. Peter Ching; "Our Duty to Our Home and Institute" by Miss

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