

Agricultural News

F. E. I. Department of Agriculture

SALAD WEEK

Since 1951, the Canadian Horticultural Society has been co-ordinating the promotion of Salad Week — an annual campaign to encourage Canadians to eat more fresh fruits and vegetables. This year Salad Week is from July 29th to August 7th a time when fresh fruits and vegetables are at their peak. Salad Week is designed first to publicize the fact that Canadians are not eating enough fresh fruits and vegetables and second to increase the domestic market for the products of Canadian farms.

Although Canadians enjoy a high standard of living in comparison to many other people in the world today, it has been found in recent nutrition surveys that in only about one half of the homes in Canada are citrus fruits, tomatoes and vegetables other than potatoes served regularly. Fruits other than citrus fruits are neglected by about one third of the homes. In Toronto fifty percent of Grade VI school children ate no vegetables except potatoes and one third did not get any fruits although both fresh fruits and vegetables were in plentiful supply and at reasonable prices when the survey was made. Two thirds of the children were not getting any source of Vitamin D, but almost all had liberal amounts of meat and generous quantities of candy, cake, pie and soft drinks. Fruits and vegetables were not neglected for economic reasons because parents had money for the more expensive foods.

In a food survey made in Prince Edward Island in July and August 1946 only 9.3 per cent of 93 families surveyed had a perfect score on citrus fruits while 35.5 per cent had no score. 14 per cent of the children were not getting sufficient for health while 78 per cent had insufficient quantities or none. Although fresh fruits and vegetables were in season at the time only 35 per cent received a perfect score on fruits other than citrus fruits while 35.5 per cent on raw vegetables 80.9 per cent ate no raw vegetables at any time.

Canada's Food Rules recommend "one serving of citrus fruits or tomatoes or their juices and one serving of other fruit every day. The latter may be fresh, frozen or frozen, heavy jams should not be included as fruit as they are valuable for their sugar content only. Vitamin's and Minerals are the important contributions of fresh fruits and while some of these are preserved in canning and freezing they become practically non-existent when the fruit has been made into a thick jam. Here are the figures for Vitamins A and C in one serving of strawberries:

Vitamin A in I. U.	Vitamin C in Mg.
Fresh 60	58
Canned	27
Frozen	41
Jam	1

Turning to vegetables we find that Canada's Food Rules recommend "at least one serving of potatoes and at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw." Potatoes are eaten at least once by practically all Canadians and by many twice a day.

Vegetables other than potatoes are not well used, at least half neglect the suggestion that at least two other vegetables should be eaten daily.

One of the biggest health problems in Canada today is obesity. It is estimated on the basis of the 1951 census that 1,250,000 people in Canada are over weight and 420,000 of these could be classified as obese. The ideal way to reduce is to eat less of the high calorie foods and more fresh fruits and vegetables. "If you want to prevent middle age spread, you should eat more salads. Eating fresh fruits and vegetables is a painless way to reduce. You can eat to the extent of feeling that

you have over eaten and still not add extra pounds to your weight," says Dr. Gordon Young of Halifax.

Lets eat our way to better health beginning now with Salad Week. Lets make "A Salad Every Day" our motto now and throughout the year.

Provincial Handicraft Exhibition August 9-14

Entries close for handicraft, needlework, domestic, art and floral exhibits on Friday, July 30. Entry forms and prize lists may be obtained by writing to Box 127, Charlottetown or by calling at the Women's Institute Branch Office, 134 Richmond Street.

This section of the Exhibition is sponsored by the Prince Edward Island Women's Institute and is open to all residents of the province.

A large number of entries have already been received but there is still time for many more entries. Have you a hobby or craft? Why not enter it in the Provincial Exhibition.

Cannibalism

Cannibalism in baby chicks usually starts with toe picking or tail picking and feather pulling. In laying hens it frequently begins with feather pulling and soon takes the form of vent picking which results in dissembling the bird. Vent picking may also start as a result of prolapse in newly hatched pullets. Occasionally, cannibalism will appear in layers as back picking, the space most frequently attacked being between the middle of the back and the base of the tail. This type of picking does not cause as much mortality as vent picking but does result in lowered egg production and a great many injured birds which would be killed if they were not taken out and treated.

One of the most common causes of Cannibalism and feather pulling in both chicks and laying hens is crowding of the birds. Tail and toe picking is most common among baby chicks where there are too many chicks under one stove or in one pen and where the range is too restricted. It is also likely to occur where there are not enough mash hoppers or where the hoppers are not kept filled.

Too high a temperature has also been found to be an important cause of cannibalism in chicks.

With laying hens we find overcrowding the most common cause and it appears that birds that have been picked when they were chicks in the brooder house are quite likely to show the same cannibalistic tendencies when they are taken off the range and put into confinement in the laying houses. Any flock laying at an extremely high rate is quite likely to show more or less cannibalism. When production gets up around 75 per cent to 90 per cent or more the birds are in a state of high nervous tension and it takes very little to start them picking.

Preventative measures have been tried on many occasions with varying results. The one giving the most consistent results has been the salt and oat method. Simply add a tablespoonful of salt to each gallon of drinking water for one forenoon then three days later repeat the treatment for another half day. Also, increase the amount of ground oats in the ration. Care should be taken not to carry this practice on too long.

One method which has been used for a good number of years is Red Window Paint. The red light causes blood on the birds to appear nearly colorless or black. However, this paint is not used too commonly now because poultrymen have found that by improving on management conditions such as: eliminating overcrowding and high temperatures, using plenty of hoppers and a balanced feeding program they have been able to avoid trouble with Cannibalism to a large extent.

Other preventives—Chick pastes designed for application on the feathers and to produce a bitter taste are still used to some extent to

Local Couple Mark 50th Anniversary

Mr. and Mrs. Riddie MacDonald, 43 Brighton Avenue, surrounded by relatives and friends joyfully celebrated the 50th anniversary on Monday, of their marriage which took place in Rustico on July 26, 1904, with Rev. Father Chlason as the officiating clergyman.

Mr. and Mrs. MacDonald attended a special Mass for them on Monday morning in the Church of the Most Holy Redeemer, at which the Rev. Most Reverend Gregory Murphy, a largely attended reception was held at the home of Mr. and Mrs. Andrew Gallant, Hunter River, from where the bride of half-a-century ago left to join her husband to be, to take her matrimonial vows at Rustico.

Numerous gifts including a beautiful Kenwood blanket, many telegrams and letters and a cheque from the J. W. Windsor Co. of which Mr. MacDonald has been a valued employee for many years, testified to the esteem in which the happy couple are held.

aid in controlling cannibalism. A good paste will work very well if applied to a considerable number of birds, picked or not, in the pen. Since most pastes are the color of blood, birds will go for them. For control, it is necessary to have enough birds coated with the paste so that the entire flock can get a taste of it. Paste should be applied in the same manner when used on laying hens. Generally, the commercial picking pastes are superior to home made remedies.

Any change in the management of the birds which will help to control cannibalism. Darkening the nests, feeding green vegetables, placing a bale of straw in the pen and letting the birds tear it apart, all serve to divert them from picking.

Various mechanical devices have been used from time to time. The mechanical vent shields have not proved to be too satisfactory. The improved Hen Specs seem to be giving excellent satisfaction. They are especially suitable for breeding cockerels that have a tendency to fight and injure each other and, do not interfere with breeding.

Foot Rot

Foot rot, or foul feet, is an infectious disease generally occurring between the toes. The first symptoms are redness of the flesh just above the hoof and lameness. The entire foot is hot. Unless checked severe lameness develops in a few days. Also, milk production will decrease rapidly. The foot rot germs are associated with dirty or filthy conditions and in soft, boggy pastures. The infection generally gains entrance to the body through a scratch or a crack between the toes or at the base of the hoof, and as the infection develops, it works deep into the foot tissues.

Foot rot is a serious disease that should not be ignored. There are preventative measures that are helpful in reducing the number of cases. Mud holes in the pasture field should be either fenced off or drained. Mud and rotten manure around the barnyard should be hauled away and the yard treated with hydrated lime and then filled in. A box 2 to 4 inches deep, placed in front of the door through which the herd enters and leaves the barn, and filled with a mixture of equal parts of ground limestone and hydrated lime, aids in reducing the trouble. The lime mixture should be loosened up each day so that it will get up between the toes.

Once the condition is observed in the herd professional assistance should be sought. If they are treated in the early stages loss through decrease in milk flow, etc. can be greatly minimized. As in cases of all diseases, prevention is more economical than treatment.

Feeding The Herd

High quality rations, proper feeding and correct management are just as essential to the dairy cow for profitable milk production as high quality fuel, proper adjust-

CITY & DISTRICT

ROY'S TAXI Dial 6560-6568

JIMMY'S TAXI — Dial 7373 7370 or 5252.

DR. J. H. MALONEY will resume his practice on August 9th.

KEROSENE, Electric and Propane Gas, Refrigerators, Bryenton and MacKay.

POST CARDS, souvenirs and handicrafts. The Island Book Room.

"WE TREAT THE SICK WELL." Giggey's Pharmacy, open evenings 'till 8 o'clock.

JUST ARRIVED. — New shipment Mid Summer Dresses. Helen's Dress Shop, 136 Kent Street.

WORTH'S DRUGSTORE, Prince Street, will be the only Drugstore open this afternoon and evening.

TINY TOTS—DIAL 4331. Big reductions on summer wear for boys and girls.

HIGHLAND SUMMER SCHOOL application forms available by writing W. Blair MacDonald, 166 Great George Street, Charlottetown. Courses in Prince of Wales College. Complete cost of courses in Bagpipe, Highland Dancing and Gaelic is \$5.00 for one or all. School sponsored by Caledonian Club.

ment and correct operation are to efficient automobile performance. The most expensive car in the world cannot perform satisfactorily on a tank of low grade fuel. Neither can a great dairy cow produce milk in accordance with her inherited ability if supplied with low grade feed.

The carburetor must provide the engine with the correct mixture of fuel and in the proper amount, if it is to develop its maximum power. Likewise, the dairyman must provide a cow with proper combination of feeds, adjusting the amount to meet her requirements, to enable her to produce her maximum milk flow. An auto-mobile poorly operated develops rapidly and a dairy cow management practices soon passes out of the herd.

Ruhamah Scheinfeld Frank

We and Our Neighbors

The Strong And Silent Sex

Bob and Min Wilson love the summer when friends drop in from everywhere, announced and unannounced. This evening the living room was filled with guests and everyone seemed to be having a wonderful time — but Bob was not satisfied. As happened to often (and happens, alas, wherever married folks gather,) the men were collected at one end of the room, the women at the opposite

end. Bob decided to drop a bombshell. "Hi, Min," he called to his wife who was sitting with the rest of the women, "when was it we made that trip to Toronto? You girls talk so much, I can't concentrate!" That did it as Bob expected. So women talked more than the men, the ladies wanted to know. Bob himself was a fine one to bring up that old chestnut. Who loved the sound of his voice more, Bob or Min? No doubt of it in this case the man had the higher score.

Personals

Mr. and Mrs. Albert Lavers, city, left Sunday on a trip of Nova Scotia including Cabot Trail as well as parts of New Brunswick.

Mr. Charles MacKinnon, Toronto, is holidaying with his wife and family in the Garden of the Gulf.

Mrs. Phyllis McEachern recently arrived home from Toronto, and will spend a month's vacation with her mother, Mrs. Lena MacKinnon at Rocky Point.

Mr. Frank Baxter of Moncton, N. B. was the guest last week-end of Mr. and Mrs. W. K. Sims, City.

Friends of Mr. William Beer, Kingston, will regret to learn that he is a patient in the P. E. Island Hospital.

Mr. Henry MacKinnon of Halifax, was a recent visitor to Cornwall, the guest of Mr. and Mrs. Daniel Gass.

The many friends of Mr. Walter Gregor, Cornwall, will be pleased to hear that he is around again after his recent illness.

Mr. and Mrs. Stanley Shaw and family, left Monday morning for their home in Lake Wilcox, Ont., after spending a very pleasant vacation, visiting relatives and friends in Winsloe and vicinity.

tion than Little Sister fluently reciting a nursery rhyme? But she the difference in abilities often show before two years of age, it may be inborn too.

But what's wrong with that? Mental telepathy isn't enough. It takes words to build human relationships and to pass on knowledge. And what a dull world it would be without the charming talkers, men and women, past and present! Old Samuel Johnson, for instance, and our greatly admired Winston Churchill.

No, it isn't that women have always been called the gabby sex, that they resent so much. It is the implication that much talking goes with empty heads. All the old sayings to that effect can be boiled down to the one by Matthew Prior: (1664-1721). "They always talk who never think." Need I defend the women? Page Winston Churchill!

Given Fifteen Months In Jail

KINGSTON, Jamaica (Reuters) Lester Simmonds, former minister of education, and Vincent Truman, a Kingston newspaper man, Monday were sentenced to 15 months imprisonment.

They were found guilty Friday on three counts of a 12-count indictment of conspiring to communicate secret information to "per-

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and
Ocean Spray
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CLEARANCE

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END-OF-MONTH

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All Ladies' Spring Coats in this lot, a good assortment of colors and sizes

Values to \$39.95
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